



UP MANILA NEWSLETTER

Gawad Chancellor awardees, loyal employees honored

A pharmacologist-toxicologist, a public health researcher, an academic employees union leader and political science professor, an occupational therapist-musician, two administrative employees, a research support staff in public health, a medical student leader, a medical student fraternity, and a Physical Education teacher-fencer are this year's Gawad Chancellor awardees of UP Manila. They were conferred their respective awards during a program held on October 28 that marked the university's 37th autonomy as Health Sciences Center and the 34th year of its renaming to UP Manila. In the same program, 31 retirees and 82 employees who had served for 20, 25, 30, 35, and 40 or more years were also recognized for their long and dedicated service to the university.

Addressing the awardees, guest speaker Dr. Nelia Cortes-Maramba, Professor Emeritus at the UP College of Medicine (UPCM) and multi-awarded researcher, shared her experiences and challenges as a medical student and as a faculty member and researcher at the UPCM. Dr. Maramba led the research group, National Integrated Program Research on Medicinal Plants (NIRPROMP),



Chancellor Carmencita Padilla (center) with the retirees

whose studies generated technologies on herbal medicine, particularly *lagundi* and *sambong* that were commercialized into several brands of cough and colds preparations now being used by Filipinos. She pioneered the setting up of the first toxicology program and first poison control center at the Philippine General Hospital. She introduced the science of herbal medicine in the Philippines when many are objecting to the idea. Until now, she is Program Director of NIRPROMP.

Dr. Maramba recalled how her father instilled in her the value of being ahead and having foresight, of focusing on one's goals and having direction and working hard to achieve the goals. She also learned early on that when you put your heart on something, you can learn what you need to learn and apply that

learning in actual situations. With her achievements and even frustrations in promoting the science of herbal medicine, she stressed the importance of looking back to what our ancestors had done and recorded. She recounted having experienced rejections with some people questioning the relevance of herbal medicine in modern society.

When she came back to the Philippines after residency in developmental pediatrics, pharmacology and toxicology, she was accepted as a faculty member at the UPCM Pharmacology Department. Despite initial rejection of their team's proposal on a research program on medicinal plants, she got much-needed support from Dr. Conrado Dayrit who headed the National Research Council of the Philippines at that time.

She recounted that Dr. Dayrit's encouragement opened her mind and desire to be an herbal medicine researcher. For a start, her team did a study on the *herbolarios'* knowledge and use of medicinal plants.

"All of us will be presented with opportunities. Seize and maximize the opportunities that will come your way," she told the awardees. During her residency in the US, she witnessed plenty of poisoning cases being attended to by experts. She requested if she can be trained on toxicology for one week but this extended to months that fueled her passion and desire on poison control.

Finally, Dr. Maramba emphasized the importance of engaging in collaborative and multi-disciplinary studies, of helping one another to achieve goals and serve the university well.

In response, retiree Dr. Alberto Roxas, who served UP Manila for 32 years, shared life lessons: to set modest goals, seize opportunities to serve the university and beyond, that there is no obstacle that cannot be hurled with determination and political will; and to never stop learning.

He advised the awardees to continue nurturing the culture of Honor, Excellence, and Service in the university and make UPM a haven for academics and researchers so that they will not regard service to UP Manila as a sacrifice.



Dr. Nelia Cortes-Maramba

He said he had no regrets working for many years with UP. He fully enjoyed and now misses the academic tasks of teaching medical students, training residents and fellows and preparing the future generation of medical educators and practitioners. He considers the Return Service Agreement his most important contribution to the university and the health community. Apart from being a professor of surgery, Dr. Roxas served as UPCM dean, Colorectal Surgery Chief, and chair of the Philippine Society of Colorectal Surgery. He also served in the Technical Panel of the Commission on Higher Education, Association of Philippine Medical Colleges as President, and in other positions at the Dept of Health and Jose Reyes Hospital. (CM Villamor)

(Gawad/page 6)

NBS Convention: Celebrating Challenges and Successes

Around 1,800 delegates attended the annual newborn screening convention on October 26-27, 2016 to celebrate the 20 years of the newborn screening program, be updated on recent developments, share best practices and experiences, and push for more improvements and stronger advocacy for the expanded newborn screening program (ENBS).

Health Secretary Paulyn Jean Rosell-Ubial delivered the keynote speech that was read by Dr. Lyndon Lee Suy, Disease Prevention and Control Bureau

Director. Department of Social Welfare and Development Undersec. Florita Villar and UP Manila Vice Chancellor for Research and National Institutes of Health Executive Director Dr. Eva Cutiongco Dela Paz also gave inspiring messages to the program's stakeholders.

UP Manila Chancellor Carmencita Padilla, considered the "mother of newborn screening in the Philippines," expressed her wish for the improvement of the expanded newborn screening program. She urged the participants to view the program not as work but as

advocacy, setting the tone for the rest of the activities.

Other first day activities included talks on the clinical and administrative aspects of NBS implementation, including updates on the current situation, expansion of the program, and the infrastructure requirements that were tackled by Newborn Screening Reference Center Dir. Dr. Melanie Liberty Alcausin.

Last year's talk by Dr. Reynaldo de Castro, Jr. on thalassemia was followed up with another talk this time on managing the disease beyond the newborn period. Lectures after

this were on the history, cases, statistics, quality services, and future directions of the continuity clinics from Drs. Angelica Tomas, Renilyn Reyes, Nancy Honor, and Genelynn Beley.

Advocating for NBS was the key point raised during the first day's open forum. Questions on how to advance it, the right attitude and approach, impact of closer relationships at the grassroots level, involvement of local government units, and strengthening of ties between public and private institutions were raised.

(NBS/page 4)

Social jet lag increases health risks, says visiting CPH prof

Prof. Roenneberg drew from his wealth of experiences and shared insights about chronobiology, chronotypes in the population and how “living against one’s clock” in the modern world may influence health and well-being.



Dr. Till Roenneberg

Dr. Till Roenneberg, professor of Chronobiology and Medical Psychology at the Institute of Medical Psychology in Ludwig-Maximilian University Munich, Germany, and visiting professor of the UP Manila College of Public Health, held a special public lecture at the College of Public Health Auditorium as part of the celebration of the 50th Anniversary of the Southeast Asian Ministers of Education Organization. The lecture was about “Human Chronobiology: Internal Time, Social Jetlag, and Health” organized by the CPH Department of Environmental and Occupational Health.

Prof. Roenneberg drew from his wealth of experiences and shared insights about chronobiology, chronotypes in

the population and how “living against one’s clock” in the modern world may influence health and well-being.

“The biological clock is part of every organism on earth,” stated Prof. Roenneberg. He related that humans are like animals that have an internal biological 24-hour clockwork circadian rhythm that distinguishes between day and night. He explained that urbanization and industrialization had weakened the signal of the humans’ biological clock.

“This way of living has led to a much later phase of our clocks but the work times have not adapted to the fact that our biological clocks are late” Prof. Roenneberg emphasized. “We fall asleep later than we used to but still we need to get up early and then we are losing a lot of sleep, causing sleep deprivation.”

He explained that this sleep deprivation occurs more frequently during the workweeks than in weekends. This sleeping weekly schedule mismatch leads to a phenomenon called “social jet lag.” He stated that the increase in social jet lag increases the likelihood of smoking prevalence, alcoholic and caffeine consumption, obesity, and diabetes and also affects productivity and work performance.

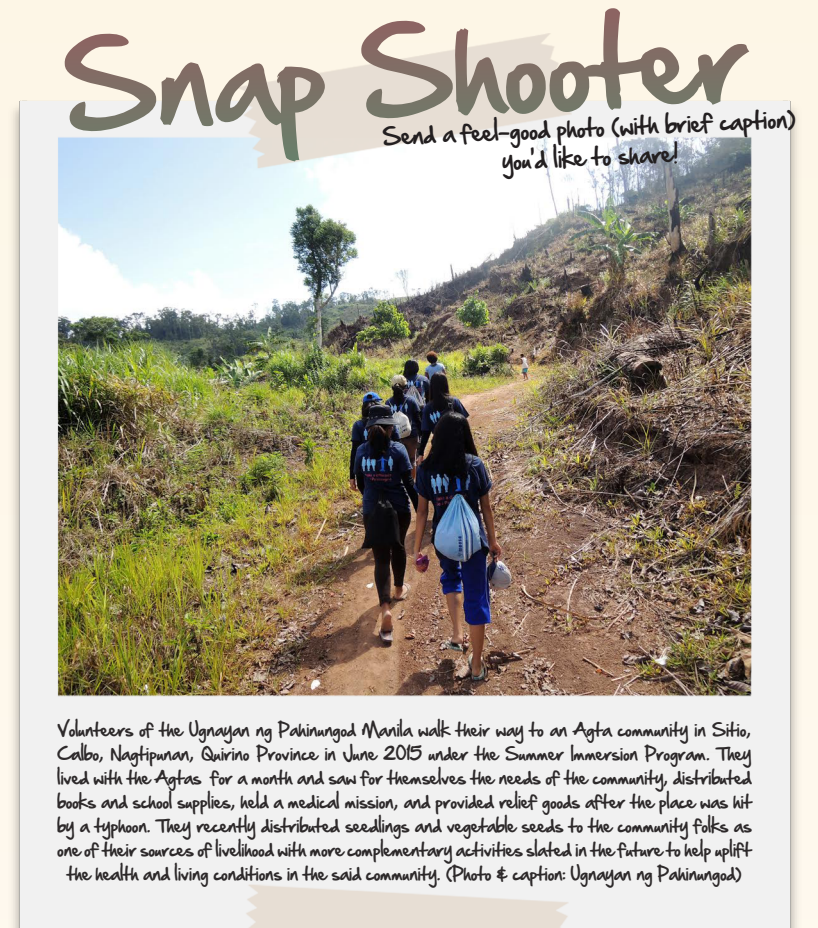
The reactors during

the lecture were Dr. Teresita Cucueco, Executive Director of the Occupational Safety and Health Center, Dr. Manuel Jorge III, Chair of the Philippine General Hospital’s Department of Medicine, and Dr. Giovanni Inocencio, Chief of Clinics of Shell Business Operations Manila.

“BPOs and call centers are one of the major drivers of the economy of the Philippines,” stressed Dr. Cucueco, “wherein shift work is mostly practiced.” She added that the health-related problems arising with shift work are something we have to face, but with this study, the academe, and other professional groups, we can try to improve the working situation and provide the best recommendations concerning the health of workers.

Dr. Jorge concurred with Prof. Roenneberg’s theory stating that “diseases also choose their time to set in.” He enumerated diseases that occur on specific times and days based on epidemiologic studies and discussed the preferred time for giving treatment based on the circadian rhythm. “Although we have data about it, we, doctors, have done nothing, at least nothing yet. None of the clinical practice guidelines have mentioned time and treatment,” he stated.

Dr. Inocencio stated that since employees rotate on a



Volunteers of the Ugnayan ng Pahinungod Manila walk their way to an Agta community in Sitio, Calbo, Nagtipunan, Quirino Province in June 2015 under the Summer Immersion Program. They lived with the Agtas for a month and saw for themselves the needs of the community, distributed books and school supplies, held a medical mission, and provided relief goods after the place was hit by a typhoon. They recently distributed seedlings and vegetable seeds to the community folks as one of their sources of livelihood with more complementary activities slated in the future to help uplift the health and living conditions in the said community. (Photo & caption: Ugnayan ng Pahinungod)

three-shift schedule in their company, programs such as the Shift Work Acclimatization Program are introduced during the onboarding process. “This equips our employees with knowledge on proper sleep hygiene, tips on coping with shift schedules, and how to maintain optimal health with changes in shift schedules. With this study on chronobiology, we could apply the results to our employees to further improve their productivity as well as their health.”

“Human Chronobiology is one of our areas for development and the Philippine Chronotype and Social Jetlag survey advised by Dr. Roenneberg is

our starting effort,” affirmed CPH Dean Romeo Quizon.

Prof. Roenneberg stressed the need for identifying the Filipino chronotype through the Philippine Chronotype and Social Jetlag Survey. The survey form and other information can be accessed at philshift.upm.edu.ph. Prof. Roenneberg is also the scientific adviser of PhilSHIFT, an interdisciplinary group from the UP Center for Integrative and Development Studies and Philippine Council for Health Research and Development and Ludwig-Maximilians University Munich that aims to study the Filipino chronotype and shift work. (Charmaine Abing)

1st university-wide Health and Wellness Fair held

The first UP Manila Health and Wellness fair entitled “#How To Be The New You: A Journey to Health and Wellness” was held on October 3, 2016 at the PGH Atrium organized by the Health and Safety Committee led by Dr. Shelly Ann De La Vega.

The event aimed to entice more employees to participate in the health and wellness activities; provide them with education and information on different topics on health and wellness; help employees acquire the skills necessary to make healthy lifestyle changes; and offer basic health screening and physical fitness activities in a fun and collegial environment.

“This is not going to be the last event that we will have on health and wellness, but this is going to be all throughout the year and the succeeding years,” affirmed Vice Chancellor



The constituents engage in a zumba session - one of the activities during the Health and Wellness Fair.

for Administration Dr. Arlene Samaniego who read Chancellor Carmencita Padilla’s message.

In the message, Chancellor Padilla asserted the importance of UP Manila as the national

Health Sciences Center, and as such, being the role model on health and wellness. She quoted the WHO definition of health, which is “a state of complete physical, mental, and social

well-being and not merely the absence of disease or infirmity.”

“Based on this definition it can be said that wellness has a direct influence on a person’s overall health,” stressed the UPM

chancellor. “Wellness, on the other hand is defined in several ways. In some, it refers to the overall balance of the physical, social, spiritual, environmental, intellectual, environmental and occupational wellbeing of a person.”

UPM-PGH employees who participated in the event were given free health, wellness and fitness assessments and provided with “Health and Wellness Fair Passports” with attendees getting stamps from selected booths in the fair in exchange for prizes. Several activities were conducted including health and wellness lectures, mass aerobic and zumba, pole fitness demonstration, food demos, health and wellness games, self-defense demonstration, and runaway modeling.

PGH Director Dr. Gerardo Legaspi said there are programs being developed by UPM-PGH for the wellness of its employees that he hopes to be rolled out next year. (Charmaine Abing)

Understanding the Maguindanaoan Kulintang Music

With her research entitled, “When Gongs Speak: Performance and Communication in Maguindanaoan Kulintang Music,” Professor Juliet Bien of the UP Manila College of Arts and Sciences explained how the Maguindanaoans communicate by playing the Kulintang, an ethnic musical instrument. She presented this and other highlights of her study during the 4th Brown Bag Research Fora 2016 sponsored by the CAS Department of Arts and Communications (DAC).

Kulintang music, particularly among the Maguindanaoans, is a living testament to the rich cultural heritage and history of the Philippines. Accordingly, it represents the highest form of gong music attained by Filipinos.

According to Professor Bien, Kulintang music can be used for communicating long distance messages as well as expressing sentiments and feelings. It is also used in courtship due to the nature of Islamic custom.

“In real life, when Maguindanaoans play the Kulintang, they can transmit messages to each other. But since I’m not a Maguindanaoan, I will just explain the music structure and how it is understood,” she said. To supplement her lecture, Professor Bien presented videos from her Kulintang teacher and demonstrated the playing of the instrument with the participation of DAC students.

“Through the study of music,

the audience will be enlightened as to how this particular type of music, as well as other forms of ethnic music serve an important function in today’s society,” said Assistant Professor Alice Adeva, DAC Chair. “I, for one, am very interested in the topic as I teach communications and this subject demonstrates how the fields of arts, music, and communications merge to send a message. So we will look beyond simply hearing melodies

or sounds of different kind of musical instruments, appreciating the purpose it serves.” The research forum is an opportunity for the CAS faculty members to present their research findings. “We want to show to the faculty, employees and students that in order to make our teaching more relevant, we need to engage in additional researches and at the same time serve the public,” CAS Dean Leonardo Estacio Jr. stated.



Prof. Juliet Bien plays the kulintang in an earlier photo

CAS holds 1st Student Summit



The participants of the CAS first student summit.

Students from 32 student organizations and administration officials of the College of Arts and Sciences (CAS) participated in the first CAS-1(One) Student Summit held on September 8-9, 2016 at the Citystate Tower Hotel, Manila.

CAS Office of Student Services Coordinator Prof Mishima Miciano said: “We want our students to have the best experience the University can afford, one that is meaningful, balanced and with commitment to serve the community and country. We recognize the importance of student organizations in fostering campus and community involvement/interaction as well as intellectual development among its members. In other words, student organizations are significant partners in upholding the UP values of honor and excellence.”

“This is an excellent opportunity for us, the administration, and student organizations to collaborate. We are aiming for unification of CAS faculty, administrators, and students in the fulfillment of its goals in line with UP Manila’s vision and mission” stated CAS Student Council Vice Chair Clark Trolvelta.

In a message read by Office of Student Affairs Director Dr. Tristan Nathaniel Ramos, UP

Manila Chancellor Carmencita Padilla commended the CAS for its continued efforts to provide an avenue to develop and prepare students for leadership roles and responsibilities. As the national university, she said that it is UP’s task to develop leaders. “Being UP students, the call and expectations to be future leaders are greater and in preparing students for leadership roles and tasks, student organizations play an important role,” Chancellor Padilla said.

This year’s summit aimed to 1) assess the students’ personal values and articulate their thoughts on leadership; 2) articulate the student organization’s roles and contributions within the framework/context of the UP Manila and CAS vision and mission; and 3) draft collaborative projects between student organizations and CAS administration to be implemented within the academic year.

Each of the two days of the summit began with talks from people on different perspectives on leadership. These talks were followed by the students’ group activities that were moderated by Prof. Marie Diane Monsada of the Department of Behavioral Sciences.

On the first day, CAS Dean Leonardo Estacio Jr. gave an

overview of the UP Manila and CAS vision and mission and “RISE UP CAS” general action plan. Rep. Sarah Elago of Kabataan Partylist talked about personal integrity and leadership, while Michael Angelo Austria, Assistant Vice President for Human Resources and Organizational Development of Profriends, discussed the importance of vision in achieving unity. Dr. Ma. Paula G. Sioco, Associate Dean for Planning and Development, presented a list of CAS projects for partnerships with student organizations. These included infrastructure projects, psychosocial wellness/student services, extension services, culture and the arts and gender-related projects. Asst. Prof. Allan F. Mesina, Coordinator, Office of Extension Services, gave an overview of the extension projects of CAS.

The second day of the summit featured presentations of Mr. James De Vera on the topic, “Making Projects that Win”. Mr. De Vera is the Executive Director of TAYO Awards Foundation Inc. Dr. Ramos spoke on the university’s support for student organization-initiated projects.

In her closing remarks, Dr. Nymia P. Simbulan, UP Manila Vice Chancellor for Academic Affairs reiterated the importance and crucial role of student organizations. The two-day summit ended with a resolution by the students to work together with CAS administration, Student Council and fellow organizations to ensure the completion of proposed projects generated during the CAS-1(One) Student Summit.

“Hopefully, the summit will enhance our ability and goal to become one family,” said Dean Estacio. The student summit is an important part of the dean’s flagship program “RISE UP CAS” which focuses on student centered leadership. (DA Estanislao)

Gawad Chancellor from page 6...

As MU Week, Service Month, iHarana Mu, Brainstorm, MUBility, and Amputee Climbs.

The programs and activities of the Mu Sigma Phi Fraternity have made significant contributions to the community, university, and students. Aside from the activities for its members and the UP Manila students, the fraternity conducted numerous outreach programs in different areas all over the country benefitting the underserved sectors.

The organization also earned numerous citations and awards for its programs, such as “Blood Type,” “Wapak Rabis,” “Project H2O,” and “MUtrition.”

Lemuel A. Asuncion - Outstanding Artist. This year’s Outstanding Artist comes from the College of Allied Medical Professions Department of Occupational Therapy which he chairs. He is Pediatric Occupational Therapist and instructor at CAMP.

He is resident organist of the Philippine General Hospital Catholic Chaplaincy.

Through his artistic works in the field of music, primarily his compositions for the PGH

Catholic Chaplaincy and the Manila Cathedral Basilica, Mr. Asuncion demonstrates utmost creativity and impact on the promotion and fostering of the arts in both the UP Manila and outside communities. He is a former member of the University of the Philippines Manila Chorale and was part of the group’s European Competition and Concert Tours in 2007, 2009 and 2011 that earned several awards.

Aurea D. Dioquino - Outstanding Athlete. Her long years as a Physical Education teacher at UP Manila also witnessed several milestones in her life as an athlete, particularly as a fencer. Her dedication to teaching is matched by her dedication to sports. She was a double gold medalist in the 1993 Southeast Asian Games held in Singapore. She won a bronze medal in the 1st Asian Masters Fencing Championships held at the Philsports Complex, Pasig City in August 2015. She won another bronze medal in the Women’s Epee Team and a silver medal in the Women’s Foil Team event. She bagged a bronze medal in Saber Individual and a silver medal in the Women’s Epee Individual at the Brainiac Fencing Gladiator Cup.



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UPCM prof and former UPM vice chancellor is world's most prolific editor



Dr. Jose Lapeña (holding APAME flag) with fellow officers and members of the Asia Pacific Association of Medical Journal Editors during a convention held in Manila, August 2015

He sits on the editorial boards of and reviews for 10 international journals. He is the editor-in-chief of the Philippine Journal of Otolaryngology Head and Neck Surgery; president of the Philippine Association of Medical Journal Editors; immediate past president of the Asia Pacific Association of Medical Journal Editors (APAME) and director of the World Association of Medical Editors.

As the year's top contributing editor and reviewer, Dr. Jose

Florencio Lapeña, Jr., professor of otorhinolaryngology at the UP Manila College of Medicine and former UP Manila Vice Chancellor for Administration, was recognized as the world's most prolific editor.

This was according to Publons, the UK company behind the inaugural Sentinel of Science awards.

Dr. Lapeña received the award for handling the highest number of manuscripts across all the world's journals. Publons created the awards to "honor

the expert peer reviewers and editors who stand guard over research quality and lead the charge for better, faster science."

Under his watch as president, APAME initiated measures to ensure quality medical journal publishing and invigorate medical journal publications in the Asia Pacific countries, particularly through the holding of capability building activities. One such activity was a convention held on August 25, 2015 that focused on the theme "Advancing Access

to Health Information and Publications: Shifting Paradigms and Innovations." It was a good venue for medical journal editors, reviewers, editorial staff, publishers, and librarians to discuss growing challenges and objectives and, thus, strengthen medical journal publishing.

In his article "Publish or Perish: On Research and Publication" which is part of the recently released UP Science Research Guidebook, Dr. Lapeña talks about his foray into poetry and essay writing as a child and

how he got "hooked on research" with his first term paper on Aleksandr Solzhenitsyn.

Dr. Lapeña, also an attending otolaryngologist, aerodigestive tract, and cleft and craniofacial plastic surgeon at the Philippine General Hospital, adds: "Researchers who have published are much better positioned to evaluate scholarly publications, having themselves experienced the writing, editing and review process. The published researcher can also pay it forward by reviewing and eventually editing other papers for publication."

His advice to academics: Get published in prestigious, scholarly journals as they "may have the most direct bearing on your appointment, promotion, tenure and advancement within your institution, organization and discipline." This is particularly beneficial to graduate and postgraduate students and younger faculty, he says, as one's publication track record helps a lot when applying for positions abroad or for fellowships. *(With reports from an article posted in the upovpaa website dated September 26, 2016 under Community and Campuses, Research and Creative Work, UP Winners and Achievers)*

NBS convention from page 1...

Dr. Conchita Abarquez opened day two with a lecture on "Timeliness in Newborn Screening" where she emphasized the importance of timeliness on quality screening. She stated that if the screening and confirmatory testing are delayed, the baby would have exhibited symptoms by the time the results come out.

In his lecture on ENBS for pre-term, low birth weight and sick newborns, Dr. J. Edgar Winston Posecion, NSC Visayas Unit Head, cited situations where maternal conditions and management of these cases may have adverse effect on the baby, especially how some treatments may lead to false positive and false negative results on initial testing. Dr. Maria Beatriz Gepte, G6PD Expert Group Head, tackled G6PD deficiency and stated that while it is of great prevalence in our locale, its being common does not make it less of a serious disorder. She presented cases, management issues, and complications to reinforce her point.

Dr. Meow Keong-Thong, clinical geneticist from Malaysia, presented cases and issues encountered on fatty acid oxidation disorders. He also cited the similarities and challenges between the Philippine and Malaysian NBS programs when they were both starting. UPM NIH Institute of Human Genetics Director Dr. Mary Anne Chiong discussed cases and management issues with organic acid disorders. She presented statistics and

explained how enzymes work on these disorders. She cited some cases that were picked by the ENBS and those that were not and cited differences in outcomes.

In her lecture entitled "Disorders of Sex Differentiation Ambiguous Genitalia in the Newborn," Dr. Sylvia Estrada explained the possibility of a patient belonging to one genetic sex but exhibiting the genitalia of the other due to complications from the disorders. She underscored the implications on the patient as a social being and the importance of not forcing the child according to certain social norms based on genetic sex. Ambiguous genitalia is one of the common presentations of Congenital Adrenal Hyperplasia.

The importance of newborn hearing screening and screening for critical congenital heart diseases through pulse oximetry were discussed, respectively, by Newborn Hearing Screening Center Director Dr. Charlotte Chiong and Dr. Jose Jonas del Rosario, interventional pediatric cardiologist, and Dr. Annamaria Saarinen, founder and chairperson of 1 in 100 Newborn Coalition USA. Dr. Saarinen shared her experiences with daughter Eve, who has CCHD and talked about the revolutionary technological advancements being done through the mobile phone pulse oximetry testing using a free phone application with the pulse oximeter connected to the phone.

Two simultaneous sessions held on day 2 discussed other newborn disorders, such as retinopathy of prematurity (ROP)



Vice Chancellor for Research and NIH Executive Director Eva Cutiongco-Dela Paz with Malaysian clinical geneticist Dr. Meow Keong-Thong.

by Dr. Milagros Arroyo and developmental dysplasia by Dr. Juanito Javier. ROP may lead to blindness without timely screening and appropriate intervention. Dr. Javier discussed the importance of proper physical examination and the methods used in screening developmental dysplasia.

Topics in the other sessions included "ENBS in the Cordillera Administrative Region through Annual Program Review," by Dr. Florencio Dizon; "Rebuilding NBS in Region 8," by Dr. Lilibeth Andrade, and "ENBS Implementation in an LGU Setting" by Dr. Rosalina Tan; and "NBS Best Practices in Bataan" by Charry Villanueva.

Philippine Society for Orphan

Disorders President Dr. Cynthia Madaraog spoke of her struggles as a mother of a patient with a rare disease. She recounted how they were told that her son would live for a maximum of 30 years but is now an accomplished 39 year old entrepreneur despite only being able to move his wrists. She showed a video of rare disease patients with their parents to urge advocacy not only for NBS but also for rare diseases and incite hope in the participants.

The day was capped by the soft launch of the book prepared to celebrate the 20 years of NBS in the Philippines, its challenges and successes. *(Vina Mendoza and Angela Theresa Mislang)*

23rd General Assembly & Homecoming: In honor of excellence and an exciting future



The UPMAA awardees with UPMAA President Dr. Alvin Marcelo and UPMAA Vice President Dr. Marilyn Ruaro (1st and 2nd from left), Alumni Regent Hon. Ramon Maronilla, UPM Chancellor Carmencita Padilla (5th and 6th from left), representative of Cong. Savellano – CAS, Usec. Lilibeth David representing Sec. Ubial – CPH, Mr. Reynaldo Maxlito Umali – CP; Dr. Mildred Pareja – NTTC, Dr. Maria Jocelyn Tan – CD, Dean Jocelyn Marzan representing Dr. Policarpia Magpili – CAMP and Dean Salvador Destura – SHS.

Honoring the outstanding alumni of 2016 and the latest on UP Manila's innovation infrastructure were the 'stars' of the 23rd UP Manila Alumni Association's General Assembly and Homecoming. The event was held on 28 October 2016 at the UPM Social Hall. The theme this year is "UP Manila at the Cutting Edge of Innovation."

Chancellor Carmencita Padilla updated the alumni about the latest in the administration's innovation infrastructure. It was, as overheard from one alumni, "the most intense growth that the University will have in years." She talked first about the renovation of the School of Health Sciences (SHS) Leyte campus' administrative building and new school building for the classrooms. The SHS Koronadal campus, which offers Midwifery and Nursing, will offer Medicine in the future. There is also a gym being built for Koronadal and hopefully, with help from the local government unit, a dormitory for the students. The SHS Baler campus now has a new building and an Oblation.

For the UP Manila campus, the skyline will have changed by 2019: a CAS Student Center (opened in Feb. 2016); a big gym with tennis courts for the students (to open in Feb. 2017); a new 8-storey dormitory (for students); for CPH, a 12-storey building; a 15-story NIH building; for UPCM, a multi-story building which will have the Basic Sciences Lecture Rooms (to open next year); and, the University Library that will

have a state-of-the-art multi-story building. Further plans will include two parking buildings and a residential dormitory for personnel. UPM will also finally get the Supreme Court area when the current tenant transfers to Taguig.

The Chancellor credited the innovation infrastructure to the help of the government, UP System, alumni associations, and private donors. She challenged the associations to work with their colleges in order to achieve the "dream place for all of us." She also assured that UPM will continue to be a strong partner of the DOH and other government agencies. Lastly, she announced the good news that the Dept of Environment and Natural Resources will donate some greenery for the campus. She challenged the associations to provide two gardeners while she will provide another two more.

Mr. Butch Madarang, UPMAA-CAS Trustee, confirmed the news: a Memorandum of Agreement among the DENR, UPM, and UPMAA will put in place an environmentally-sound campus development plan. UPMAA had initially donated a Php10,000 to jumpstart the project. It was also reported that an additional Php200,000 is already available with UPMAA.

In a keynote speech read by Health Usec. for Policy and Health Development Lilia David, DOH Sec. Paulyn Jean Rossell-Ubial credited UPM for its share of graduates now working at the DOH and its contributions in the

planning and implementation of its programs. With UPM's help in improving the country's health situation, new challenges are being presented by the Sustainable Development Goals and changing public health issues. The government, especially the DOH, is working to meet all challenges. However, success also depends much on getting the right health personnel with the right qualifications deployed in the right areas.

This year's outstanding alumni are as follows:

Dr. Salvador Isidro B. Destura, School Of Health Sciences – UP-SHS Dean; Resource Person of the DOH's Modular Development of Training for Health Emergency Management Staff for Public Health & Hospital Staff; Assistant Project Leader for Evidence-based Planning for Resilient Health System, UNICEF (2015-2016); Resource Person on Municipal Leadership & Governance Program, Zuellig Family Foundation;

Dr. Mildred C. Negre-Pareja, National Teacher Training Center For The Health Professions– multi-awarded obstetrics-gynecologist known for her pioneering work in family planning, promotion of services for the detection of sexually transmitted diseases among domestically violated women and prostitutes; integration of family planning and population education in the medical curriculum; and, supporting the care of menopausal women and high-risk pregnancies.

Dr. Rody G. Sy, MD, College of Medicine – multi-awarded clinician-cardiologist; country's leading expert in lipid disorders; initiated in 2009 the LIFE course study on Cardiovascular disease epidemiology (LIFECARE) in the Philippines with regional study tie-ups in Malaysia, Indonesia, Thailand, and Singapore (this longitudinal cohort study looks at the factor which lead to cardiovascular diseases).

Policarpia M. Magpili (Posthumous), College Of Allied Medical Professions – multi-awarded physical therapist and CAMP dean under whose term saw the establishment of the Master for Rehabilitation Program-Speech Pathology, Clinic for Therapy Services, and the foundations of the Program for the Prevention and Rehabilitation of Disability; tireless advocate for the professionalization and provision of quality rehabilitation services in the country and advancement of rehabilitation sciences education.

Deogracias Victor B. Savellano, College Of Arts & Sciences–current Congressman of Ilocos Sur and past governor and vice governor of the same province; third term as Governor saw his province earn 5 awards: Cleanest, Greenest, & Safest LGU (1st Runner Up, 2007 and 2008); CROWN Award in Nutrition for being a consistent Outstanding Regional Winner, National Nutrition Council (2009); Hall of Fame Award, Best LGU Poverty Reduction Program Implementer (2009); and Champion, Best Performing Local Government Unit (2010).

Dr. Paulyn Jean B. Rossell-Ubial, College Of Public Health – career service professional with 27 years of service in Public Health, beginning as a Rural Health Practice Volunteer in Cotabato in 1988. Her vast experience in the country's health conditions led her to become an intense advocate in "Kalusugan Pangkalahatan" or Universal Health Care, focusing on women and child's health, breastfeeding, blood donation, tobacco control, and mental health. Honored as

"One of the Ten Outstanding Young Women of Cotabato City."

Reynaldo Maxlito H. Umali, College Of Pharmacy – multi-awarded professional known for his 35 years of dedicated service and outstanding contributions to the Pharmacy profession as an Industrial Pharmacist; former Chairman of the Board of Pharmacy, Professional Regulation Commission; Founding President, Philippine Association of Pharmacists in the Pharmaceutical Industry, and officer of various local and international professional organizations; 2000 Ishidate Awardee in Industrial Pharmacy given by the Federation of Asian Pharmaceutical Associations

Jocelyn Genevieve L. Tan, College Of Dentistry– Founder of the Smile Pilipinas Foundation aimed at raising public awareness of oral health; past UPDAA president and current Centennial UPDAA president who brought her College's and alumni association's oral health advocacy into the mainstream of Filipino life by organizing activities covered widely by the media and networking with the DOH and other government agencies. Her term also started the I Care Project to raise money for the improvement of the College (from infrastructure to scholarly grants)

Carmencita M. Abaquin, College Of Nursing – multi-awarded retired faculty and Head Nurse; member of the Commission on Higher Education's Technical Working Committee on Nursing Education; past Chairperson of the Professional Regulatory Board on Nursing; past Permanent Representative to the ASEAN Joint Coordinating Committee on Nursing. As PRBON Chairperson and Project Leader, tasks covered the development of 2012 National Nursing Core Competency Standard; National Nursing Career Progression Program; and development of an outcome-based Nurse Licensure Examination Test Framework, among others. (FMJemena)

6 from UP Manila named 'UP Scientists'

Six faculty members of UP Manila were among the 49 scientists who earned the title of UP Scientist for 2016-2018 for productivity in their respective fields.

They are: **Prof. Glenn Sia Su**, College of Arts and Sciences and **Prof. Jinky Leilani Lu**, National Institutes of Health for University Scientist III (2016-2018); and **Prof.**

Salvador Eugenio C. Caoili and **Prof. Agnes L. Soriano-Estrella**, College of Medicine; **Prof. Lydia R. Leonardo**, College of Public Health, and **Dr. Emmanuel P. Estrella**, National Institutes of Health for University Scientist I (CY 2015-2017).

Of the UP Scientists named this year, 17 are from UP Diliman, 20 from UP Los Baños, 3 from

UP Visayas and 3 from UP Open University. Also named along with the UP Scientists were six artists and art scholars as UP Artists, five of whom are from UP Diliman and one from UP Los Baños.

Conferred every year and in effect for three years, the 2016 UP Scientific Productivity System awards were handed out on July 26 at the NISMED Auditorium, UP Diliman.



Chancellor Carmencita Padilla with the new University Scientists from left Dr. Salvador Eugenio Caoili, Dr. Emmanuel Estrella, Prof. Agnes Soriano-Estrella, Prof. Lydia Leonardo, Prof. Jinky Leilani Lu, and Prof. Glenn Sia Su.

Gawad Chancellor awardees, loyal employees honored



Dr. Nelia Cortes-Maramba and Chancellor Carmencita Padilla (center) with the 2016 Gawad Chancellor awardees from left, Mu Sigma Phi officers, Aurea Dioquino, Dr. Lynn Panganiban, Elena Venturina, Carl Marc Ramota, Lemuel Asuncion, Butch Regala, Rowel Malimban and Raphael Cecilio Rodolfo. Not in photo is Prof. Lydia Leonardo who was attending an international conference.

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The Gawad Chancellor Awards are conferred every year during the celebration of the autonomy of UP Manila when it was still the Health Sciences Center which is set on any weekday on the last week of October. For 2016, the recognition program was held on October 28 at the UPMASA PGH Science Hall.

The award recognizes the exemplary accomplishments and contributions of UP Manila to the university, health community, and country. It is conferred in 10 categories as follows: Outstanding Teacher, Outstanding Researcher, Outstanding Faculty in Extension Service, Outstanding Research, Extension and Professional Staff (REPS); Outstanding Administrative Employee (Level 2); Outstanding Administrative Employee (Level 1); Outstanding Administrative Student; Outstanding Student Organization; Outstanding Administrative Artist; and Outstanding Athlete.

The following are the 2016 Gawad Chancellor awardees:

Lynn Crisanta R. Panganiban, MD - Outstanding Teacher. Since she joined the university in 1992, Dr. Panganiban has consistently demonstrated commitment and passion for teaching pharmacology, toxicology, and public health to medical and allied medical students.

Her pedagogical approach and instructional materials reflect her teaching philosophy, TEACH: T (Track and Task), E (Engage and Encourage), A (Act and Acknowledge), C (Catch and Champion), and H (Hats Off and Hand Over).

Her dedication to teaching extends to her work with specialty societies, government and regulatory agencies, and the general public as consultant, lecturer, resource person, trainor, and writer. The most notable are her involvement in the preparation of training manuals on toxicology for the World Health Organization, Dept of Health, and Dept of Environment and Natural Resources and as author of several chapters on the Philippine Textbook of Family Medicine.

Lydia R. Leonardo - Outstanding Researcher. Prof. Lydia Leonardo is currently the chair of the Department of Parasitology of the College of Public

Health. She is a recognized authority in schistosomiasis both locally and internationally. Her researches cover aspects, such as epidemiology, snail intermediate host, new approaches to control and prevention, and development of surveillance system and diagnostic tools. The results of these researches have been published in ISI and local peer-reviewed journals and lead to cheaper alternative methods of snail control.

Her expertise as a researcher is recognized in her assignment in the WHO-commissioned works to review the national schistosomiasis control programs in the Philippines, Laos, and Cambodia and JICA-commissioned work to review one of its water development projects. She had served and continues to serve in national and regional networks and technical working groups on the control of neglected tropical diseases, the most recent of which is as member of the Strategic and Advisory Group for Neglected Tropical Diseases.

Carl Marc L. Ramota - Outstanding Faculty in Extension Service. An Assistant Professor of Political Science, he was Chairperson of the Department of Social Sciences from 2010 to 2013. He is currently President of the All-UP Academic Employees Union of UP Manila and one of the Board of Directors of its umbrella union in the UP System where his youthful energy and dedication contributes to the current dynamism of the organization. He also serves as Union Representative to the Academic Personnel and Fellowships Committee and Editor-in-Chief of the Academic Union Newsletter;

Prof. Ramota serves as a fellow at the Center for People Empowerment in Governance, a good governance think-tank where he contributes valuable skills and expertise in its various policy studies. He is a National Council Member, Alliance of Concerned Teachers, and National Chairperson, Alliance of Concerned Teachers – State Universities and Colleges, a national, progressive and non-traditional organization of faculty and workers in public higher education institutions in the Philippines.

Rowel C. Malimban - Outstanding Research, Extension, and Professional

Staff (REPS). Mr. Malimban has served the College of Public Health Dept of Nutrition for 22 years starting as a Research Assistant to being University Researcher II. He has been contributing greatly to the teaching, research, and extension activities of the department.

In teaching, he ensures the smooth conduct of all laboratory courses at the undergraduate and graduate levels. In research, he was part of several completed researches, particularly in the fields of nutrition and public health.

In extension, he actively espouses the rights and privileges of UP Manila employees as treasurer of the All UP Academic Employees Union and champions the role of REPS in the university as past president of the UP Manila REPSA and as the REPS representative to the UP Manila Academic Personnel and Fellowship Committee.

Elena M. Venturina - Outstanding Administrative Employee (Level 2). Ms. Venturina has been working at the Office of Student Affairs (OSA) for more than 25 years, currently holding the position of Senior Scholarship Affairs Officer. She also functions as an Administrative Officer, rendering services that include planning and conduct of student activities, coordination of annual physical examinations of students, physical and dental examinations for incoming first year students, orientations for new students, scholars convocations, election of University Student Council officers, and implementation of the socialized tuition program.

Ms. Venturina sits in several university and ad hoc committees. The success of the holding of university events, such as commencement rites, welcome rites for first year students, and scholars convocation, is attributed to the efforts of OSA through the supervision of Ms. Venturina.

Butch S. Regala - Outstanding Administrative Employee (Level 1). Mr. Regala started as an Emergency Utility Worker at the College of Allied Medical Professions in 1981. Appointed Laboratory Technician II in 1997, a position he still holds now, Mr. Regala has consistently worked to provide the best

service possible within his role, as well as to fulfill additional roles. He also functions as Supply Officer and audio visual technician, additional tasks he discharges very satisfactorily.

He exemplifies concern for employee welfare through his involvement and participation on issues tackled during meetings and forums of the All UP Workers Union of which he is a member. He is a good role model for unity and fosters positive work attitude with his cheerfulness and enthusiasm for work despite physical inconveniences in the work environment. He has shown diligence and commitment to his work and performs excellently the tasks assigned to him.

Raphael Cecilio S. Rodolfo - Outstanding Student. Mr. Rodolfo, of UP Medicine Class 2020, has an outstanding academic performance and track record of leadership in the university and service to the community.

As University Student Council Vice Chairperson and former USC Councilor for Academics and Research, he has led programs and projects for the students and the university while maintaining his cum laude standing. These include the entrepreneurship seminars, National Medical Admission Test review, career fair, Anti-Red Tape Act Caravan, and extension of library hours.

He has also served as resource person and participant in discussions on many pertinent national issues, like the Sin Tax Law, Patent Law and Basic Bangsa Moro Law. As an intern at the Intellectual Property Office of the Philippines, he participated in the APEC Slingshot Startup Conference. He has gone on medical and surgical missions to underserved communities.

MuSigmaPhiFraternity-Outstanding Student Organization. Ever-responsive to the changing demands of society on fraternities and guided by the pillars of Brotherhood, Leadership, Scholarship and Service, Mu Sigma Phi has redefined its role as an exclusive brotherhood, extending its hospitality to the sectors of the university and the academe. This is exemplified through several activities, such

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