

PSEM Newsbytes: PSEM ON THE MOVE...EVENTS AND MILESTONES



The 2nd PSEM Congress on Prediabetes and the Metabolic Syndrome

March 25, 2009, EDSA Shangri-La

Aptly themed "Addressing Current Controversies in Prediabetes and the Metabolic Syndrome", the 2nd Congress follows the success of the initial congress in 2008. Some 800 physicians and other health professionals listened to the exciting updates focusing on the diagnostic and therapeutic dilemma in prediabetes and metabolic syndrome. Past Presidents, Drs. Ruby T. Go and Mary Anne Lim-Abraham, were the featured plenary speakers. Dr. Go talked on the metabolic syndrome as a distinct disease entity while Dr. Lim-Abraham traced the natural history and course of the metabolic syndrome from womb to tomb, emphasizing the importance of fetal programming in the pathogenesis of diseases in adult life.

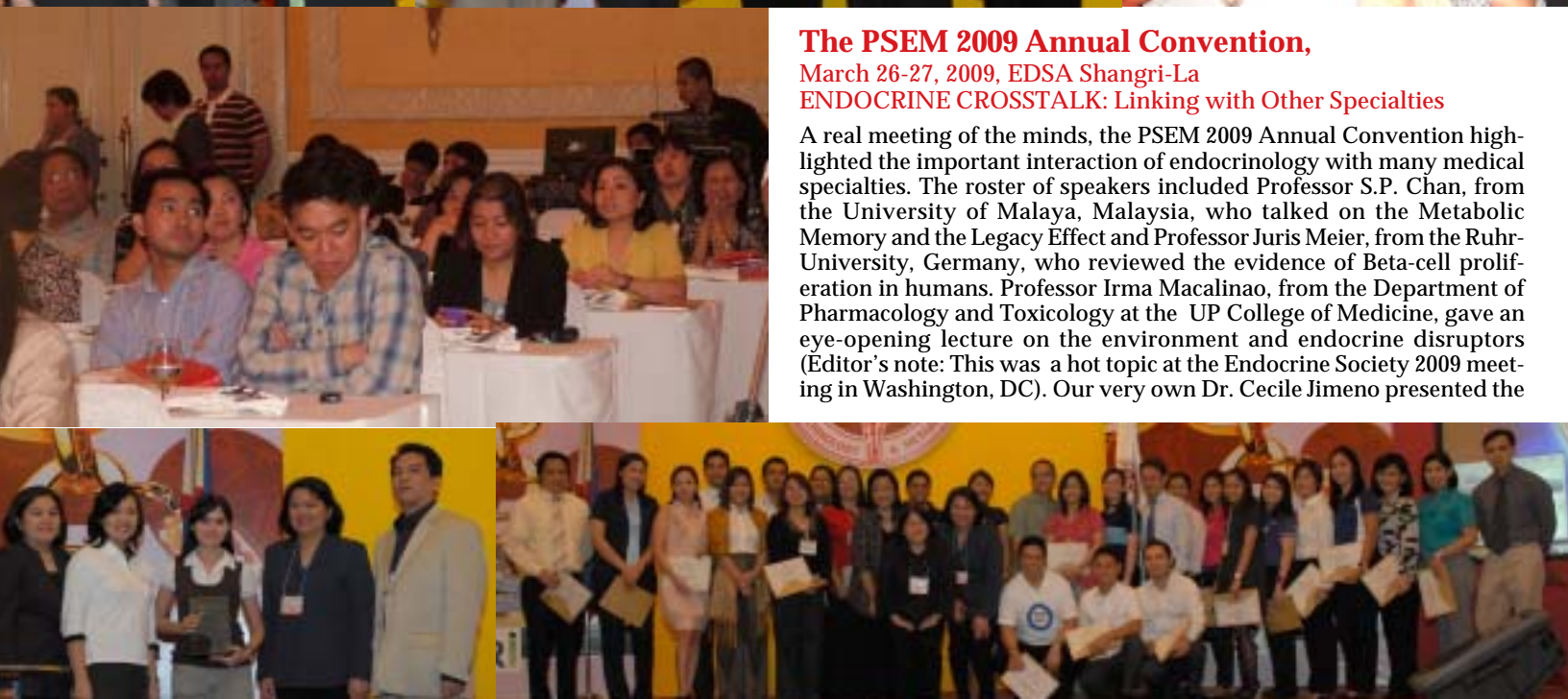


The PSEM 2009 Annual Convention,

March 26-27, 2009, EDSA Shangri-La

ENDOCRINE CROSSTALK: Linking with Other Specialties

A real meeting of the minds, the PSEM 2009 Annual Convention highlighted the important interaction of endocrinology with many medical specialties. The roster of speakers included Professor S.P. Chan, from the University of Malaya, Malaysia, who talked on the Metabolic Memory and the Legacy Effect and Professor Juris Meier, from the Ruhr-University, Germany, who reviewed the evidence of Beta-cell proliferation in humans. Professor Irma Macalinao, from the Department of Pharmacology and Toxicology at the UP College of Medicine, gave an eye-opening lecture on the environment and endocrine disruptors (Editor's note: This was a hot topic at the Endocrine Society 2009 meeting in Washington, DC). Our very own Dr. Cecile Jimeno presented the



By Gabriel Jasul, MD, FPSEM



evidence on the efficacy and safety of nutraceuticals in endocrine diseases. Past Presidents, Drs. Joselyna Quimpo and Josephine Raboca, completed the Plenary Lectures with their updates on thyroid diseases in pregnancy and gestational diabetes, respectively.

The concurrent symposia delved on new treatment approaches in common endocrine diseases, issues in the aging male (in collaboration with the Philippine Society for the Study of the Aging Male), cardiovascular endocrinology and the kidney and the endocrine system. Meet-the-experts sessions tackled management of dyslipidemia and diabetes care transition from adolescence to adulthood. Research presentation of the completed 2008 grants and the five new grants awarded this year played an im-

portant part of the convention. Twenty-two (22) completed researches were featured during the research poster presentation.

The Annual Business Meeting provided an opportunity to discuss the current status as well as the future programs of the PSEM. This becomes important as PSEM prepares to celebrate its 50th Anniversary in 2011-2012. Outgoing President, Dr. Laura Trajano-Acampado presented the PSEM's achievements and milestones in 2008-2009 and introduced the audiovisual presentation "PSEM: Going for the Gold" as a prelude to the 50th Anniversary celebration. The Advocacy programs of the PSEM were highlighted and the new recipients of the PSEM-Lilly Insulin for Life Program were also presented during this convention. As a highlight in the closing ceremony, the new batch of officers for 2009-2010 were inducted by Dr. Cynthia Chua-Ho as member of the nominations and elections committee.



PSEM welcomes the two newest members of the Board- Dr. Nemencio Nicodemus and Dr. Bien Matawaran, both of whom are famous for their many talents- including singing. Interesting trivia: It has been quite a long time since the males outnumber the females in the PSEM roster of Officers.



**PSEM 2009 Fellowship Night
March 26, 2009: PSEM goes POLYNESIAN**

The much-awaited social event of the PSEM Annual Convention 2009 was such a big blast with the four training institutions trying to outdo each other with their superb Polynesian presentation. Guests and friends from the pharmaceutical companies came in their Hawaiian attires as well. It was a perfect evening of friendly competition and nearly professional performances. In the end, the UST group was adjudged the big winner. Words will not do justice for the showcase of talents, so let the pictures tell the story.



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Memorandum of Agreement Signatories- Mr. Palmones for ABS-CBN, Dr. Acampado & Dr. Jasul for PSEM, Dr. Beaver Tamesis for MSD

PSEM DIABETES ACADEMY ON AIR in collaboration with DZMM TELERADYO, ABS-CBN Foundation and Merck, Sharp and Dohme (MSD), Philippines

During the recent Annual Convention, the PSEM Diabetes Academy on Air was launched in collaboration with radio DZMM and ABS-CBN Foundation, Inc. with generous support from MSD Philippines, Inc. This weekly program ran every Sunday from 4:30 to 6:00 PM, DZMM 630 KHz Bago Yan Ah, simulcast on DZMM Teleradyo Skycable Channel 26 from April 19th until July 5th. It is a diabetes education program intended for patients with diabetes and their families as well as the general public. This complements our Hawak Kamay Laban sa Diabetes Train-the-Trainers workshop for Barangay Health Workers giving us far wider national coverage. With Program host, Mr. Angelo Palmones, important aspects of diabetes care were discussed in the different sessions by dedicated volunteer PSEM advocates: Doctors Levy, Bobby, Mia, Tish, Chi, Pete, Elaine, Lani, Nemy, Lala and Aimee (listed in order of airing of episodes). The program was well-received by the public and a repeat run is being planned early next year.



PSEM is joined by Ms. ▶
Nenette Umali- the guest
nutritionist... ON AIR at
DZMM studio




Enjoying breaks in-between tapings- the speakers did well with just one take...Good job everyone!



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PSEM 58th Interhospital Grand Rounds

May 22, 2009, Renaissance Hotel

It was Makati Medical Center's turn to present and the choice of the case for discussion was timely. The metabolic benefits of bariatric surgery were examined as the presenters, Drs. Eddelyn Salomon and Jowett Golangco, Endocrine Fellows at MMC, traced the clinical course and treatment of a morbidly obese patient. Endocrinologists, Drs. Carol Narvacan-Montano and Jimmy Aragon (full article on page 4), surgeon Dr. Jose Salud, nutrition support specialists, Dr. Eliza May Perez- Francisco and Ms. Emy Cardino gave their insights on this case.



PSEM-Novartis 1st Summit on Diabetes Complications

May 30-31, 2009, Mactan Shangri-La Hotel, Cebu

The first PSEM Summit on Diabetic Complications, in collaboration with Novartis Healthcare Phils, Inc, was a huge hit with a balanced scientific and social programme. During the symposium, Past President Cynthia Halili-Manabat gave a talk on Incretins: New Perspective in Diabetes Management while noted nephrologist, Dr. Agnes Mejia talked on Hypertension and Nephropathy in Diabetes and ophthalmologist, Dr. Harvey Uy talked on Diabetic Retinopathy. During the poster presentation, Immediate Past President Laura Acampado led the attendees in reviewing the results of recent clinical trials on diabetes. The All-White beach party in the evening of May 30th was truly enjoyable and was only matched in frolicking fun by the team-building activity the following morning. Let the pictures speak for themselves.



Team G is 3rd place



Team L is 2nd place



The CHAMPS! Team U - Albert, Luisa, Marj, Jean, Joy, Aimee & Tina



FIRST PSEM DIABETES, PRE-DIABETES, and METABOLIC SYNDROME WEEKEND COURSE

July 11, 2009 HOTEL STOTSENBERG, ANGELES CITY, PAMPANGA

With the theme “Exploring the Spectrum of Dysglycemia”, the first PSEM weekend course on Diabetes, Pre-Diabetes and Metabolic Syndrome paves the way for another important venue for PSEM’s scientific programs intended for primary physicians in the provinces. One hundred forty six physicians and health professionals intently listened to the updates on metabolic syndrome scoring, pharmacologic interventions in pre-diabetes, diagnosis of diabetes and its monitoring and treatment targets, gestational diabetes and herbal medicine and supplements in diabetes. These comprehensive lectures were complemented by exciting case-based discussion on diabetes management in the outpatient and inpatient settings. The

LAY FORUM IN ENDOCRINOLOGY

July 10, 2009, OSPITAL NING ANGELES, Angeles City, Pampanga

Health screening program started the afternoon of learning and wellness for the 76 persons who attended the PSEM lay forum at Ospital Ning Angeles. Through the generous support of Dr. Mario Panlilio, President of the Angeles City Chapter of the Philippine Academy of Family Physicians and Dr. Nines Bautista, Diabetologist and Physician-in-Charge of the Diabetes Clinic at the Ospital Ning Angeles, the PSEM was able to hold a very successful lay forum with lectures on Diabetes by Dr. Pete de la Pena, Obesity by Dr. Guchi Gutierrez, Goiter by Dr. Carlo Carreon and Osteoporosis by Dr. Meann Batongbacal. Carlo, PSEM’s representative in Pampanga, led the lively discussion and acted as moderator for the three Bulakenyo PSEM members who came that afternoon to contribute their share in improving patient awareness about common endocrine diseases. The PSEM lecturers were indeed effective, judging from the active participation of the audience and the many questions fielded that afternoon.



response from the attendees was indeed overwhelming, with a considerable number staying the entire day and actively participating during the open forum. The success of this new program was made possible through the generosity and hospitality of the officers and members of the collaborating organizations, namely, the Angeles City Chapter of the Philippine Academy of Family Physicians, led by their President, Dr. Mario C. Panlilio, and the Angeles City Medical Society, led by their President, Dr. Ma. Cheryl P. Tuazon. Our friends from the pharmaceutical companies were around to give their support and to enjoy with the PSEM Board and Organizing Committee, the camaraderie and cuisine that are trademarks of Pampanga.



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PSEM UPDATES STRATEGIC PLANS

May 31, 2009, Mactan Shangri-La, Cebu

The PSEM Officers and Board of Directors devoted the whole afternoon of May 31st to the review and updating of the PSEM's Strategic Plans which were last revisited on October 3, 2008. Completion of schedule of activities for the next two years was accomplished after fruitful discussion led by Past President Laura Acampado and Current President Patricia Gatbonton. The PSEM Officers and Directors were joined by Past Presidents Marietta de Luna and Josephine Raboca as they updated the objectives of each PSEM activity and program. The constant support and insightful guidance of the PSEM past presidents inspire the present board to work hard to uphold the PSEM's mission and vision. Certainly, with such dedicated leaders guided by well-planned roadmaps, PSEM will continue to reach greater heights in patient care, education and research in endocrinology. PSEM's Golden Anniversary in 2011-2012 will mark the society's commitment to serving the Filipino patients in the next half century. The PSEM Strategic Plans will provide the framework to make all these happen.

PSEM REGIONAL WORKING GROUPS: Reaching Out to the PSEM Membership

In the next few weeks, the PSEM Officers and Board of Directors will individually act as moderator/facilitator in meetings aimed at organizing regional groups to build effective channels of communication between the PSEM leadership and the members. Each Officer/Director has been assigned as Coordinator of each specified Region in the country. Mechanics of the working groups will be established during the initial round of meetings in July, and hopefully finalized on or before the PSEM General Assembly slated on August 1, 2009. Roll-out and cascading of PSEM's program of activities will be made more efficient and effective through the regional working groups. Moreover, creation of these regional groups will foster camaraderie among the PSEM members.



The Philippines Society of Endocrinology and Metabolism

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Your letters and comments are welcome. Please send them to the Editor-In-Chief by e-mail at sec@endo-society.org.ph or fax it to 637-3162

OUR MISSION

To lead in the pursuit of excellence in Endocrinology

OUR VISION

Quality endocrine care, education & research in every region of the Philippines by 2010.

2009-2010 SCHEDULE OF ACTIVITIES

- **Lay Forum in Endocrinology**
July 10, 2009
Ospital ning Angeles Angeles, Pampanga
- **First Diabetes Prediabetes and Metabolic Syndrome Weekend Course**
July 11, 2009
Hotel Stotsenberg, Angeles City, Pampanga
- **PSEM Regional Working Groups' Organizational Meeting**
July 25, 2009, EDSA Shangri-La Hotel
- **PSEM 3rd General Assembly**
August 1, 2009
- **PSEM-Lilly Diabetes Updates**
August 2, 2009
- **59th Inter- Hospital Grand Rounds- UST**
August 19, 2009
- **Lay Forum in Endocrinology**
August 28, 2009, Iloilo
- **11th Weekend Course in Endocrinology**
August 29, 2009, Iloilo
- **2nd Thyroid Cancer Summit**
September 19, 2009, Unilab Bayanihan Center
- **Lay Forum in Endocrinology**
September 25, 2009, Tacloban, Leyte
- **10th Thyroid Forum**
September 26, 2009, Tacloban, Leyte
- **DM on Air Lay Forum**
November 7, 2009 (venue TBA)
- **PSEM-MSD Dinner Symposium**
November 7, 2009; Speaker: Prof. Stefano Del Prado
- **60th Inter- Hospital Grand Rounds- St. Luke Medical Center**
November 11, 2009
- **15th Congress of the ASEAN Federation of Endocrine Society**
November 28- December 1, 2009, Bangkok, Thailand
- **Lay Forum in Endocrinology**
December 5, 2009, Davao
- **2nd Lipids Weekend Course**
December 6, 2009, Davao
- **PSEM Christmas Party**
December 9, 2009
- **Presscon GAW**
January 19, 2010
- **11th Fellows Research Forum**
January 20, 2010, EDSA Shangri-La Hotel
- **Goiter Awareness Week**
January 24-30, 2010
- **61th Inter- Hospital Grands Round-PGH**
February 24, 2010
- **3rd PSEM Congress on Prediabetes and the Metabolic Syndrome**
March 17, 2010, EDSA Shangri-La Hotel
- **2010 Annual Convention**
March 18-19 2010 EDSA Shangri-La Hotel