

Research in Endocrinology: Highlights from the IDF and AFES Congresses, and the PSEM Fellows Research Forum



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The management of endocrine diseases has evolved rapidly in the last few years due to the many basic and clinical researches that are being done worldwide. Many endocrinologists attend international conventions to update their knowledge on developments in the field and to listen to colleagues from different countries discuss their research output. It is thus with pride and pleasure that we listen to our Filipino endocrinologists present their researches when we attend these international conferences.

In the International Diabetes Federation last October 2009, two of our young endocrinologists, Dr Gregory Joseph Ryan Ardena and Dr Marbert John T. Cardino presented their research papers in Montreal, Canada. Greg presented the IDF-funded research that he co-authored with Dr. Elizabeth Paz-Pacheco and other consultants at the Philippine General Hospital, entitled, "Knowledge, Attitudes and Practices of Diabetic Patients in a Rural Community: Phase I of the Community-Based Diabetes Self-Management Education (DSME) Program in San Juan, Batangas". Bert on the other hand, presented a total of four papers, 1 as oral presentation and 3 others as posters. The research which he presented in the oral format is entitled, "Prevalence and Outcomes of Unrecognized Diabetes Mellitus and Prediabetes among Patients with Acute Cerebrovascular Disease at the Philippine General Hospital (DASH Study: Diabetes and Prediabetes among Acute Stroke Patients with Admission Hyperglycemia).

Before the year ended, we again had a bumper crop of Philippines researches presented at the 2009 Congress of the ASEAN Federation of Endocrine Societies held in Bangkok, Thailand. In the oral presentation, Dr. Michelle Lemoncito presented the study entitled, "Impact of Waist Circumference Measurement Variation on the Diagnosis of Metabolic Syndrome". There were a total of 38 posters representing the work of our training fellows (and one



internal medicine resident) and the consultants in the four training hospitals. There were 7 posters on diabetes mellitus; 12 on thyroid disorders; 3 on pituitary dysfunction; 7 for disorders of the adrenals, 4 for calcium and bone metabolism diseases; 3 on disorders of the ovary and disorders of sexual differentiation; and 2 were classified as miscellaneous disorders. The presenters included the following doctors: Hallert Ramos, Lorraine Grace Almelor, Cindy Josol, Perpetua Patal. Sheila Lim, Maria Leonora Capellan, Danivic Jesus Ramirez, Cristina Chua, Allanbert Sampana, Mark Anthony Sandoval, Aileen Sia-Atanacio, Estrellita Bitong, Lucy Anne Mamba, Maria Luisa Cecilia Arkoncel, Margarita Victoria Holgado-Galicia, Analyza Galla, Stefanie Lim-Uy and Michelle Lemoncito There were several fellows who had more than one poster but it was Cindy Josol who held the record for having a grand total of 6 papers!

The new decade for PSEM started with a major research activity- the 11th Endocrine Fellows' research forum. This was held last January 20, 2010 from 3:00 p.m to 9 p.m at the Garden Ballroom of the EDSA ShangriLa Hotel. This forum is unique among the subspecialty organizations in the Philippines, and gives the graduating fellows an opportunity to present their researches to their peers and consultant experts for critiquing. There were three experts in clinical epidemiology and research who served as the major critics - Dr. Noel Juban, the Chair of the UPCM Department of Clinical Epidemiology, and the PSEM's very own, Dr. Aretha Ann Gacutan-Liwag and Dr. Cecile A. Jimeno. There were also many questions, comments and suggestions for improvement from the audience that night.

These researches are proof that the PSEM is headed in the right direction. We look forward to even more research and innovation in Philippine endocrinology in the new decade, even as we now start to impact on research in the international arena. Cheers!