“Enriching knowledge, Enhancing skills, Empowering the Filipino Neurologist”

This is the theme for the 2016 PNA Annual Convention to be held on November 16-19 at Hotel Novotel, Araneta Center, Quezon City. The theme emphasizes the never-ending pursuit of all physicians to learn new knowledge and clinical updates through different platforms - local and international scientific meetings and conventions, electronic learning activities and electronic journal access. This year’s scientific program is packed with clinical updates on stroke, epilepsy, dementia, headaches as well as sleep medicine. The GILBERTO GAMEZ MEMORIAL LECTURE features Professor Jun-Ichi Kira of Japan giving us a lecture on neuromyelitis optica and longitudinally extensive spinal cord lesions. Another Japanese professor, Yoshikazu Ugawa will give a comprehensive lecture on the etiology, pathophysiology and therapy of myoclonus. A special topic on Incapacitating biological weapons and toxins will be discussed by Dr. Irma Macalinao. The various pharmaceutical symposia will feature new updates and clinical management strategies in the fields of dementia, stroke and epilepsy.

Neurologists, especially those in the academe, have the additional responsibility to inspire young trainees through journal reports and research paper contests. This year’s annual PNA research contest continues to uphold the high standards of clinical research in the field of neurology in the country. These young neurologists from different training institutions will have the chance to showcase their knowledge on neurology and current events in the 2ND PNA QUIZ BOWL. Neurologists as clinicians must also enhance their clinical skills including learning new clinical bedside techniques as well as reviewing the different neurological ancillary procedures available for our patients. The PRECONVENTION WORKSHOPS on clinical neurophysiology, acute thrombolysis in stroke and benign paroxysmal positional vertigo workshops will give hands-on training on these different procedure and interventions available to our patients.

Empowerment of the Filipino Neurologist is exemplified by this year’s PNA KEYNOTE SPEAKER, Dr. Carlos C during the opening ceremonies. He who take us on a journey in the life of a neurologist in Philippines.

The final activity of the 4-day event is welcoming our new colleagues as PNA FELLOWS together with the new PNA BOARD OF GOVERNORS for 2017, in the presence of PMA President Ireneo Bernardo III and the new DOH Secretary Paulyn Jean R. Ubial as the INSPIRATIONAL SPEAKER. Greater challenge awaits the new PNA officers as several international neurological conventions will be hosted by the country next year. These challenges can turn into opportunities as the world now sees the Philippines as a new and emerging hub for international scientific meetings.

As the country enters a new era with dramatic political and socioeconomic changes, the Philippine Neurological Association continues to uplift the standards of neurological care in the country through knowledge enrichment, skills enhancement and empowerment of every Filipino neurologist in the country.

“Enriching knowledge, Enhancing skills, Empowering the Filipino Neurologist”

T
**Towards a Tech-Savvy PNA**

It is that time of year again when we meet again not only as an organization but as friends, peers and colleagues. With the events of the past year, one feels that time flies so quickly with the various activities of PNA along with the very heated political landscape of our country. Change not only has come for the Philippines but for PNA itself. These changes herald our commitment to advancing the organization towards technology that will not only make things easier for us but also push us to be more audacious in our choices.

The PNA App was launched in January and has proven helpful not only for our members but for our pharmaceutical partners and for the general public as well. It is our organization’s way of keeping up with the times for the millennial generation with easy access for the Philippine Journal of Neurology and Synapse but also a fast way of communicating with our secretariat. We will continue to improve and tweak the App for many possible purposes in the future.

The PNA website has also undergone a major make-over from the previous version which is more interactive and updated real time. More exclusive content was added for members to access such as Philhealth rates and upcoming activities of the association. The PNA also has both official Facebook and Twitter pages with regular followers and likes.

Our biggest innovation for this year is the Teleconference format of the Bimonthly conference. The main hindrance to attending the bimonthly conference before was geography. With 7,100 islands in our country, only those based in Metro Manila were the ones that got to attend the conference, traffic notwithstanding. With the new system, we have quadrupled the number of attendees with the satellite venues from northernmost Luzon to the south most portion of Mindanao. An attendee from Laoag City can listen to the lecture and field in questions for the speakers. The format also has been changed from the straightforward lecture before has been transformed into a debate format discussing the pros and cons of various topics from stroke, epilepsy, and movement disorders. Not only do we engage our younger colleagues to participate as the debaters but also our more experienced colleagues as their coaches. We plan to continue the aforementioned format in the future since we have had very positive feedback from members.

Lastly for our associate members, Oplan Payong 2.0 goes digital this year. The review for our members will be web-based with video lectures, pre and post tests with immediate feedback which features exclusive content accessible only by duly registered members. Hopefully this would provide the required knowledge and skills necessary to pass the written and oral examinations next year.

As espoused in our objectives of promoting public awareness on neurologic diseases, nurturing growth and welfare of members and advancing the expertise in the neurological sciences, we hope these technological methods help in advancing the organization towards excellence and collegiality.

**ARNOLD ANGELO M. PINEDA, MD**
PNA President 2016
IN DEALING WITH OUR PATIENTS.....

Neurology and the practice of taking care of patients with neurological diseases is exciting, stimulating but at the same time, a big part is desperate and depressing. Neurology is a far cry from ophthalmology where after cataract surgery, most patients can see again. Or Obstetrics, where family are eagerly anticipating the birth of a child. Most of the time we deal with death and suffering. The past month has seen me deal with the death of 44 yo, mother of 2, dying of stage 4 breast CA with brain metastasis, a 54 year old with malignant infarct who could not afford the hemicraniection, a 77 yo Chinese tycoon with a huge hypertensive hemorrhage and a 22 yo TB Meningitis st 3 with acute hydrocephalus. This doesn’t include the 17yo who has complete spinal cord injury due to Pott's and another due to bone CA, the malignant Astrocytoma in a university professor or global aphasia in a previously brillaint lawyer and so many more cases I consider as tragedies. Death doesn’t chose rich or poor, young or old. Suffering and illness do not choose race, age or gender. And in neurology, you deal with this in an almost daily basis. It hurts, and if you have empathy for your patients it can crush your soul too, little by little. I have long ago accepted the fact that as neurologists we must deal with these cases. We may be helpless in reversing a patient who has a malignant tumor, a malignant infarct, has herniated or is brain dead. Heavy as it seems, we as doctors should do our best to help ease our patients suffering and give them their dignity. We must show them compassion in their need. Offer a consoling hand, give time or just be with them. Or if they are beyond help, be of comfort and succor for the family to accept and understand the situation. Our roles at this point may no longer be to cure the patient, but to assist the family to be prepared and HEAL. And I think this show of HUMANITY is what we should always remember and be prepared to share.

PNA NEUROLOGY WEEK 2016: Discover Neurology Know your Neurologist

On September 30, 2011, Proclamation 263 was signed and released from Malacanang Palace declaring the second week of November each year as Neurology Week. This is to increase awareness on neurological disorders and to enable the citizenry to take an active role in the prevention of these diseases. Through our organization, we make each Juan aware of the delivery of neurological care for the promotion of his health and well-being.

Neurology Week was celebrated on November 6-13, 2016. All fellows, associate members, PNA chapters and Neurology training institutions were enjoined to participate in their own area / community. Last November 13, 2016, the Board of Governors lead the celebration at SM Mall of Asia from 10am to 12noon with a theme “Discover Neurology, Know your Neurologist”. Free Glucose determination, Ankle-branchial index, blood pressure, body mass index to name a few was made available to mall goers. Lectures on stroke prevention, epilepsy misconceptions and dementia recognition was conducted by the PNA South Luzon Chapter fellows and avidly attended by a huge audience of nuns. Fitness enthusiast Jim Saret lead an exercise routine for Indak para sa Utak which completely energized the neurons of those who joined. The PNA App was also relaunched. Overall the activity was a huge success.
Inductees 2016

Adult Neurology Specialty Board

Sharimah Tawang Abantas-Diamla, MD
Jose R. Reyes Memorial Medical Center

Carlsen B. Antonio, MD
University of the East
Ramon Magsaysay Memorial Medical Center

Ria Monica Delos Santos Asuncion, MD
University of Santo Tomas Hospital

Anne Lynlet Daguno Badiee, MD
University of the East
Ramon Magsaysay Memorial Medical Center

Ela Austria Barcelon, MD
University of Philippine
Philippine General Hospital

Jesi Ellen Cueto Bautista, MD
University of Philippine
Philippine General Hospital

Jemellee Cano, MD
St. Luke’s Medical Center

Donnabelle M. Chu, MD
Makati Medical Center

Marlene C. Cinco, MD
Jose R. Reyes Memorial Medical Center

Ma. Magdalena Silvano De Jesus, MD
University of Santo Tomas Hospital

Kristine Joyce Linay Porto, MD
St. Luke’s Medical Center

Mari Anne Kristin Dale Nile Moll, MD
University of Philippine
Philippine General Hospital
Child Neurology Specialty Board

Inductees 2016
By Dr. Amado San Luis

Sharimah Tawang Abantas–Diamla, MD
Jose R. Reyes Memorial Medical Center

Carlsen B. Antonio, MD
University of the East
Ramon Magsaysay Memorial Medical Center

Ria Monica Delos Santos Asuncion, MD
University of Santo Tomas Hospital

Anne Lynlet Daguno Badiee, MD
University of the East
Ramon Magsaysay Memorial Medical Center

Angelli Thea Sarmiento Oplado, MD
St. Luke’s Medical Center

Rosemarylyn Lim Or, MD
The Medical City

Peter Allan Avila Quitasol, MD
Jose R. Reyes Memorial Medical Center

France Gil Binasa Rasay, MD
Jose R. Reyes Memorial Medical Center

Ela Austria Barcelon, MD
University of Philippine
Philippine General Hospital

Jesi Ellen Cueto Bautista, MD
University of Philippine
Philippine General Hospital

Jemellee Cano, MD
St. Luke’s Medical Center

Donnabelle M. Chu, MD
Makati Medical Center

Gemmalynn Burahan Sarapuddin, MD
The Medical City

Mary Anne Palac Suna, MD
University of Santo Tomas Hospital

Ty Alekzander Fenix Talamera, MD
St. Luke’s Medical Center

Vanessa Calimag Valera, MD
University of Philippine
Philippine General Hospital

Cherry Lou Molina Antonio, MD
Philippine Children’s Medical Center

Maria Teresa P. Cruz, MD
University of Santo Tomas Hospital

Karen Cortes Mabilangan, MD
University of Santo Tomas Hospital

Cherie Marie Azares Tecson–Delos Santos
University of Philippine
Philippine General Hospital
INTRODUCTION

In 1999 the MDSP was organized through the vision of committed senior PNA fellows. A rekindling happened when more junior fellows came back from training. Keeping the ideals burning, the group forged forward. This is the story of the hard work of PNA fellows bound by similar driving force. The organization though comprised by few people worked forcefully as a group.

We share with you the fruits of labor of the group through the years. The MDSP has its eyes set on making a difference in the field of Movement Disorders.

CONTINUING MEDICAL EDUCATION

The desire to teach, share and bring forward knowledge on a field that was thought of as intricate started in 2009 when the group bravely hosted a pre-congress scientific meeting during the PNA annual convention in Cebu City. International movement disorders experts were part of the faculty.

In 2013, the group started the first movement learning camp supported by the International Parkinson and Movement Disorder Society-Asian and Oceanian (MDS-AOS) thru its Developing World Education Program (DWEP). The first learning camp was held in TAGAYTAY. Yearly thereafter, these Movement Learning Camps were held in different and relevant venues across the country: ROXAS CITY (2014), ANG ELES CITY (2015) and MANILA (2016).

The most recent highlight of the CME was the 5th Asian-Oceanian Parkinson and Movement Disorders Congress (AOPMC) held last March 11-13, 2016 at the Marriott Grand Ballroom. On the last day, the 11th Asia Pacific Parkinson’s Association meeting was also held. This was organized by the International Parkinson and Movement Disorder Society-Asian Oceanian Section (MDS-AOS) in cooperation with the MDSP.

This was the ice breaker, because from here on, the group held pocket meetings in 2010 and 2011 that were mostly video conferences and conferences in selected Metro Manila hospitals.

Another National Congress, this time in 2012, was the first MDSP congress at the Philippine International Convention Center. This was attended by the doctors from across the ASEAN region. This was a combined botulinum toxin workshop and lectures.
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RESEARCH AND SIGNIFICANT PAPERS

The anchor of most of the members of this group is research. Several published papers in peer reviewed journals came to the fore. These papers were on top of the submitted research papers in the PNA annual research contests from each training institutions.

In 2015, the MDSP, in cooperation with Torrent Pharmaceuticals started its Annual Research Contest on Movement Disorders.

INTERNATIONAL AFFILIATIONS

MDSP is a recognized affiliate society of the International Parkinson and Movement Disorder Society (MDS).

LAY ARM

The Gabay Alalay was formed with the goal of providing a platform for Parkinson’s patients, caregivers, and the community to share their experiences, discuss issues, and find ways to cope with the day-to-day and long-term difficulties posed by Parkinson’s disease. This was established in 2009. The activities were patient- and community-based such as Parkinson’s Caravans, Parkinson’s Walk, Parkinson’s Symposium, Parkinson’s Lay fora. The first National Parkinson’s Symposium was held in 2014.

There are some members of the group that also holds regular meetings with XDP patients.

SERVICE

The group joins the community in providing monthly free clinics in Roxas City for the XDP patients. In the Metro Manila Area, the group continues to extend the same services to these XDP patients in their private clinics. This is in cooperation with the Sunshine Care Foundation.

XDP

This is a Filipino here do degenerative disease and therefore needs special neurologic attention. The group has made this a priority since its inception. There are ongoing studies, patient care and education that are relevant to the patients and the clinicians.

Where are we heading?
Bi-monthly Meetings 2016

We have successfully finished 4 bimonthly conferences in 2016 in the form of debates. With the advent of modern technology, we were able to webcast the meetings to reach more fellows and associate members here and abroad. On the average, 22 sites were being accessed apart from the main venue with 250 participants. We have evolved into interactive discussions where our colleagues from afar can cast their pro or con votes to the topic.

For us to maintain a good standing in the Association, we must attend at least 2 major conferences, one of which is the bimonthly conference. Distance as well as floods and traffic were not hindrances anymore.

In behalf of the Board of Governors, we would like to thank all of you for participating in these bimonthly conferences.

Our appreciation to all the debaters and coaches who contributed their time and expertise to this endeavor.

Our gratitude also to Glaxo SmithKline Pharmaceuticals for helping us in this continuing professional development.

Yours,

Marietta Cruz-Olaivar, MD
Bimonthly Conferences, Chair

The Aurora Project (Baler)

The last of the 2016 PNA Baler Outreach activities was held on September 30, 2016. The group, composed of neurology residents from SLMC and USTH, a pediatric neurologist and myself volunteered to the outreach program dubbed “Klinika Neurolohika” in Aurora Memorial Hospital in Baler Quezon. The volunteer group left Manila a day earlier for the 6 ½ hours travel. The group had an overnight stay in one of the hotels in Baler before the start of the outreach activity in Aurora Memorial Hospital the following day.

The activity started in the morning with a lecture on Stroke recognition, prevention, lifestyle modification and treatment. The audience were a mix of patients, relatives and some hospital workers. Again a variety of cases were seen and treated such as Stroke, Parkinson Disease, Epilepsy, Neuropathies, Headache, Hypertension and Dizziness and Vertigo cases. Many of these patients were so appreciative of this activity as there are no neurologist practicing in their locality.

We would like to thank the volunteers Dr. Tessa Cruz, a pediatric neurologist from USTH, Dr Julie Torres and Dr Vince Vergara of USTH of USTH ,Dr. Denise Palines and Dr. Patrick Yalung of SLMC , Ms. Nina ‘Ga’ Manlangit of PNA secretariat in pushing through with outreach activity despite the inclement weather.

Lastly we would like to thank Innogen company and their medical representatives for their support.