



Philippine Society of Pediatric Cardiology

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Newsletter

7th PSPC BIENNIAL Convention 2018

"The Heart of the Matter : Common and Uncommon Symptoms of Heart Disease in Children"

By Dr. Ninfa Villanueva / Dr. Virginia Mappala

The recently concluded 7th Biennial Convention of the Society last May 21-22, 2018 held at the Crowne Plaza in Quezon City was a huge success. It was a product of a year-long preparation of the Officers and Board under the presidency of Dr. Ma. Corazon Estevanez together with the Organizing Committee of the convention chaired by Dr. Ninfa Villanueva with the cooperation of the members of the society. The Scientific Committee, headed by Dr. Edison Ty came up with a very timely theme entitled "The Heart of the Matter: Common and Uncommon Symptoms of Heart Disease in Children." The main

objective of this year's convention was to help the participants understand the approach to common and uncommon symptoms of heart disease in the pediatric population. The convention also aimed to help the participants understand when symptoms are most likely cardiac in origin, to discuss symptom-based algorithms in the diagnosis of cardiac disease in children, to help them decide which common or uncommon clinical presentation needs immediate referral to a Pediatric Cardiologist and to briefly discuss the acute management of important symptoms of heart

disease in children.

The convention was well attended by members of the society from all over the country, General Pediatricians from the different hospitals as well as Family Physicians and General Practitioners. A total of 276 participants filled up the Sapphire Room of the Crowne Plaza as they eagerly listened to the speakers. The Organizing committee invited expert Pediatric Cardiologists and speakers from other specialties to give a very thorough discussion of



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LUCKY 13 President's Report

By
Dr. Ma. Corazon
A. Estevanez

Is 13 really lucky? Being the 13th President of the Philippine Society of Pediatric Cardiology, is a great honor and privilege for me and I will forever cherish the moments. At first it posed a great challenge on how I can effectively handle the growing numbers of Pediatric Cardiologists in the Philippines. It is almost 2 years since I handled the position and now it is going to an end. We started with our Induction at the Executive Lounge, Medical Arts

Building of the Philippine Heart Center on June 30, 2016. The following took oath of office with Drs. Bernadette Azcueta as Vice-President, Ninfa Villanueva as Secretary, Juan Reganion as



Treasurer, Marinella Francisco and Regente Lapak as Board of Directors.

We were able to hold 7 Round Table Discussions. The first is on "The Time-Tested Role of Cardiac Glycoside in Pediatric Cardiology- Digoxin in Pediatric Heart Failure" - with Dr. Eden Latosa, our Immediate Past President as speaker on July 21, 2016. The second RTD was held at Tektite Tower, Ortigas on November 15, 2016 where the Highlights of the 6th APPCS were tackled and the speakers - Drs. Magdalena Lagamayo discussed Updates on

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PSPC @ 25 Highlights

It is remarkable that the Philippine Society of Pediatric Cardiology, also known as the PSPC, has celebrated its 25th anniversary in 2017.

It was in April 1992 that a group of Pediatric Cardiology specialists met and conceptualized the formation of this organization that is known today as The Philippine Society of Pediatric Cardiology, Inc. These meetings led to the birth of PSPC, its vision and mission statements as well as its objectives.

Subsequently, meetings were then held which resulted into the crafting of its constitution and bylaws that eventually became SEC-registered as PSPC, Incorporation.

It is also worth mentioning in this 25th year the PSPC statements for its vision "to be the premier society of pediatric cardiologists, recognized locally and internationally, committed to providing excellent healthcare to children with heart disease" and its mission "to achieve our vision, the Philippine Society of Pediatric Cardiology will promote optimum cardiovascular care through professional membership enhancement, continuing medical education and research, advocacy programs and linkages with concerned organizations for the purpose of the prevention of and management of heart diseases, realizing that each Filipino child deserves the best."

During the ensuing years, PSPC activities focused on the attainment of its mission statement by conducting continuing medical education

courses, participation in local and international scientific congress, creation of a membership directory that is regularly updated, website available to its membership, involvement in advocacy programs for children as well as linkages with other organizations, local and international.

PSPC started its other mission involving research through the conduct of the interesting cases in pediatric cardiology participated by pediatric residents in PPS accredited training institutions in 2016. It is the plan of the society to continue this activity and involve more institutions to participate.

As of this 25th year, twelve PSPC presidents had been elected, each one working towards the attainment of its objectives. Aside from its constitution and bylaws, which is regularly updated, it was also able to create its own PSPC hymn, its beautiful lyrics written by Dr. Ma. Rhodora G. De Leon and music by D. Jorge Sison.

On this silver anniversary celebration, the PSPC Newsletter continues to serve as a medium of providing information to its membership the events that happened the past months as well as announcing new developments and future events.

The editorial staff of the PSPC Newsletter would like to thank the past members of the editorial board, the very generous contributors of information from its membership as well as the PSPC officers and board of directors, for their unending support to the newsletter and we sincerely hope that it will continue its presence in the next 25 years.

PSPC VISION STATEMENT

To be the premier society of pediatric cardiologists, recognized locally and internationally, committed to providing excellent healthcare to children with heart disease.

PSPC MISSION STATEMENT

To achieve our Vision, the Philippine Society of Pediatric Cardiology will promote optimum cardiovascular care through professional membership enhancement, continuing medical education & research, advocacy programs and linkages with concerned organizations for the purpose of the prevention of, and management of heart diseases, realizing that each FILIPINO CHILD deserves the BEST.

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“When Big Hearts Are A Big Deal : Cardiomegaly in Children”

By Ma. Rhodora R. Garcia-de Leon, MD

When do BIG HEARTS become a big deal? When they become abnormal or pathologic. I present now the differential diagnoses of pathologic big hearts or cardiomegaly on chest x-ray. The causes may be classified into 1) Congenital heart disease: Acyanotic CHD such as VSD, ASD, AVSD, PDA; the cyanotic CHD such as TGA, TAPVR, TVA, PVA, truncus arteriosus and Ebstein's anomaly; 2) Acquired heart diseases such as RHD, pericarditis with pericardial effusion, infective endocarditis, myocarditis; 3) Cardiomyopathy: dilated and hypertrophic; 4) other systemic conditions like HPN, coronary heart disease and CHF.

Now that I have presented the clinical and cardiac aspects of cardiomegaly, let me now talk on “the other side of cardiomegaly”, that is the idiomatic side of it. Let me first quote Sir William Osler who said : “The practice of Medicine is an ART, not a trade; a CALLING , not a business; a calling in which your HEART will be exercised equally with your head.” We earlier defined cardiomegaly as “a big heart .” Idiomatically, a person with a “big heart” means someone who has a loving heart; one who is kind-hearted, caring and generous, helpful, self-less and compassionate. He is one who seeks the good of others, someone who goes the extra mile or goes beyond his call of duty!

What does it mean to have a BIG HEART? The pediatric cardiologist is a special breed of physician. He is not only an expert in his field, but is himself with a “big heart.” It is innate in him to have a big heart because healing precious, little hearts brings out the best in him. He is compassionate, caring, helpful and always seeks the good of his little patients; often he goes the extra mile in dealing with them. The pediatric cardiologist carries a special and personal doctor-patient relationship (regardless of whether his patient is a new walk-in patient or a long time chronic case). He takes time to explain explicitly and carefully the details, intricacies and gravity of the case. He takes time as well to give the most wanted assurance that nothing is the matter with his patient's heart! At times, it is but reasonable to charge a considerable professional fee by virtue of the delicate nature or difficult procedure or surgery done. But in his heart of hearts, the pediatric cardiologist will not hesitate to give some discount or even waive partially or totally his PF if it is necessary to help his distressed patient and family.

He will not hesitate to suggest some means to alleviate their financial difficulty (like going to the PCSO or transferring as service or charity patient) or endorse him to another specialist even if it means losing his own private patient. He will not only be concerned with his patient's medical needs or budgetary constraints, but sometimes will even check on his patient's spiritual needs. He may call on the priest to administer the blessing of the sick or have baptism to a critically ill neonate who may not yet the benefit of such grace. And when his critical patient inevitably goes, having done all that he can do for him, his heart goes out to his patient's family, consoling and condoling with them, even going as far as visiting at the wake.

The PSPC also has cardiomegaly! If we mean cardiomegaly as “big heart”, that means “big in number, big in size.” The PSPC from its very beginning in 1992, with the founding officers Drs. Wilberto L. Lopez, Luis M. Mabilangan and Asuncion A. Reloza and seventeen (17) core members have grown in numbers thru the years 1992...2002...2012...and 2017 (our 25th year). We have grown to a current number of 115 regular members. Our initial membership of 17 pediatric cardiologists began in Metro Manila. Later our members grew in number and quickly spread to serve the different provinces and regions of the country: from up north of Luzon to the Central Visayas and south of Mindanao and even Zamboanga! The PSPC has a big heart because the PSPC members not only exercise or share their expertise to their patients in their clinics or respective hospitals but extend their hearts and hands to do mission work. We had in the beginning of our Society, the program “adopt a barangay” in Zambales, La Union and the Visayas, where we visited these barangays to see their heart patients. The PSPC initiated the “Camp Braveheart” which is now tied-up with the PHA as an annual program for our children with heart disease and those with operated hearts to join other children in an out of town fun activity. In the past, we had these done in La Mesa Ecopark and Enchanted Kingdom. Lately the current PSPC officers and some members went to Payatas to engage school children in community sports to make them understand that games and sports are good to keep a healthy heart.

Through its 25 years of existence and still moving on, our Society has indeed grown with a BIG HEART; conscious of its mission and vision; stronger in its

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some of the common cardiac symptoms in children like chest pain, palpitations, syncope, cardiac murmurs and cyanosis. Day 2 dealt with the uncommon symptoms but more difficult to manage like heart failure, myocarditis, hypertension and obesity.

One of the highlights of the convention was the Dr. Evelyn Singian Memorial Lecture - which honors the dedication and passion of the country's first Pediatric Cardiologist - Dr. Evelyn Singian. The lecture was delivered by one of the society's most respected Past President - Dr. Rhodora De Leon. She gave a very heart-warming, inspiring and idiomatic talk on the meaning of a "Big Heart". Present during the lecture was the family of Dr. Singian. One of the luncheon symposia speakers was a Pediatric Cardiologist from Singapore - Dr. Ching Chen Kit, who gave a very informative talk on "Fetal Echocardiography 101" which was followed by actual demonstration. Another important part of the convention was the 3rd Interesting Case Report Contest in Pediatric Cardiology chaired by Dr. Ma. Ronella T. Francisco. There were 5 pediatric residents from different PPS-accredited training hospitals who submitted interesting pediatric cardiac cases. The board of judges consisted of Dr. Ma. Corazon A. Estevanez, Dr. Emely Anupol and Dr. Andrea Orel Valle had difficulty determining the winner because they really presented very well. This year's grand prize winner in the oral presentation was the case report on "Pulmonary Artery Banding as a

novel therapy on Left Ventricular Dilated Cardiomyopathy" by Dr. Angela Clarissa Cantalejo from The Medical City.

The well-prepared convention's physical arrangement and commercial exhibits was chaired by Dr. Regente Lapak with 5 major sponsors and 24 minor commercial exhibitors displayed at the Emerald Room of the Crowne Plaza.

Indeed, the difficulties, sleepless nights talking to the members, the convincing powers used for the speakers in order for them to accept the task, and most of all the stress and worries if there will be participants during the event was all worth it. Indeed, the Organizing Committee, did a very great job, their efforts were all very much appreciated for the success of the Biennial Convention. The participants went home equipped with new knowledge on the common and uncommon symptoms of heart disease in children.

The 2-day symposium was capped with a fellowship night at the Jade Room of Crowne Plaza on the evening of Day 1 with singing, dancing and lots of camaraderie among members of the society. The event was gamely hosted by Dr. Gerry Acosta (Chair of Socials Committee) and Dr. Maria Estrellita Alarcon.

Once again, thank you to all the members of the society, participants, guest speakers and sponsors. Congratulations to the Organizing Committee!!!



Silver Christmas

By Dr. Margaret P. Lara-Foronda

December is Christmas party season and its that time of the year where most of us let our hair down and celebrate with our families, friends, and colleagues. Last December 3, 2017, the Philippine Society of Pediatric Cardiology, celebrated Christmas and its 25th Anniversary at Casa Pura in Quezon City.

The program started with a welcome remarks from Dr. Corazon Estevanez, our PSPC president, she highlighted the different activities of the society for the year 2017 and upcoming projects for the year 2018. After the sumptuous dinner, everybody geared up for the party and actively participated in the parlor games.

A mixed group of pediatric cardiology consultants and fellows from both training institution (PHC and UP-PGH), showcased their sharp memory, vocal prowess and team building spirit and battled it out in the different games such as name and sing that song, spaghetti noodle relay and build a tower. Fellows from both PHC and UP-PGH also prepared a dance intermission number. After the games, it was gift giving time. Each person present prepared a small token and participated in the exchange gift.

Before the evening ends, everybody was treated to a Zumba/dance work out where everyone just let their hair down and danced the night away.... See you this year 2018, for another fun filled night of camaraderie.



The F.E.A.R. (Face Everything And Rise!) of Pediatric Cardiology Training and Specialty Board Exam

By the New Diplomates of PCC-SBPC 2017- 2018

Eloisa Victoria Claveria-Barion, MD

"I never said it was easy...But it's all worth it!"

That's how I describe my 4 years stay as training fellow at the Department of Pediatric Cardiology-PHC. It was never easy for my family, especially my kids. It breaks my heart remembering all their sacrifices. They used to tell me "gagapang ka sa lupa", I think that's an understatement...the truth is - "gumapang ako sa lupa"...6 feet under, he he he...But I made it with prayers and trust in Him, love and support from my family and friends.

Taking the Specialty Board Exam is soooo hard when you have to attend the graduation in the morning and take the exam at 1pm, especially with red lipstick and false eyelashes...talking about beauty under pressure. The practical exam was even difficult but I can say it's still fair...At that time, I cannot even retrieve all my stored knowledge despite the help of an earthquake that shook my brain while hiding underneath the table.

So, if someone will ask me, is it worth it? ...YES!!!...but remember to be kind always, and never put somebody down. At the end of the day, it will always be ALL WORTH IT!...because I made it through fellowship training with good intentions and a pure HEART.

Jennie Santos Dizon, MD

"Para kanino ka gumigising sa umaga?", this commercial tag line struck a chord in me and has stuck with me during fellowship. Indeed, why would you get up in the wee hours of the morning, when you've barely slept? Why spent your weekends and holidays in the hospital, instead with your loved ones? There are other fellowship programs with "less" toxic schedule. It's probably for so many reasons. Like seeing the smiles and antics of kids when they recover from surgery or interventional procedure. Like the parents being grateful and thoughtful, bringing you all sorts of pasalubong when they follow-up. Like watching a baby or child with heart failure before, and now thriving and growing healthy. Like seeing cyanotic patients become pinkish after surgery. And of course, having mentors, colleagues and co-fellows who will laugh and cry with you along the way.

After overcoming fellowship, here comes the specialty boards. It was my third exam but I think it's the most difficult exam I've ever taken. The brain cells were not cooperating as much as when we're younger. Added to the stress was me adjusting to motherhood, dealing with postpartum blues and taking care of a newborn baby boy. It was hard to juggle all of these and I still couldn't imagine how I ever passed that board exam. But with God's grace, I did. And with lots of support from my family, mentors and co-fellows.

Now, "para kanino ako gumigising sa umaga?", it's the same I think, and much more. For my husband and babies, for the rest of my family, and for all these children with heart diseases. In this journey, I've realized that there's a reason for everything and God must have lead me to this profession because this is how I can serve best the Filipino children. It's truly an honor to witness the miracles of life.

Judah D. Gozar, MD

The first three months of fellowship training was quite overwhelming. I kept asking myself, is this how bad do I want it? Then I would remember the saying, "be like a turtle, if there is a need for you to stick your neck out and carry your heavy shell just to move on, then do it". During fellowship, I felt like I'm in a fight and you had your back against the wall. Then you don't have any choice but to fight back. Fight back in a way of being resilient, doing your work and improving it. All criticisms were punches that no matter how painful it hits you, you have to accept it in a positive way. They just want you to be better. At the end of the day, it makes you feel good when your mentor tells you "I want you to be better than me". All the pain alleviates, your heart softens and that fire to learn keeps burning again.

There are 4 aspects you have to be good at in training: mentally, physically, emotionally and spiritually. There are times when the first 3 mentioned aspects are down and you're left with the latter part. All you have to do is to lift it up to Him. I imagined training as a dark tunnel with a bright light in the end. That light in the end is seeing myself as a good pediatric cardiologist. While having this picture in mind, I remembered the prayers my late father, "Lord, let him be a good doctor, so that he can heal your people". Reminiscing his prayer, it gives me the eagerness to learn more and to be well equipped.

I would like to thank our mentors for honing us. Because of you our mentors, your student turns into a teacher. Then I was able to create my own teaching philosophy. That "Teaching is Not through Fear or Humiliation but by Inspiring them with your Passion". Thank you to my co-fellows, I can't do this without teamwork. As they say, even superheroes have sidekicks. I would like to thank my family for all the support. These are the words that keep me motivated. It's all about Mentality; Mindset equals Action. Plus a big heart and love for work, it will fuel you up to keep you moving.

Emiliana A. Uniforme-Curameng, MD

"This is my destiny...to be in this place...to be a Pediatric Cardiologist." These were the words I once told my consultants during my fellowship interview at the Philippine Heart Center. Inspired by the great Pediatric Cardiologists during my residency training at the Philippine General Hospital, I knew right there and then that I will be the next "doctor heart."

Great dreams require great sacrifices. The fellowship training was an emotional roller coaster ride, with the highs of seeing your patients go home after heart surgery, learning Moss and Adams from exceptional mentors and harnessing expert clinical skills from extraordinary cases. Coming after were the lows of never ending OPD lines, the forgotten lunch and dinner, and the traditional family Holiday Eves without my presence.

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speaker on July 21, 2016. The second RTD was held at Tektite Tower, Ortigas on November 15, 2016 where the Highlights of the 6th APPCS were tackled and the speakers -Drs. Magdalena Lagamayo discussed Updates on Heart Rhythm, Juliet Balderas talked about GUCH and PAH, Rey Lapak discussed updates on Kawasaki Disease, Suzette Perfecto elaborated on Feeding for Children with CHD and yours truly on gave updates on RHD and Fontan procedure. The third RTD was conducted at Luk Foo Restaurant last January 17, 2017 with Drs. Connie Sison and Justine Irish Yap sharing the First World Pediatric Cardiology CHOP Experience and ASE Criteria for Appropriate Use of Echo in the Outpatient. The 4th RTD is about Interventional Cardiology: Fenestrated ASD Device Closure for Hypertensive Shunt Lesions delivered by Dr. Juan Reganion and Mr. Lance Lam from Vietnam on June 27, 2017 at the Executive Lounge of PHC. The 5th was conducted at Phil Heart Center and dealt with Highlights of the World Congress of Pediatric Cardiology Part 1. The following gave their part on sharing what they have learned: Dr. Connie Sison on Implication and Management of Fetal Arrhythmia; Dr. Lagamayo on Anti-Arrhythmic Drugs; Dr. Paul Tan on Interventions on Patients with Pulmonary Hypertension; Dr. Andre Valle on TOF- Where are we now? And lastly yours truly on Mechanical Ventilation Manipulation in Right and Left Sided Lesions. The 6th RTD was held at Iago's Restaurant on February 13, 2018 where Dr. Virginia Mappala gave Updates on the management of Pericarditis and demonstration of ECHO machine by KPI. The 7th RTD was held at Relish on April 24, 2018

where Dr. Azcueta spoke on Complications of Post TOF repair, Dr. Balderas shared the PHC experience of Philhealth VSD Z-Benefit Package and Pulmonary Hypertension and yours truly on The Role of Digoxin in the Management of Pediatric Heart Failure.

On August 9, 2016, we had a PPS sponsored activity where Dr. Jacinto Blas Mantaring guided us on how to go about making Clinical Practice Guidelines on issues that the society is very much involved. The Board decided to do a CPG on Sore Throat, and Dr. Ina Bunyi was tasked to head the group. During the Leadership Management Seminar also sponsored by PPS held at AIM, Makati on October 3-5, 2016, our group composed of Drs. Florentina Uy-Ty, Martini Ventura, Tess Banez, Aurora Gamponia presented a competitive strategy on how PPS, PHA, PSPC, DOH and non-government agencies can effectively contribute in the control and prevention of RF-RHD. It was a successful seminar where the burden of the disease was gainfully disseminated to all PPS Chapters and Board of Trustees. They were very supportive and gave insights and inputs on how PPS can be an instrument in the control of RFRHD in our country. Another PPS activity was held in February 2017 during the Heart

month. The PSPC members continued to disseminate the RF-RHD enigma. Dr. Ina Bunyi discussed the screening pathway for Strep throat infection, and Dr. Bernadette Azcueta lectured on Updates of Jones Criteria and the use of Clinical Pathway for RF-RHD Screening and Management. While Dr. Jhuliet Balderas shared her Recommendations for a National RF-RHD Registry as a prerequisite in the enrollment of patients in the Philhealth RFRHD Z-Benefit Package. Furthermore, during the PPS Annual Convention last April 2017, Dr. Balderas and I were invited as speakers to talk on Systemic Hypertension and Cardiovascular Risk Assessment in Pediatrics. Likewise, the following members: Dr. Rhodora G. De Leon, Dr. Charles Cuaso, Dr. James Angtuaco, Dr. Jonas del Rosario and Dr. Connie Sison were speakers too on the recently concluded 2018 PPS Annual Convention.

International Conventions attended by the PSPC members were the 6th APPCS held in Shanghai, China on October 24 to 27, 2016 and the 7th World Congress of Pediatric Cardiology and Cardiac Surgery in Barcelona, Spain from July 16 to 21, 2017. Fortunately, Dr. Marinella Francisco presented her poster research on Paracetamol vs Ibuprofen for treatment of PDA of Prematurity.



There were a lot more activities conducted during my term. We had our fund-raising activity for our indigent patients last August 27, 2017 at PETA Theater Q.C., entitled – “Tagu-taguan Nasaan ang Buwan” a children’s play about love, friendship and courage. Last December 3, 2017, the culmination of the Silver Anniversary of our society was held in Payatas community. The officers and members: Drs. Villanueva, Reganion, Francisco, Bunyi and I shared the Christmas spirit with the less fortunate ones by playing football with the children of Payatas and gift-giving. Our contact person, Christelle Johanna Reganlon daughter of Dr. John Reganion who is connected with Fairplay for All Foundation arranged the activity for us and shed light that sharing is not simply doling out but by encouraging these people to be independent and find means to sustain their daily living and empower them. On the same day of Dec 3, 2017, we celebrated our Silver Christmas Party at Casa Pura. It was a fun filled activity with the theme – “Anything glittering”, the PSPC members joined the fun with lots of games, singing and dancing, with Dr. Maricel Regino as the emcee.

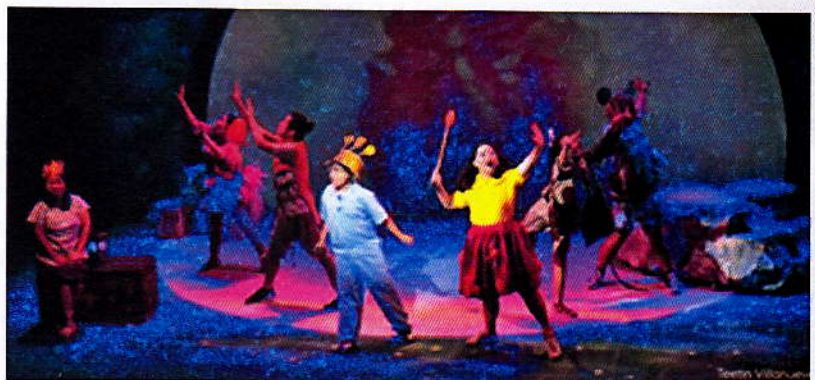
In addition, the Board decided to put up a website and a viber group for easy access to communication. We also tried to plan for possible bidding for the APPCS Convention but during that time we felt we are still financially constraint however we are still looking forward to bid for APPCS because sooner it will be our Society’s turn.

The PSPC also had its Postgraduate Course that tackles our Surviving CHD, with the theme – “The Grown-up Congenital Heart:

Uncorrected, Repaired and Moving On”, last May 22 -23, 2017 at Novotel, Araneta Center with Dr. Azcueta as the Over-all Chair. And this year’s recently concluded Biennial Convention was held last May 21 and 22, 2018 at Crowne Plaza with the theme – “Heart of the Matter: Common and Uncommon Symptoms Heart Diseases in Children” with Dr. Ninfa Villanueva as the Over-all Chair. The PHA Annual Convention is also participated by the PSPC members yearly where PSPC members assigned to give lectures on chosen topics by the Council of RF/RHD and Council of Congenital. It was quite a busy two-years of service and dedication and I sincerely thank everyone for the support and inspiration given. I hope the wings will continue to soar high to achieve and continue to inspire the next generations to

come. Thank you for the trust and confidence.

Mabuhay ang PSPC and may the good Lord guide and keep us!



7th World Congress of Pediatric Cardiology and Cardiac Surgery, Barcelona



Scientific Learning : Positive and Negative Pressure Ventilation

By Dr. Corazon Estevanez

My interest in the recent World Congress in Barcelona focused on positive and negative pressure ventilation. The speaker is Dr. Lara Shekerdemian who is currently the Chief of Critical Care in Texas Children's Hospital, a Professor and Vice-chair of Clinical Affairs and a Pediatrician at Baylor College of Medicine. She presented two cases in the ICU, both hypotensive and acidotic with end-organ dysfunction with very different ventilator consideration. Ventilation maybe used differently to affect cardiac output. One approach maybe be detrimental to one, but effective to another patient.

The objective of her lecture is to understand heart lung interaction in health and disease, and how to manipulate ventilation to optimize hemodynamics. According to her, deep breathing or sighing feels the heart better. How does mean airway pressure determine cardiac output? The longer the inspiratory time, the higher the MAP, the greater the fall in cardiac output. The shorter the inspiratory time, the lower the MAP – the better cardiac output is maintained. In patients with systolic heart failure where there is increased work of breathing and increased respiratory rate generates more negative intrathoracic pressure and therefore decreases cardiac output. Therefore, applying positive pressure ventilation, cardiac output improves. On the other hand, in patients who underwent Fontan, Glenn Shunt or TOF repair, early extubation is recommended. With positive pressure ventilation, intrathoracic pressure goes up so that pulmonary blood flow and cardiac output decreases. With negative pressure ventilation, which is spontaneous ventilation, pulmonary blood flow and cardiac output improves.

World Congress Experience...Learnings...

By Dr. Andrea Del Valle

Once every 4 years, doctors, nurses, pharmaceutical companies, and advocates from all over the world come together to share knowledge and experiences that are all about pediatric cardiology. It's a star-studded affair, where one can see the people who write the textbooks and oft-quoted journal articles in the flesh.

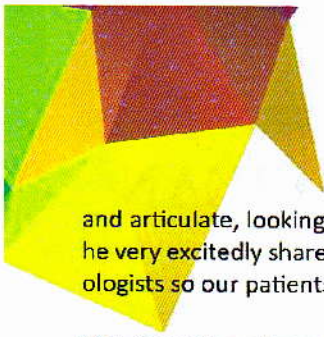
It was my first time to attend a world congress, and there was so much to learn, that if one could be high on pediatric cardiology, it would have happened everyday on that week. If I could have divided myself into two or more parts, I would have, so I wouldn't have to miss any of the simultaneous symposia. The scientific program is 96 pages long! There were lectures from 7am to 9pm. But apart from the medical and scientific learning, there are some things printed indelibly in my head.

There was a woman who asked a question in the lecture on fetal echocardiogram. Her question sounded silly to me, and most likely also to the pediatric cardiologists in the room. But I found out later, that she was a mother who had a child with a congenital heart defect. She wrote a book chronicling the experience from diagnosis to surgery to follow up. I realized that to her, a prenatal diagnosis of heart disease would have taken her life in a vastly different direction. Her question didn't seem so silly after all.

There was a Filipino husband and wife, who I thought of as a power couple. The husband is an ICU nurse who handled post operative patients, and the wife is an ECMO specialist. They weren't speakers, just attendees, but I could have listened to them talk about what they do all afternoon. And I thought how limited is the practice of nurses in our country; they can be so much more!

There was a session on resource-challenged nations which I attended. I looked around the room, and I saw mostly Asians, and Africans, and Latin Americans. It made me smile inside to see other countries that experience financial difficulties like ours do. After one the speakers finished presenting the challenges they face because of lack of funds, and their statistics, in spite of lack of funds, the chair of the session said that he was amazed at what they were able to accomplish. It made me proud, because we have the same problems and the same kind of accomplishments. So perhaps instead of feeling envious of developed nations with their seemingly endless resources, we should look at what we have done so far and give ourselves a little pat on the back.

The world congress made me realize how much more there is to pediatric cardiology. It felt overwhelming at times



and articulate, looking as if there was nothing wrong with him at all. He had recently married his girlfriend, which he very excitedly shared with the audience. And I realized that this is why we do what we do: we are pediatric cardiologists so our patients can live full lives.

The Barcelona Experience

By Dr. Jacelyn Mantila

Attending the 7th World Congress of Pediatric Cardiology and Cardiac Surgery was one of my personal goals after pediatric cardiology training. I believe all pediatric cardiologists, cardiovascular surgeons, anesthesiologists, nurses all over the world were looking forward to it and were experiencing the same excitement as I am. It was no surprise that the delegates from the Philippines was among the largest during that time. We are also proud of our colleagues who presented their respective papers during the convention – Dr. Marinella Francisco, Dr. Connie Sison, and Dr. Justine Iris Yap.

A wide array of topics was covered during the convention – congenital complex heart diseases, fetal cardiology, pediatric sports cardiology, interventional cardiology, rheumatic, electrophysiology, cardiac imaging, and a lot more. It was indeed a good time for learning.

Other than the “educational” part, it was also a perfect opportunity to travel with friends. And I think this made the Barcelona/Europe experience even more exciting. It was my first travel outside of Asia. The 19-hour journey to Barcelona was indeed something to remember – bigger planes, delicious food, wine and cheese on board. One would think, “aah, this is the life.” Going out of our own comfort zones would also show how well we adjust to wherever we go.

These are to name a few of those adjustments. First - the food. We were lucky that there was “arroz” or rice in Barcelona. The famous paella was everywhere. However, staying in an air bnb does have its perks – you can cook whatever you like, wash the dishes, do your laundry, eat together in the dining area as if you are in the comforts of your own home. Second - the transportation. This is something I cannot complain about. Public transport was convenient for everyone. I was amazed to see the bus being lowered to accommodate a person with disability/PWD. Two thumbs up!! Third - amazing architectural designs. I was never a big fan of architecture but one cannot help but say “wow!” when you get the chance to have the city tour, especially the Sagrada Familia. Fourth - the weather. July is usually a rainy season in the Philippines but it was summer time in Barcelona. And summer would mean adjusting to an outside temperature of 35 degrees centigrade, whew! Plus it would also mean longer days – as in the sun would set at around 9pm. Who would want to eat dinner at 7pm when the sun is still up? So we would end up eating dinner between 9-10pm.

We all had our respective itineraries during this trip. There were several destinations we headed to after the world congress. We all had memories to share and stories to tell. Learning is fun. Travelling is fun. I guess we will be seeing one another in our next world congress. This is something to look forward to - Washington, DC in 2021.

Poster Paper Presentation

By Dr. Maria Ronella T. Francisco-Mallari



PSPC Joins the 3rd Annual Echo ASE ASEAN Convention in Manila last March 2018

By Dr. Virginia Mappala



The 3rd Annual Echo ASE ASEAN Convention was held at the Conrad Hotel in Manila, last March 22-24, 2018. The convention aims to provide cardiovascular practitioners with information on the state-of-the-art echocardiographic technology. Approximately 25 PSPC members registered and were updated on what is new in the field of echocardiography. The 3-day event was filled with topics that were informative and very useful in our practice of echocardiography. There were topics on acquisition techniques and interpretation of both basic and advanced echo, including 3D and strain which are now becoming a common procedure in our country. Topics include: advanced assessment of systolic and diastolic function, 3D/4D imaging, contemporary approaches to valve disease, guidance of interventional procedures, contrast echocardiography, congenital heart disease, ischemic heart disease, pericardial disease, and echo in arrhythmic disorders.

The lectures were case-based so that echocardiographers can relate to their daily practice. The faculty were the best in the world, including the famous authors of our echo books – Dr. Roberto Lang and Bonita Anderson wherein we were also able to do photo-ops. Of course, one of the best faculties were from the Philippines, our very own Dr. Aurora Gamponia, and Dr. Jhuliet Balderas. They equally gave an outstanding case-based lectures and updated us on the new and established uses of echocardiography for patients with Repaired Congenital Heart Disease and Complex Cyanotic heart diseases respectively. Dr. Jonnie Nunez on the other hand, served as moderator in the session on Congenital and Interventional Echocardiography. The convention was indeed worth the dollar spent on registration for we were all nourished with new learnings in the field of echocardiography plus the excitement of seeing the famous authors of our echo books.



PHC & PGH Pediatric Cardiologists in Bollywood Style

JAI HO “May there always be victory”

By Dr. Judah D. Gozar

The Fellowship Night of the 48th Philippine Heart Association (PHA) Annual Convention was held at the Edsa Shangri-la Hotel last May 25, 2018. It was a blast of energized performance shown by the PHA members from different hospitals. It has been awhile since the Pediatric Cardiologists from the Philippine Heart Center (PHC) and Philippine General Hospital (PGH) combined forces for a dance

performance. The group was assigned to represent India in a festive dance with a modern twist. Camaraderie was indeed strengthened during practice and preparation for this event.

The Indian dance comprises of numerous styles, generally classified as classical or folk. Our dance, the Bollywood style ranged from slow dancing to a more upbeat style. During that night, we

shared a love story of a snake charmer – played by Dr. Judah and a princess – played by the charming Dr. Jonnie, from courtship into a wedding. We danced Bollywood to “Jai Ho” which means, “May there always be victory”. The pediatric cardiology consultants showcased their dancing prowess proving that they’re not only a good doctor but a talented dancer/performer as

see page 11

PSPC goes Tattered

By Dr. Mayette Alarcon

The PSPC Fellowship night held last May 21, 2018 at the Jade Ballroom of the Crowne Plaza was definitely a huge success having had around 70 pediatric cardiologists (the biggest so far!) from all over the country coming in their most ripped, tattered or distressed denim. The evening's atmosphere was exciting, cool and should we say "groovy". The program started with a warm welcome and thanksgiving by Dr. Cora Estevanez, our outgoing PSPC President and Dr. Ning Villanueva, the Over-all Chairman of the PSPC 7th Biennial Convention and in-coming President. The mood was set just right by the evening's hosts – Dr. Gerry Acosta and Dr. Mayette Alarcon, and together with Nikko, our resident choreographer, as they danced to the tune of Bboom boom by Momoland. The famous dance to date broke the ice as some of our friends were literally dragged to the dance floor.

The dance contest amongst our members was equally fun and entertaining. The first group headed by Drs. Marinella Francisco, Ana Cabaero, Bernee Azcueta, Maricel Regino, Cherry Bernal, Roy Vinuya, Jeanna Ples, Ghie Mappala, Eloi Salvador, Wowie Del Valle, Myles Anupol and PGH fellows won the said contest that with their suave moves and distinct charm, certainly brought the house down. The team of the "Backstreet Boys", namely Drs. Wilberto Lopez, Teofilo Cantre, John Reganion, Rey Lapak, Rudy Amatong, Sheldon Paragas, Kim Tolentino and Junjun Remotigue danced to the sexy and sophisticated tune of Havana. Imagine our most distinguished PSPC gentlemen swaying their hips, swirling their arms and swinging their whole body gracefully! The third group headed by Drs. Juliet

Balderas, Pia Malanyaon, Connie Sison, Jonnie Nunez, Dolly Victor, Donald Cadelinia, Cons Tumaneng, Weng Sanchez and Marge Foronda followed Nikko's dance steps vibrantly to the delight of the audience. Equally fun were our "Taga saan ka?" portions which was lifted from the noontime show- Its Showtime, as our colleagues gamely answered where they came from followed by a dance. Surprisingly, Drs Aurelia Leus, Emy Rebutoc, Ning Villanueva, Chery Bernal and Rose Castronuevo did their own thing, making the audience beam with happiness. Amidst the shouts and howls, Dr. Della Pelaez' 'taga saan ka?' rumba number will not go unnoticed.

Dr. Rose Castronuevo and Dr. Donald Cadelinia were named Best Dressed Female and Male of the night respectively, because according to the judges they indeed have the most ripped on their jeans and they were of course – they really dressed well for the event. Truly, it was a night worth remembering and is certain to give smiles in our faces and in our hearts...



"JAI HO... from page 10

well. The fellows on the other hand were gifted with ability to move gracefully to whatever beat and tempo. Especial mention also to our lady snake – Dr. Marinella, who looked stunning in her glittery gold snake outfit. The pain we felt during the dance practice was all worth it. We may not be dancers for life, but we can sway all our worries and anxieties to the beautiful sounds of life. We won 3rd place. Thanks to our dear dance instructor -Nikko, for his talent and for patiently teaching us. We may not be victorious in winning the first place, but we were victorious in strengthening the warm friendship and closeness of the members. More than that, the unity of the society.



12th CAMP BRAVEHEART: Heart Warriors in Commune with Nature

By Dr. Maria Celia R. Regino

The 12th Camp Braveheart with the theme: Heart Warriors in Commune with Nature was held at the La Mesa Ecopark, Quezon City last Feb 18, 2018. A total of 55 patients with heart disease participated in the said event. This year's objective was to foster proper care of children with Congenital Heart Disease who have undergone repair, and prepare them to the outside world and equip them with knowledge to handle problems that they will encounter physically, emotionally, and socially. The event was well-attended by members of the Council of Congenital Heart Disease, PSPC, and Philippine Heart Association and pediatric cardiology fellows of Philippine Heart Center and Philippine General Hospital, and our major sponsor, Allianz Insurance.



The program started with an Opening Remarks given by the President of PHA - Dr. Jorge Sison, and the President of Philippine Society of Pediatric Cardiology - Dr. Corazon Estevanez. An overview of the day's activities was presented by the Chair of the Council on CHD - Dr. Maria Celia Regino. This was immediately followed by a brief but thorough discussion of Disaster Preparedness by Dr. Ted Esguerra. After which, the parents

and the kids were separated and grouped accordingly by the volunteers. The parents were given a very important and timely lecture on "#notobullying" by an expert Psychologist - Dr. Sheila Marie G. Hocson. She thoroughly discussed the signs and symptoms of a child who is a victim of bullying and the effect on the child's future. She also discussed some important activities or maneuvers to prevent a child from being bullied or a bully. On the other hand, the kids were able to showcase their artistic side in the activity that was given to them, Decorate your own Eco-bag. They were given an ecobag and a set of colored pens for them to decorate and express how they feel as a child with heart disease.



In the afternoon, after a sumptuous lunch, the kids were able to appreciate and enjoy the beautiful scenery of the place and interact in the Butterfly Haven. The parents were again given a very important lecture on living a healthy lifestyle by the Pediatric Cardiology Fellows. An inspirational talk

on how to cope and live normally if a child has a congenital heart disease, which was given by Grown-up Congenital Heart Disease Survivor - Dr. Ardynee Martin Mallari, a first year Pediatric Cardiology Fellow at the PGH. In order to keep the kids and the parents awake during the warm, lazy afternoon, Dr. Gay Tria enjoined them to some simple but fun parlor games.

The afternoon was made more special with the intermission number from Dr. Marienella Francisco, who sang How Far I'll Go from Disney's Moana movie as well as a surprise song number from PHA Vice President, Dr. Nanette Rey, who also gave the closing remarks.

At the end of the day, kids left with not only with a big smile on their faces, but with lots of memories that even if they have a heart disease, they can do things other normal kids do. The parents were also nourished with knowledge about things that they commonly encounter in their daily lives.



Thoughts to Ponder Upon: Dr. Luis M. Mabilangan +

(Dr. Mabilangan's response during the tribute given to him last May 18, 2015, at UP College of Medicine)

A Tribute to Dr. Luis Mabilangan

The Epitome of a Zealous Academician, Educator and Clinician.

Thank you very much and good morning, to you all. Magandang umaga po sa inyong lahat.

I am most overwhelmed by your expressions of caring and love and respect. And I'm very much touched by your effusive tributes tendered by everyone. And for even some, who may not be able to come, or even talk about what they would like to do in this event because we are short of time.

I would like to start with a saying from Tammy Rosenfeld, a humorous author and one who mentioned this beautiful saying – "Happy are those who value what they have and when they have it." This story reminds me of a vignette about gratitude. Many, many years ago, it was summer back then, as I travelled daily to my work, from Makati to PGH, it seems that he always brings a new blossom of blue flowers beside the railways along Osmeña Highway – this is near San Andres Bukid. The view has always captured my attention. I noticed that these flowers bloomed only in the morning on my way to PGH. The afternoon sun is too warm so the petals fall down as the day (releases). Every day for approximately two weeks, I see these beautiful wild flowers along the highway. One day on my way home from the hospital, I was very much saddened that the DPWH – Dept of Public Works and Highways – mauled down the breaches along the railways. The blue flowers were all gone. And I thought to myself, "What a pity! What a way to drive. I should have transplanted those flowers to our garden when I first saw them blooming that summer."

I do believe that God has given us some wonderful memories in this life. Always try to find time for loved ones and never take them for granted. Remember, this is so much more enjoyable to say, "I am glad I'm here" rather than, "Oh, what a pity, I was not able to do that at all." This remains as I pass through that highway when the flowers were gone.

As Alphonse Karr, a French novelist and critique once said – "Some people grumble that roses have thorns; I'm grateful that thorns have roses." Life in this world is full of challenges; yet, there will always be you, you the ones who made this life worth living. My colleagues, my friends, my students, my faculty, my fellows, you will always be the roses in my life and in my heart.

At this point, allow me to cite certain persons – I cannot cite them all – that I'm most grateful for. I can cite some of them who are here, but we have no more time for that. Just allow me to cite a few these persons.

First, si Lord God, for the graces and blessings he has bestowed upon me. The layman calls these a "bonus". I call it, a precious gift. Next will be my parents, may their souls rest in peace. Dr. Tomas Mabilangan, my father, a 1931 graduate of the UPCM, and my mother, a 1924 graduate of the Centro Escolar. Thank you very much Tatay and Nanay, for everything I have and what I'm now. To my professors, especially to those in basic sciences, a group of erudite and brilliant professors. They're very good. Let me mention just a few of them. Dr. Emilio Bulatao of Physiology, Dr. Marciano Limson of Anatomy, Dr. Juan Salcedo of Nutrition, a few of these brilliant professors who have inspired me including those of my classmates.

In the clinics, I remember Dr. Angel Florentin, at that time a resident Internal Medicine, who is very patient with us, dedicating many rounds, even up to the evenings, explaining difficult to understand concepts and ruling out clinical acumen. In addition, other than Dr. Florentin, there was an American Pediatrician Attending by the name of Dr. Carl, professor of Pediatrics at the University of Illinois, who patiently and tirelessly taught me and the others the basics of pediatric cardiology. The two of them emphasized that medicine is both a science and an art. Of course, I will be amiss if I fail to mention one of the best teacher in medicine – to all of us, we owe that to our pediatric patients and their parents who trusted us and entrusted their lives to our care.

Another vignette with my one and only niece – Sosyang, she would always make Grade 1 or Grade 2 students, those beautiful drawings that she would give as a gift. I brought some of these here. Lest to say, I have saved a few of these. You noticed, these nice drawings my little children. Through the years, I kept those drawings. I hang them on the wall, and sometimes, by the refrigerator. Soon later, her taste in art has changed. One afternoon, when she

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was in my room, she said to me, "Tito, why do still have those paintings, those drawings on the wall? Why do you pretend to like it?" and I would tell her always as a reply – "Iha, you only see these as drawings, I see the gift – the piece of paper is simply a medium for an act of loving, kindness, and nothing can be sweeter."

We may understand the lesson, best when we receive innocent gifts of love from young children. Whether it is a crushed paper, a painting, drawing or a clay figure, the natural and proper response is appreciation. Express thankfulness because we love the idea behind the gift. Gratitude doesn't always come naturally. Unfortunately, many people value only the thing given rather than the feeling embodied in it. We should always remind and teach our students about the beauty and purity of feelings, and expressions of gratitude. After all, gifts from the hearts are really gifts from the heart. My heart is very much delighted that who came here to express their gratitude in their tributes. Pardon me for being so redundant, but my soul has been lifted and my spirit ever joyful for this wonderful event.

I would like to thank some people for the wonderful event. Dr. Julia Chu and the whole Department of Pediatrics and my colleagues, my brods of the Phi Kapa Mu fraternity, and my older students. I would like to thank you from the bottom of my heart for this affair. I will always remember the love behind this memorable event, and will always cherish your personal presence this morning. My deep sense of gratitude and appreciation for all of you is overflowing, immense and everlasting.

I would like to end this speech, this very short talk with a quote from the late president of the United States – John F. Kennedy, and he says, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them."

Thank you. Have a good day and God bless you. Maraaming salamat po. By Dr. Asuncion Reloza

"I have had the honor of having a deep, professional and personal friendship with Dr. Luis Mabilangan for the past 45 years, together with the late Dr. Evelyn Singian, Dr. Bienvenido Abesamis, and Dr. Wilberto Lopez - we formed the first nucleus of the US trained pediatric cardiologists in the country. My association with Dr. Mabilangan has given me a glimpse of the character of the man he really is – a gentle, caring, thoughtful, God-fearing human being, whose demeanor belies his tremendous influence and achievements.

It is difficult to describe him except – he is a physician's physician, a giant among his peers, a beloved teacher, and a mentor to countless medical students, a pioneer in his field, the country's most recognized authority on rheumatic fever and a complete and respected clinician and academician. Most of all, he is a friend for life, a gentleman of the old school, a beloved colleague, and a model of all the young medical graduates to aspire. Luis, I celebrate your life and your dedication to our beloved pediatric cardiology.

I am certain that you have left lasting imprints to the lives you have touched as you have left on mine. I would not have missed this occasion had it not been imperative for me to be abroad this time. Thank you for your friendship and your inspiration. God bless you always."

Excerpts from Dr. Egardo Ortiz's tribute to Dr Mabilangan

According to John C. Maxwell – Success is knowing your purpose in life, growing to reach your maximum potential and sowing seeds that benefit and has guided and inspired numerous students to spread their wings and fly high.



"The FEAR..." from page 5

The real life was not far different. The excitement after finishing four years of training was just overwhelming. Only to find out that the ultimate challenge starts after you leave the realm of the hospital. The struggle was real. The insurmountable Pediatric Cardiology Board Exam, the long waiting hours without patient, the scrutinizing eyes of patients and colleagues, these are the harsh realities after training. With great power, comes great responsibility.

A lot of times I felt defeated, I experienced sadness and failures. It tested my commitment to my patients. It tested my faith not only to myself but also my faith to God. But my family kept me grounded. At the end of the day, they are the ones who anchored my sail steady. Never give up. Great things take time. The best view comes after the hardest climb. These are the words of my very supportive husband.

I believed him. Now is my time. To God be all the glory.

Maria Cristina Joy T. Irorita, MD

Completely Grateful and Incredibly Excited!

I decided to be a pediatric cardiologist during my 3rd year of pediatric residency training in the UP-Philippine General Hospital. This was after my residency rotation in cardiology in the UP-PGH and my observership in pediatric cardiology at the National University Hospital in Singapore.

Yes! I did it! After 3 years of Fellowship Training at the UP-Philippine General Hospital and months of studying for the board exam, I am now a pediatric cardiologist. But, I did not achieve this alone. I had great help.

From fellowship training to motivating us to prepare well for the exam, this was a team effort. Our consultants, apart from bedside rounds, had to listen to us on the phone, sometimes late at night, to question our thought process and discuss the management of our patients. They were supportive when we asked permission to attend an international conference and gave recommendations when we wanted to join an observership program abroad. Our co-fellows were there always ready to help, to stay past their duty hours during toxic procedures or even just to share a laugh after a grueling week.

Sure, I still had to work hard to try to deliver what was expected of me during training. To study well to pass the exam. But, I was inspired by knowing that I had a great team to guide and support me lock this achievement.

I'll always be grateful that I had the opportunity to nurture my passion in pediatric cardiology with this team. Now, I am extremely excited to join a bigger team of pediatric cardiologists in the commitment to improve the condition of children with heart disease. I am ready, let's do this!

Jethro Macallan, MD

Ever since I have started my residency in Pediatrics, I have always wanted to become a Pediatric Cardiologist. I have been amazed with the vast knowledge, clinical acumen and skills of the consultant staff at the Philippine General Hospital. It only increased my desire to be part of the training program. Despite being one of the most difficult subspecialties, I still followed my dream.

Pediatric Cardiology fellowship was probably the most difficult and most demanding endeavor I have done to date. But the countless learnings combined with the constant guidance of our consultants made it all worth it. Despite the sleepless night and relentless questions to test our knowledge, I could say with conviction that I will not trade my job for anything else.

There was never a lack of fulfillment as me and my co-fellows see the children with heart ailments improve right before our eyes. That simple smile and "thank you" was worth all the hardships and sleepless nights. It reminded me that the end goal amidst all of these trials of training. It made me want to finish my training all the more.

Then came the subspecialty board exams, which was a different set of challenge altogether. Two days that changed my life. It was a painstaking review process. Discipline and time management was tested. Fear and apprehension was replaced with joy and relief after the results were revealed. Every experience made it all the more fruitful and satisfying.

Now as I embark on a new chapter of my life, I would like to thank all our patients and their parents who entrusted their lives to our care. Thank you to our mentors for the sacrifices and the patience and the learnings and the advices. To my co-fellows whom I shared literally blood and tears, my deepest gratitude. Now it is time to give back and apply the knowledge I have accumulated. All for the benefit of the Filipino child.

Eleanor Montinola, MD

Three years in Pediatric Cardio fellowship and 1 year in CRF... 4 years in training. This was one unforgettable, great experience... truly a meaningful one...but one you don't want to go back to and experience all over again. I would like to thank the Almighty Father for guiding me throughout the years I am away from my family during my training. To my family and friends for their unconditional love and support. To my husband and son for being my true inspiration throughout this journey. To my mentors for their guidance and insights and even life teachings. To my co-fellows who made this journey fun and memorable and believing in the value of friendship. To the staff of PHC, pedia cardio and section of echocardiography, thank you for the memories. To God be the Glory.



"When Big Hearts... from page 3

commitment to bring every member at par with the experts of the world in our field of expertise through scientific meetings, international conferences, research, linkages and advocacies and in so doing, improve the health and well-being of our children with heart disease, because we believe "every Filipino child deserves the BEST!" Even our PSPC hymn is reflective of the big-heartedness of the PSPC. As our song goes: "Ang puso ay buhay, and puso ay pag-ibig, ating mga kabataan, sila'y puso ng kinabukasan....".

In closing, let me pose this question to you: "Who do you think has the BIGGEST HEART of all?" I show you this picture of Christ on the Cross, something that touched me especially last Good Friday and made me reflect... and made me decide to include this in my lecture today. I likewise invite you to reflect and even internalize on the verse by John 3:16 : "For GOD so loved the world, that He gave His only begotten Son; that whosoever believes in Him shall not perish but have everlasting life ." Our God and heavenly Father , indeed has the BIGGEST HEART OF ALL ! Let me end by sharing you a short video clip on Dr. Howard Kelly and the story of the glass of milk; a touching and inspiring story of ONE BIG HEART WHO INSPIRES ANOTHER BIG HEART !



PSPC Hymn

(Lyrics by: Ma. Rhodora Garcia-de Leon, MD Music by: Jorge A. Sison, MD)

Chorus:

Ang puso ay buhay, ang puso ay pag-ibig;
Ating mga kabataan, sila'y puso ng kinabukasan.

Ating anak na sa puso'y may kapansanan;
Lalong nangangailangan ng higit na pagmamahal;
Kaming manggagamot sa puso ng kabataan;
Alay ang aming talino at tanging kaalaman. (Repeat chorus)

Layunin ng PSPC, hirap ay maibsan;
Sa patnubay ng dakilang Maykapal;
Tulong-tulong tayong sila ay malunasan;
Mga sakit sa puso ng ating kabataan. (Repeat chorus)

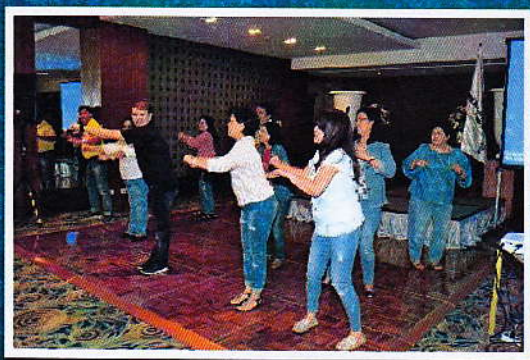
Itaguyod natin ang pusong malusog;
Pagka't ang puso ay ating buhay;
Ang puso ay pag-ibig;
Ating mga kabataan,
Sila'y puso ng kinabukasan. (Repeat chorus 2X)

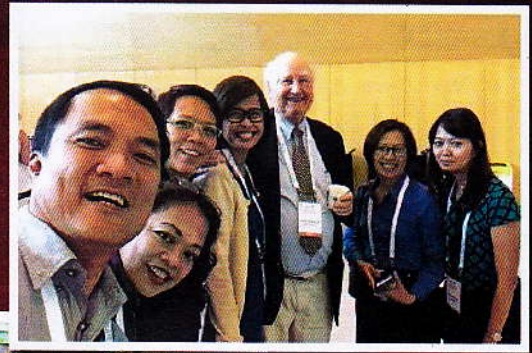
Sila'y puso ng kinabukasan.



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OF THE
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