

HOTLINE

A QUARTERLY PUBLICATION OF ST. LUKE'S MEDICAL CENTER

SPECIAL ISSUE



St. Luke's
Medical Center

Quezon City · Global City

We love life.

MAYO
CLINIC

CareNetwork
Member

ST. LUKE'S MEDICAL CENTER:
1ST MAYO CLINIC CARE NETWORK
MEMBER IN THE PHILIPPINES

● Rochester, Minnesota
● Scottsdale, Arizona
● Jacksonville, Florida

MAYO CLINIC



WORKING TOGETHER. WORKING FOR YOU.



Hotline's special issue highlights another landmark in the sterling history of St. Luke's Medical Center. The timely formal launch of our membership in the Mayo Clinic Care Network coincided with our 113th anniversary celebration. Touted as the top ranked hospital in the United States for 2016, Mayo Clinic established the network not only to increase its reach but likewise assist like-minded healthcare organizations to be able to deliver a holistic, outcome based patient care.

This partnership encompasses areas like second opinion through "e" consulting, solving problems in hospital management via healthcare consulting, access to continuing medical education as well as use of patient education materials.

The ultimate beneficiaries of the expertise from two medical centers situated in two continents are the patients, without any additional cost to them.

I enjoin everyone in the St. Luke's Family, especially our doctors, to learn more about the services embodied in our membership in the Mayo Clinic Care Network by browsing "The Source" or www.stlukesmedicalcenter.com.ph/mayo.html or call our International Patient Care at St. Luke's - Global City (632) 7897700 ext. 1003/1086 and St. Luke's - Quezon City (632) 7263911 from Monday to Friday, 8:00 AM to 5:00 PM.

EDGARDO R. CORTEZ, M.D.
President & CEO

This latest issue of Hotline is ripe with stories on collaboration, celebration and achievement as well as other informative and interesting articles. Our milestone membership in the Mayo Clinic Care Network, another "first in the country" achievement for St. Luke's, typifies our penchant in looking for new and better ways to care for our patients.



We also celebrated a century and thirteen years of existence and excellence, with various activities that are featured in this issue. Achievement came in many forms during the year, like the awards given by the Hospital Management Asia (HMA) and the Hazard Analysis and Critical Control Points (HACCP) and the 100% passing rate of the St. Luke's College of Medicine - William H. Quasha Memorial.

Ms. Suki Salazar also recounts how she survived a kidney transplant through the expertise and patient care that St. Luke's gives day in and day out. Patient Ms. Mariza Barral also shares her experience on undergoing a successful myomectomy. These and other informative and inspiring stories makes this special issue a must read.

JO C. AGUILAR
VP & Head of Marketing
and Industry Relations



Two respected names in healthcare working for you. St. Luke's Medical Center is now a proud member of the Mayo Clinic Care Network.

CONTENTS

MES 24/7	MESSAGES	P2
COVER STORY	COVER STORY	P3
NEWS	NEWS	P5
PATIENT'S STORY	PATIENT'S STORY	P10
HEALTH TIP	HEALTH TIP	P14
EVENTS	EVENTS	P23

HOTLINE SPECIAL ISSUE

is published quarterly by the
St. Luke's Corporate Communications Department
We appreciate your feedback and contributions. Please send them to:

RAUL B. RODRIGUEZ
Assistant Vice President
Corporate Communications
rbrodriguez.bgc@stluke.com.ph

5/F St. Luke's Medical Center - Global City
Rizal Drive corner 32nd Street and 5th Avenue,
Bonifacio Global City, Taguig City

☎ (632) 7897700 ext. 5082
✉ corpcomm@stluke.com.ph
🌐 www.stlukesmedicalcenter.com.ph

📘 [facebook.com/StLukesMedicalCenterQC](https://www.facebook.com/StLukesMedicalCenterQC)
[facebook.com/StLukesMedicalCenterGC](https://www.facebook.com/StLukesMedicalCenterGC)
📷 @StLukesMedicalCenter
#StLukesMarketingGroup

EDITORIAL BOARD



#SLMCCorpComm

FREDERICK Y. DY
Chairman of the Board

EDGARDO R. CORTEZ, M.D.
President & CEO

ARTURO S. DE LA PEÑA, M.D.
SVP & Head for Medical Practice Group
and Medical Director
St. Luke's - Global City

JOSE B. MORAN, M.D.
SVP & Head for Medical Practice Group
and Medical Director
St. Luke's - Quezon City

JO C. AGUILAR
VP & Head of Marketing
and Industry Relations

MANAGING EDITOR
RAUL B. RODRIGUEZ
Assistant Vice President
Corporate Communications

EDITOR-IN-CHIEF
KAY M. ABAD

EDITORIAL STAFF
GISELLE ABIADA
GARY J. CANDELARIA
YVETTE S. NESAS
KITTEN L. PEREZ

CONTRIBUTORS
KATHRYN CLAIRE BULLECEER MICHELLE MORILLA CLYNNE SANTOS MAY CALILUNG

ST. LUKE'S MEDICAL CENTER IN THE PHILIPPINES JOINS THE MAYO CLINIC CARE NETWORK



Scan the QR code to learn more about this.

St. Luke's Medical Center in the Philippines is the newest member of the Mayo Clinic Care Network, a network of independent health care providers committed to working together to benefit patients and their families.

This formal agreement gives St. Luke's access to the latest Mayo Clinic knowledge and promotes collaboration among physicians. As a result of these shared resources, more St. Luke's patients can get answers to complex medical questions close to home and at no additional charge.

"Our membership in the Mayo Clinic Care Network brings us closer to realizing our vision of becoming an internationally recognized academic medical center," says Edgardo R. Cortez, M.D., President and CEO, St. Luke's Medical Center. "The services that we offer our patients, especially those with complex conditions, will be further enhanced to produce good clinical outcomes. All of these come at no additional cost to our patients."

As a member of the Mayo Clinic Care Network, St. Luke's will work with Mayo to share medical knowledge and clinical expertise. Local physicians will have access to information and services, including:



- **eConsults** that enable St. Luke's physicians to connect electronically with Mayo specialists for more input on a patient's care
- **AskMayoExpert**, a database at the point of care that offers the latest Mayo Clinic-vetted information on the evaluation and treatment of medical conditions
- **Health Care Consulting** that enables St. Luke's to learn more about the way Mayo Clinic operates and how its clinical, operational and business models are designed and implemented
- **eTumor Board** conferences that invite St. Luke's physicians to present and discuss complex cancer cases with a multidisciplinary panel of Mayo specialists and other network members

materials and view archived Mayo Clinic grand rounds presentations that feature Mayo physicians and scientists.

"We are pleased to welcome St. Luke's Medical Center to the Mayo Clinic Care Network," says David Hayes, M.D., Medical Director of the Mayo Clinic Care Network. "Patient-centered care is the foundation of both organizations. We look forward to working together to find new and innovative ways to enhance that care."

With this collaboration, St. Luke's reaffirms its leadership role in Philippine health care with the ultimate goal of providing the highest level of care for its patients.

St. Luke's providers also can access Mayo's extensive library of patient education

St. Luke's and other network members undergo a rigorous evaluation before joining the network. Members remain independent, but share Mayo's commitment to improve the quality and delivery of health care. St. Luke's is the first Mayo Clinic Care Network member in the Philippines and the second in Asia. Launched in 2011, the network has more than 40 member organizations in the U.S., Mexico, Singapore and the United Arab Emirates.



What the St. Luke's and Mayo Clinic collaboration means

What is the Mayo Clinic/Mayo Clinic Care Network?

Mayo Clinic is one of the most reputable healthcare organizations in the U.S. and abroad and ranked #1 in more specialties by the latest U.S. News and World Report. It is the first and largest integrated, nonprofit group practice in the world. Mayo has teams of specialists that are comprised of more than 4,000 physicians and scientists and nearly 60,000 allied health staff.

Mayo Clinic has major U.S. campuses in Rochester, Minn.; Scottsdale and Phoenix, Ariz.; and Jacksonville, Fla., as well as wholly owned community health system.

Mayo Clinic Care Network

Launched in 2011, the network consists of like-minded healthcare institutions with the same philosophies of adherence to quality/excellence and holistic patient care. The primary goal of the network is to help patients and doctors gain the benefits of Mayo Clinic expertise without having to travel to a Mayo Clinic facility. Mayo achieves this goal by developing closer relationships with community medical providers through formal collaboration and tools and services that promote information sharing and consultation.

As a Member of the Mayo Clinic Care Network, St. Luke's went through a stringent selection process that included evaluations on clinical excellence, patient care and quality.

Will there be changes in St. Luke's Organization or Policies?

No. St. Luke's will remain an independent organization. Nothing will change with St. Luke's in terms of management, organization, plans and programs, etc. The relationship is one of collaboration where St. Luke's doctors can interact through subscribed services that Mayo Clinic offers to member organizations focused on patient care and diagnosis.

St. Luke's has collaborated with Mayo Clinic to further strengthen its medical services. Ultimately, it is the Filipino patient and Philippine Healthcare which will benefit from this relationship.

What are the services that can benefit the Filipino Patient?

Your St. Luke's doctor's expertise can be augmented by the expertise of a Mayo specialist using the following tools, among others provided by the network:

- **eConsults** physician to physician consultations on difficult cases
- **AskMayoExpert** vital medical information to assist St. Luke's doctors in "real time".
- Live conferences of **Mayo Clinic eTumor Boards** so patients within the network can view and participate in the discussion of complex cancer cases.

Can I directly consult with a Mayo Clinic doctor regarding my medical condition?

The St. Luke's doctor is your link to the services under the Mayo Clinic Care Network. If you wish to avail of their services, kindly consult with your St. Luke's physician. Your physician will then determine if a consult is needed and if so, take the necessary steps to make full use of the tools which the Network provides.

Why is St. Luke's doing this? Are there other Philippine Hospitals making similar moves?

St. Luke's is not privy to the directions of other hospitals, but for St. Luke's, we state our mission that "the needs of our patients come first," and this fundamental philosophy is what drives us to look for different ways to make our world class services even better.

And now, through membership in this network, we have access to the knowledge and expertise of Mayo Clinic, a world leader in medical care, research and education.

Will there be extra charges to a patient?

St. Luke's will pay for the clinically-based services they use from Mayo Clinic. There is no additional cost to the patient.

What are the advantages of this collaboration with Mayo Clinic?

We gain extra capacity and knowledge to better serve our patients. In this relationship, we:

- Can share medical knowledge
- Have additional access to other medical experts
- We can leverage this relationship so that these additional resources from Mayo Clinic can be offered to our patients to enhance the care we provide them at no cost to them.



St. Luke's Garner's Gold and Excellence Awards

St. Luke's Medical Center - Global City blazed a golden trail of excellence in the 2016 Asian Hospital Management Awards (AHMA) by garnering accolades in the Bio Medical Facilities Improvement and Nursing Excellence Categories, during the Gala Night of Hospital Management Asia (HMA) 2016 held in Ho Chi Minh City, Vietnam.

The 2016 AHMA drew in 322 entries from 92 hospitals across 15 countries. St. Luke's - Global City reaped the Gold Award for its Biomedical Engineering Department's "THE TOOL, A Biomed Invention" and an Excellence Award for its Post Anesthesia Care Unit's "S.P.O.T. Bundle of Care: Independent Nursing Interventions as Forerunner in Fast Track Recovery of Patients after an Open Heart Surgery."

The AHMA is organized by the HMA, an annual regional event for hospital owners, C-level executives, directors, clinicians and healthcare leaders to gain insights on worldwide healthcare management thinking, best practices and solutions while establishing a real and virtual forum for networking in Asia.

It gives due recognition to hospitals in Asia that implement best practices. Awards are accorded to hospitals that have implemented exemplary and innovative projects, programs, and best healthcare practices.

St. Luke's - Global City previously won a Gold Award in 2014 for the Quality and Patient Safety Group's "Global Trigger Tool Project."



Dr. Alejandro C. Dizon, St. Luke's Medical Center VP and Head of Quality and Patient Safety Group & Chief Quality Officer receives the Gold Award for the Biomedical Facilities Improvement category



Dr. Alejandro C. Dizon, St. Luke's Medical Center VP and Head of Quality and Patient Safety Group & Chief Quality Officer receives the Excellence Award for the Nursing Excellence category



Members of SLMC-GC's Biomed Engineering Department with SLMC-GC SVP and Head of Medical Practice Group Dr. Art De La Peña (left) and SLMC VP and Head of Quality and Patient Safety Group & Chief Quality Officer Dr. Alejandro C. Dizon (right)



Members of SLMC-GC's Post Anesthesia Care Unit with SLMC-GC SVP and Head of Medical Practice Group Dr. Art De La Peña (second from left) and SLMC VP and Head of Quality and Patient Safety Group & Chief Quality Officer Dr. Alejandro C. Dizon (right)

First HACCP-Certified Hospital in PH

Taking another innovative step in healthcare excellence, St. Luke's Medical Center (SLMC) was granted the Hazard Analysis Critical Control Point (HACCP) certification by SGS Philippines, Inc. – the country's leading provider in certification, testing, verification and inspection. This feat is the first of its kind in the Philippines.

Spearheaded by the Food and Nutrition Department (FND) of St. Luke's - Global City and Quezon City, the achievement of HACCP certification was a total team effort, with significant contributions from the Infection Control Service, Food and Safety Engineering, Biomedical Engineering, Housekeeping Department, Human Resources – Training and Organizational Development Department, Pest Control System (under the Housekeeping Department), and outsourced companies Kitchen Care Consultancy, Inc. (cleaning and sanitizing kitchen and service tools and equipment) and Sentrotek Company (conducted microbial tests for food served to patients).

The main objective of HACCP is to provide patients with the highest standard of safe

and healthy food. Good Manufacturing Practices (GMP) is a prerequisite to achieve HACCP certification, and FND had to ensure that GMPs were firmly in place. Some of which included primary production or the handling, storage and transport of raw materials; layout of facilities and equipment and their proper maintenance, cleaning and disinfection to minimize contamination; sanitation programs, pest control systems, waste management; use of personal protective equipment by kitchen staff and regular handwashing; time and temperature control of raw materials to cooking preparations, cooling, service and storage; and adequate staff training on food preparation and handling.

Top Management's support in the certification process was very evident through the acquisition of new tools and wares, and provision of equipment with corresponding training since the Team began its HACCP preparations two years ago. The Team's effort was worth it because its ultimate goal of "food safety is patient safety" was affirmed by SLMC's HACCP certification.



St. Luke's - Global City Associates from the Support and Services Group strike a triumphant pose after the HACCP Certification process was conducted



Associates from the Support and Services Group of St. Luke's - Quezon City ready themselves for the HACCP process

St. Luke's performs first Transoral Robotic Surgery in PH

A team of ENT-HNS doctors recently performed the first transoral robotic surgeries in the Philippines on three patients at St. Luke's Medical Center-Global City using the third generation da Vinci Si robotic surgical system. Transoral robotic surgery or TORS is indicated for patients who have tumors of the oral cavity, pharynx and larynx. It is also used to address obstructive sleep apnea (OSA).

Unlike traditional or open surgery, TORS does not involve cutting of the jaw or the tongue in order for a surgeon to access hard-to-reach areas such as the base of the tongue and hypopharynx. It also allows surgeons an enhanced field of visualization (up to 10x magnification), enabling them to see a target tumor up close and avoid unnecessary cuts to nerves or arteries. Compared also to transoral laser surgery where a laser beam just aims through line of sight or straight line and cannot reach deep into the throat, robotic instruments easily enter the mouth and throat without cutting and provide a wider range of motion, twisting and turning just like the human wrist. This enables the surgeon to excise an entire tumor that is even located in deeper areas.

According to Dr. William Lim, head of the Department of ENT-HNS at St. Luke's-Global City and a transoral robotic surgeon, "With TORS, there is no external scar, and the patient enjoys a shorter hospital stay and faster recovery. Post-operatively, there is also less pain and discomfort."

Conditions that may be addressed with TORS include tonsillar cancer, tongue cancer, pharyngeal and hypopharyngeal cancer, supraglottic laryngeal carcinoma and sleep apnea syndrome.

To date, St. Luke's Medical Center has performed over 600 successful robotically-assisted surgeries for urologic, gynecologic and general surgery cases. Members of its Transoral Robotic Surgery team include Dr. William Lim, Dr. Benjamin Campomanes and Dr. Keith Aguilera. With this new robotic procedure offered at St. Luke's, it is hoped that this approach will give patients another

treatment option which will result in less trauma, faster recovery and eventually, better quality of life.

For inquiries on transoral robotic surgery (TORS), contact the St. Luke's Minimally Invasive and Robotic Surgery Center at (632) 7230101/0301 ext. 5545 or mirsc.qc@stluke.com.ph (St. Luke's-Quezon City), and (632) 7897700 ext. 1160 or mirsc@stluke.com.ph (St. Luke's-Global City).



The St. Luke's Transoral Robotic Surgery (TORS) Team (L-R): Dr. Keith Aguilera, Dr. Benjamin Campomanes and Dr. William Lim.



St. Luke's robotic surgeons performing Transoral Robotic Surgery (TORS)

TEMOS reaccredits St. Luke's



(From left): Eulalia C. Magpusao, Associate Director of Quality and Patient Safety; Ma. Michaela C. Canlas, VP and Head of Support and Services; Engr. Ramon Felipe F. Solis, VP and Head of Facilities Management and Engineering; Maria Martina Geraldine Q. Dimalibot, VP and Head of Nursing Care; Rafael C. Solis, SVP of SLMC-GC Hospital Operations; Dr. Edgardo R. Cortez, President and CEO, Dr. Claudia Mika, Dr. Constanze Trammer; Dr. Rainer Hilgenfeld; Dr. Arturo S. De La Peña, SVP and Head for Medical Practice Group and Medical Director SLMC-GC; Dr. Alejandro C. Dizon, VP and Quality Patient Safety Officer of Quality and Patient Safety; and Dr. Brian Michael I. Cabral, Assistant Medical Director for Medical Education.

Trust Effective Medicine Optimized Services or TEMOS, an international accrediting body whose mission is to advance the level of medical care for travelers and expatriates worldwide, has re-accredited St. Luke's Medical Center with a validity period of three years or until 2019.

Dr. Alejandro C. Dizon, VP & Quality and Patient Safety Officer, explained that the successful TEMOS re-accreditation validates that St. Luke's meets the standards for international patients and medical tourists. It is also a testament on how St. Luke's is one of the preferred destination hospitals of OFWs, expatriates and international patients.

Infection Control Service Grand Winner at the PHA Awards

The Infection Control Service of St. Luke's Medical Center-Quezon City (SLMC-QC) bagged the majority of awards at the 2016 Philippine Hospital Association (PHA) Awards. Held at the Fiesta Pavilion of The Manila Hotel, the PHA was participated in by 59 hospitals nationwide with more than 283 entries in the best practices for Hospital Infection Prevention and Control.

Hospitals were invited to submit their respective Infection Prevention and Control Programs which were evaluated and judged by the expert panels from the PHA.

SLMC-QC won all of the seven special awards which included: "Best in Hand Hygiene," "Best in Environmental Cleaning and Decontamination," "Best in Management of Infection Prevention among Healthcare Workers," "Best in Healthcare Waste Management," "Best in Isolation Precaution Management," "Best in Outbreak Management," and "Best in Surveillance of Antibiotic Resistance." It was further recognized as the "Overall Champion for Hospital Best Practices in Infection Prevention and Control for 2016" due to its first place finish in all seven award categories.



St. Luke's Infection Control Service – Quezon City Team wins at the 2016 Philippine Hospital Association (PHA) Awards.

SLMC-QC also received the Runner up for "Best in Hand Hygiene for Hospital Level 3".

SLMC-QC SVP and Head for Hospital Operations Dr. Annabelle R. Borromeo, together with the Infection Control Service Team led by their Head, Dr. Ryan M. Llorin and Department Manager, Mr. Billester Bonifacio were on hand to receive the awards.

Associates' Learning Week: An Engaging Knowledge Fair

The Human Resources Group's Learning Education and Development Department in St. Luke's-Quezon City hosted its first ever week-long skills fair for Associates entitled "Associates Learning Week (ALW 2016)." The ALW committee transformed the MAB penthouse and took the associates back in time through a retro-themed mini museum with different training materials exhibited from years back. Among the items on display were old training certificates, program invitations, manuals, photos, equipment, books and other collaterals. These materials detailed the transformation of the learning journey throughout the years.

The "Associates' Learning Week" is an objective structure evaluation for different soft and hard skills intended for all St. Luke's Associates. There were various skills and learning engagements from the training council members such as Patient Experience, Nursing Care, Basic Life Support, Marketing Strategy and Communication skills.

In his videotaped welcome message, St. Luke's President and CEO Dr. Edgardo R. Cortez emphasized that ALW aims to improve the capability and skills of everyone working for the medical center. This also entailed cooperation and concentration on the skills harnessed and honed. He also underscored that training will never be impactful unless it translates to the improvement of patient care.



Blast from the past. Different training materials exhibited at the first day of ALW.



Associates getting a glimpse of the past from exhibited training materials.



The ribbon cutting ceremony led by SVP and Head of Medical Practice Group and Medical Director of St. Luke's-Quezon City Dr. Jose B. Moran (3rd from R) with (L-R) Associate Director for Supply Chain Management Mr. Paul Salazar, VP and Head of Facilities Management and Engineering Engr. Roldan Araga, VP and Head of Ancillary Services Mr. Nathaniel De Vera, Department Manager of HR-LEaD Ms. Irene Isleta, AVP for Quality and Patient Safety Dr. Carolina Linda Tapia, Ms. Fritz So, Associate Director of the Institutional Ethics Bureau, Associate Director for Support and Services Ms. May Raquel Estaniel and Associate Director for MPG Ms. Maria Consejo Acoba.

St. Luke's is PH's Top School for MDs



Batch 2016 of St. Luke's College of Medicine-William H. Quasha Memorial with the school's Board and Executives

St. Luke's College of Medicine - William H. Quasha Memorial has kept its 100% passing rate in the latest Physician Licensure Exam taken last September, making it once again a Top Performing Medical School in the Philippines. St. Luke's graduate Dr. Rayan A. Oliva also ranked Top 3 with a score of 88.67 percent.

The perfect score was not the first for the school as St. Luke's has consistently garnered a 100% passing rate for first time takers since School Year 2007-2008. This achievement has elevated St. Luke's to be one of the best performing schools of medicine in the Philippines in the past eight years.

"We have been consistently realizing our goal to be the best medical school in the country. Our screening process ensures that we only have the best and the brightest in our fold.

We also offer the most number of medical scholarship grants that is one of the most comprehensive in content. Our scholarship retention scheme is also the most stringent and we provide one of the best foundations for basic and clinical research for our students," said School Dean Dr. Brigido L. Carandang, Jr.

St. Luke's College of Medicine - William H. Quasha Memorial was established in 1994 as a medical education institution of St. Luke's Medical Center. Like the hospital, it also aims to be an innovative medical institution by providing education to exceptional students through a unique system of academic and scholarship programs, producing graduates who are primed towards specialization in the pursuit of excellent healthcare and world-class technology.

The school attracts students who have a strong desire to develop into exceptional clinicians and/or academicians, and become leaders of

the medical profession, and innovators in biomedical science, clinical care, research, public health and safety.

Dr. Carandang also noted that the school is proud to have the most subjects in basic and clinical research than any other medical institution in the country that are designed to hone the country's top clinicians and researchers. Medical students from outside the Philippines are also invited and welcome to do clinical observership in the school.



Dr. Rayan Oliva, St. Luke's graduate and Top 3 of the September 2016 Physician Licensure Examination



The Center for Autism and Developmental Medicine

Executives and doctors of St. Luke's - Global City attended the blessing of a new facility in the hospital – the Center for Autism and Developmental Medicine. Located at the 6th floor of the Nursing Tower (main building), the Center is envisioned to become a resource and research center that aims to advance the science of clinical care for individuals with autism and their families. Its clinical services will include evidence-based evaluations, comprehensive and holistic management and capacity-building consultations with medical and allied medical professionals, educational facilities and communities.

Autism spectrum disorders (ASDs) are neurodevelopmental disorders that are characterized by two core symptoms of impairment, namely, social interaction and communication as well as restricted, repetitive behaviors. In the US, the Centers for Disease Control and Prevention (CDC) reported a prevalence of 1 in 68 children having ASD. Although data on ASD prevalence is not yet available locally, the Center aims to inculcate autism advocacy, autism-friendly health care and leave a legacy of continuing autism education and capacity building to empower Filipino families who have children with ASD.



Digital Breast Tomosynthesis now available in St. Luke's - Global City

The Philippines has the highest incidence rate of breast cancer in Asia. Based on the latest Philippine data, five out of 100 or one out of 20 would likely get breast cancer before the age of 75. Early detection and treatment offers the best chances for cure. In diagnosing this deadly disease at its earliest stage, image quality is the key to early detection. And when detected early, breast cancer can be defeated. To give patients more options for breast cancer screening, the Breast Center of St. Luke's - Global City now offers Digital Breast Tomosynthesis which creates a 3D image of the breast.

Digital Breast Tomosynthesis is an advanced form of breast imaging where multiple images of the breast are captured and reconstructed or synthesized into a three-dimensional set. The procedure is similar to a CT scan wherein a series of thin slices of the breast image are assembled to form a 3D picture of the breast,

providing improved imaging especially for reading dense breast tissue.

Digital Breast Tomosynthesis also makes breast screening more comfortable for patients as they spend less time under compression. It also has an increased detection rate at virtually the same radiation dose to 2D mammography, and reduces false positive recalls thus minimizing patient anxiety and unnecessary costs due to additional screening and testing.

The St. Luke's - Global City Breast Center is the first Center in the Philippines recognized as a Breast Imaging Center of Excellence by the American College of Radiology (ACR) outside of North and South America for observing the highest standards in radiology.

For more inquiries, call the St. Luke's - Global City Breast Center at (632) 7897700 ext. 2079/2080.



Present at the blessing of the new machine are (L-R): Dr. Barbara Perez, SLMC VP and Head for Marketing and Industry Relations Jo C. Aguilar, St. Luke's - Global City Breast Center Head Dr. Gemma Uy, St. Luke's Board member Ms. Lenora A. Cabili, SLMC VP and Head for Internal Audit Araceli Ona, St. Luke's - Global City SVP and Head for Medical Practice Group and Medical Director Dr. Arturo S. De La Peña, and SLMC VP and Head for Resource Development Olivia B. Yao.



The new Digital Breast Tomosynthesis machine at St. Luke's - Global City

Suki's Story: “Everything will be fine...”

It was in 1999 when Dr. Josephine “Suki” Salazar, who was enjoying her career and married life, heard the news that changed her life.

After recovering from two miscarriages, Suki decided to prepare herself for the next pregnancy, not only medically but spiritually and mentally as well. During her preparations, her medical tests showed something she never expected – she had chronic renal disease. Although her creatinine level was still normal, she had to undergo a series of blood exams, tests and consultations notwithstanding the efforts in travelling from her house to the hospital.

At the crossroads

A practicing anesthesiologist and pain management specialist, Dr. Suki resolved not to succumb to the disease because she knew the difficulty of getting a kidney transplant given the strict policy being implemented after all the media controversies on organ donation. She also discounted the possibility of getting a “live” kidney donor among her relatives because she feared her renal problem was hereditary. Witnessing the fading condition of most of the renal patients in the hospital, she began to realize that it was only a matter of time that her fate would be the same. Dr. Suki decided to face the medical problem on her own by changing her lifestyle, beginning with stopping her medical practice, choosing healthy options, spending time with her family and friends, traveling, and living a normal life.

Hope renewed

Everything seemed to be fine until in early 2013 when she felt weak and fatigued, so she went to a reputable hospital for a check-up. To her surprise, she was informed that her creatinine level was exceedingly high. Disturbed by this finding, Suki immediately asked the hospital staff for any nephrologist available for consultation that day, lo and behold – Dr. Brian Michael Cabral, was there for her.

Continue ▶ 10

PATIENT'S STORY

Dr. Cabral was comforting and reassuring in telling Suki that “there is hope, and everything will be fine” as he would try to help Suki in her condition in spite of Suki telling him that “I have no known organ donor.” “He didn’t let me worry at all,” said Dr. Suki, as Dr. Cabral said, ‘Let us move forward’.”

Dr. Cabral had Dr. Suki admitted in St. Luke’s - Global City a day after her first check-up. She was also interviewed and given a tour of the Transplant Center where she was surprised that the people she knew were the country’s eminent practicing doctors, like Dr. Dennis Serrano, of which she personally knew in the field of renal transplant surgery, were part of the team of Dr. Cabral, from then on she had peace of mind.

While waiting for a donor and the eventual transplant surgery, Dr. Suki personally felt the professional care and attention to detail of the hospital, from the nurses, especially Ms. May Rochelle Salvador of the Organ Transplant Center team; nurses of the Renal Disease Center; to support staff; to medical doctors; and even in the general upkeep of the medical facility to ensure that it could address her needs.

Unexpected blessing

Although Dr. Suki was already in line for a cadaver kidney donor, her husband, Gabby, was hoping and praying for a “live” kidney donor since it was the better option. Their prayers were answered when Sol, the wife of Gabby’s former employee whom he had helped out several times in the past, volunteered to donate her kidney. Dr. Suki and Gabby couldn’t believe their unexpected blessing.

New beginnings

Finally in June 2013, Dr. Suki underwent a successful kidney transplantation performed by the St. Luke’s Transplantation Team led by nephrologist Dr. Cabral and surgeon Dr. Dennis Serrano.

Now, three years later, Dr. Suki is vibrant, bubbly and healthy as never before. Although her path to wellness was long and eventful, she recalls her “journey” with an optimistic view because she has seen how far her life has evolved and has realized that it takes good people to change people for the best.

True to what Dr. Cabral told her the first time they met, “Everything will be fine Suki” and the rest is history according to her. She credits the excellent planning, preparation and implementation of the Transplantation Team, including the compassionate team of nurses, hospital attendants, fellows and residents, medical technicians and dieticians. “I was cared for more than a patient, so to speak, as they tried to understand my emotions and physical struggles. Everything to make my stay comfortable in a hospital is here. But of course, above all else, it’s God who really gave me the right team. I really think I had the best team,” said Dr. Suki.



Dr. Brian Michael Cabral with his patient Dr. Suki

The Essence of a Woman



Long hours, erratic schedule, fast-paced working environment, and tight deadlines are just a few things that keep Mariza Barral busy. Being a media practitioner, she maintained long hours and heavy workloads eventually forgetting to take care of herself. As a result, her metabolism slowed down that made her lethargic, stressed and eventually gained excess weight. In her attempt to live a healthy lifestyle, Mariza started attending Zumba classes, jogging around her village, and doing cardio exercises. These efforts were productive to a certain extent but she noticed that a bulge remained in her abdominal area.

It initially didn't bother her since it's in a hard to slim area like most people say. But what got her concerned was the reaction of others – when people were congratulating her for being pregnant, also asking how many months she has to go. It was impossible for her to be pregnant because she was single at that time. It was only until her best friend urged her to get checked because of her lower abdomen's unusual size.

Mariza's check-up led her to St. Luke's Medical Center by setting an appointment with Dr. Judy Ann Uy-De Luna who specializes in Obstetrics and Gynecology. "Unang hawak palang niya sa tummy ko, sabi niya, 99 percent Mariza, positive ka for myoma at malaki ang nakakapa ko, kaya ASAP kailangan mo mag-undergo ng myomectomy operation – it's a major operation."

("As soon as she touched my tummy, she said, 99 percent Mariza, you are positive for myoma and I can feel that it's big, so you need to undergo a myomectomy operation ASAP – it's a major operation.")

Then to double check, she underwent transrectal ultrasound. When Dr. Judy Ann showed her the result, there were a series of round objects with labels M1, M2, M3, M4, indicating the four counts of myoma. "Sabi ni Doc, ASAP daw. Sabi niya, ready ka ba? Sabi ko, hindi ako ready financially dahil merong pinagdadaanan yung trabaho ko."



("Doc said, ASAP. She said, are you ready? I said, I'm not ready financially because we are going through something at work.")

Mariza prepared for the cost of the operation because she knows that doing it in St. Luke's will give her peace of mind. She knows that her case will be handled delicately, smoothly and with utmost care.

Before the operation, Dr. Judy Ann explained to Mariza the risks of the situation. "Kinausap ako ni Doc, pinapirma niya rin ako ng waiver, sabi niya, 'Mariza, pagkabukas natin, kapag inoperahan ka, dyan natin makikita kung hindi lang apat yan o mas marami tapos may chance ka na mawalan ng uterus.'"

("Doc talked to me, she had me sign a waiver, she said, 'Mariza, when we open you up, when we operate on you, that's when we will see if there are only four or more and there's a chance that your uterus will be removed.'")

Having heard that, Mariza felt helpless because she might lose the chance of becoming a mother. When Mariza's mother found out the severity of the situation, she broke down in tears, feeling helpless as well.

And though she and her mom were feeling helpless, she knew that she had to put herself together and prepare for the upcoming operation. She likened how television-ready the operating room was and that the only thing she remembered were the bright lights that were staring down at her before succumbing to sleep.

During her operation, Mariza regained consciousness which was a side effect of the anesthesia as explained by her anesthesiologist during her pre-operation consultation. Then she heard the nurses saying "ang laki Doc" ("Its big Doc.") with a tone of shock and disbelief as it was later on found out that there were 14 myoma cysts removed from her uterus that varied in size and density.

Mariza was fortunate because "hindi mahirap yung healing process, siguro nga kasi trusted ko yung doctors at binigay yung suited na gamot para sa akin." She just noted that Dr. Judy Ann prohibited her to carry heavy objects or to engage in strenuous activities like Zumba and jogging because her wound is still fresh internally.

("The healing process wasn't difficult, maybe it's because I trusted the doctors and they gave the most suitable medicine for me.")

After her operation, Mariza is happy, thankful, and secured that she made the right choice with St. Luke's as her doctors made sure that her uterus is intact and that her chance of having a baby is possible.

And when asked what her learnings were, she imparts this to other women "huwag kayong matakot ipa-check ang kung anumang dapat ipa-check regarding reproductive health, dahil mahalaga malaman kung safe ka".

("Don't be afraid to have anything regarding reproductive health checked, because it's important to know that you're safe.")

Move ▶▶

your way to good health

REFERENCES:

www.everydayhealth.com
www.weightlossresources.co.uk
worldhealthorganization.2010globalrecommendationsonphysicalactivityforhealth

RESOURCE PERSON:

Geenette Zaila R. Gayatao, PTRP, MRT
Physical Therapist / Master Rehab Trainer
(Center for Weight Intervention and Nutrition Services)
6th Floor, St. Luke's Medical Center Global City
789-7700 ext. 6022

After the endless rounds of parties, buffets and get-togethers during the holidays, it wouldn't be surprising if you have gained several pounds over the holidays. Before you resign yourself to the idea that you won't be able to shake off the excess weight you gained, take heart. There is still a tried and tested way for you to get back into shape and that is by exercising.

Exercise is a specific form of physical activity that allows the body to exert itself above and beyond the usual activities required by daily living. Although it can be difficult, the health benefits derived from exercise is tremendous. Here are several reasons why you should consider starting 2017 with a regular exercise routine.

Exercise can improve both your physical, mental and emotional health. Not only will you be fitter, have more endurance, exercising also lets you look and feel good.

A round of exercise gives your body a boost of endorphins which are our body's natural pain reliever and stress fighter.

Doing sports or physical activities improves circulation, promotes increased blood supply and better oxygenation to the brain which increases new brain cells growth and survival. These also lead to delayed brain shrinkage, increased reaction time and attention, improved memory and brain function.

Stretching exercises make the body flexible thus enabling us to move freely without pain.

Strengthening exercises make our muscles and bones strong and healthy.

Working out improves our core, promotes good posture, and prevents incidences of injuries, falls, osteoporosis and fracture.

Exercising improves heart function.

Structured physical routines or workouts make our blood vessels flexible, improve circulation and enhance oxygen supply to the brain and all parts of the body.

It diminishes blood clots, reduces blood cholesterol that clogs our arteries, reduces blood pressure and prevents heart disease.

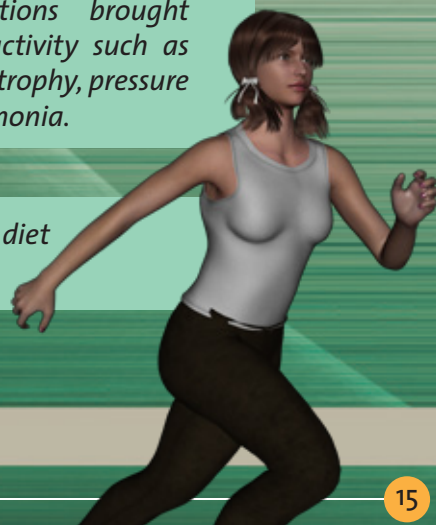
Physical movement reduces constipation and speeds up the passage of food to the colon so toxins won't stay longer in our body.

Gradually increasing the intensity of an exercise improves endurance. It enables us to do more activities for longer periods of time without gasping for breath and feeling tired.

It reduces complications brought about by physical inactivity such as joint stiffness, muscle atrophy, pressure sores, weakness, pneumonia.

Regular exercise may reduce the prevalence of non-communicable diseases, cancer, diabetes, and their risk factors.

Exercise plus healthy diet equals weight loss.



**MACARONI VS. FRUIT
SALAD (WITH CREAM)**

Macaroni - 1 cup
390 calories, 25 grams fat

Fruit Salad (with 1/4 cup
ice cream) - 1 cup
190 calories, 10 grams fat

Ham - 1 slice (30 grams)
86 calories, 6 grams fat

WINE VS. BEER

Wine - 125ml (5 fl. Oz)
85 calories

Beer - 330ml (1 can)
160 calories

EAT THIS, NOT THAT:
Decoding the festive
Pinoy buffet

**ENSAYMADA VS.
BIBINGKA**

Ensaymada - 1 pc
750 calories, 32 grams fat

Bibingka - 1 pc
430 calories, 15 grams fat

HAM VS. LECHON

Lechon - 1 slice (30 grams)
122 calories, 10 grams fat

The holidays may have come and gone but unfortunately the extra weight brought about by weeks of feasting and celebration may take a bit longer to shed. Find out how you can make correct food choices next time you're in line at the ubiquitous Pinoy holiday buffet.

With small menu changes, you can choose from traditional holiday food with lower calories and fat content, making it easy to celebrate the yuletide with your health in mind. You won't even notice the difference, except in your waistlines.

RESOURCE PERSON:

Jemimah V. David, RND
Senior Dietitian/OIC
(Center for Weight Intervention and Nutrition Services)
6th Floor, St. Luke's Medical Center - Global City
789-7700 ext. 6022

PORK BARBECUE VS. LUMPIANG SHANGHAI

Pork Barbecue - 1 stick (100 grams)
258 calories, 18 grams fat

Lumpiang Shanghai - 4 pcs
190 calories, 8 grams fat

LECHE FLAN VS. CREMA DE FRUTA

Leche Flan - 1 slice (1/2 cup)
273 calories, 11 grams fat

Crema De Fruta - 1 slice (1/2 cup)
184 calories, 6 grams fat

CARBONARA VS. LASAGNA

Carbonara - 1 cup
590 calories, 50 grams fat

Lasagna (beef) - 1 pc (4.5" x 3.25" x 2")
410 calories, 23 grams fat

DIET AND YOUR HEART HEALTH

A study done by the World Health Organization revealed that the top 10 leading causes of death worldwide in 2000 and 2012 included ischemic heart disease, stroke, lower respiratory infections and chronic obstructive lung disease. Among these, ischemic heart disease has affected the most people at 7.4 million. The American Heart Association defines ischemic heart disease as a heart problem caused by the narrowing of heart arteries. When these arteries are blocked, less

blood and oxygen reaches the heart muscle which hinders it from meeting the demands of the body. This could lead to chest pain, discomfort, known as angina pectoris, or even a heart attack.

Having high blood pressure or hypertension, can aggravate heart disease and trigger other health problems. This is why it's crucial for patients to follow a heart healthy diet. Here are a few tips for a healthy heart:

- *Choose heart-healthy food like whole grains, fruits, vegetables, low-fat or fat-free dairy, lean protein and heart-healthy fats.*
- *Fat should make up 20% to 35% of your diet, but only 10% of those fat calories should come from saturated fat like sausages, fatty meat, butter, ice cream and full-fat dairy food.*
- *Unsaturated fat is beneficial to overall cardiovascular health. Food like olive oil, canola oil, avocados, nuts and seeds contain unsaturated fat.*
- *Omega-3 fatty acids is a type of unsaturated fat that has been found helpful in preventing sudden death from heart attacks. Salmon, mackerel, tuna and herring contain two types of omega-3 fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA).*
- *Load up on fruit and vegetables because they are low in calories, high in fiber and antioxidants and can also keep blood pressure in check.*
- *To help promote good blood pressure, eat about two cups of fruit and three cups of vegetables daily.*
- *Avoid additional salt. High levels of sodium can add up to high blood pressure.*
- *Be physically active. Exercise moderately for at least 150 minutes per week or 75 minutes a week if it's vigorous exercise.*
- *Work out at least thirty minutes a day, five times a week.*
- *Take your doctor's prescription religiously.*

RESOURCE PERSON:

Jemimah V. David, RND

Senior Dietitian/OIC (Center for Weight Intervention and Nutrition Services)
6th Floor, St. Luke's Medical Center - Global City
789-7700 ext. 6022

What is PAD?

Peripheral Artery Disease or PAD is a common circulatory condition in which blood flow is restricted to your lower extremities usually because of plaque buildup. When exercising, one could feel a “crampy” pain called intermittent claudication which warns the body that it isn’t receiving enough supply of blood to meet the increased demand from walking activity. Severity of intermittent claudication varies widely from mild discomfort to debilitating pain that makes it hard for one to walk or do other physical activities.

Most people with PAD either have no symptoms or mistake it for something else like rheumatism or arthritis hence, most patients are misdiagnosed or undiagnosed. This is a usual misconception that may be dangerous, which could lead to physical deterioration and loss of leg.

Types of PAD

Atherosclerotic

Atherosclerosis is the hardening and clogging of the arteries caused by plaque; it is a widespread accumulation of fatty deposits in one’s arteries.

Non-Atherosclerotic

Non-Atherosclerosis, include thromboangiitis, obliterans (Buerger’s Disease), vasculitis, vasospasm, thrombosis or embolism.

*Risk Factors of PAD:



Smoking



High Blood Pressure



High Cholesterol



Diabetes

*Common Symptoms of PAD:



Painful cramping in your hip, thigh or calf muscles after activity



Leg numbness or weakness



Coldness in lower leg or foot, esp. when compared with the other side



Sores on feet, toes or legs that won’t heal



Slower growth of toenails



Shiny skin on your legs



Weak or no pulse in legs and feet



Erectile dysfunction in men

Diagnostic tests and procedures for PAD

- Non-invasive tests include arterial duplex scan and physiologic tests of measuring adequate limb perfusion. Other modalities include CT angiogram and MR angiogram.
- An invasive test is done through peripheral arteriogram.

Equipped with the latest technology complemented by fully-trained technicians and experts, all of these tests are offered at St. Luke’s Medical Center - Quezon City. For more information about PAD, call the Non-Invasive Vascular Laboratory, Section of Vascular Medicine, Dr. HB Calleja Heart and Vascular Institute, St. Luke’s Medical Center - Quezon City at 7230301 ext. 5406 or 7275406.



RESOURCE PERSON:
Jenny Lim Beltran, MD, FPCP, FPCC, FSVM
(ADULT CARDIOLOGY AND VASCULAR MEDICINE)

WATCH OUT FOR ARTHRITIS!

The challenge of diagnosing early signs of arthritis

*See a doctor as soon
as possible if your joints are...*

Painful
**Stiff or
unbendable**
Swollen

Rheumatoid Arthritis (RA) can be difficult to diagnose in its early stages. However, early diagnosis is key for patients to quickly receive the treatment they need and have the best possible outcome. A rheumatologist (a physician who specializes in rheumatic diseases) will assess patients with possible RA through:

- Comprehensive medical history
- Physical examination
- Blood tests
- Other diagnostic modalities

These include:

- The Anti-Cyclic Citrullinated Peptide (Anti-CCP) antibody test which is more specific for RA and can be detected during early stages of the condition.
- Ultrasound technology is ideal in evaluating musculoskeletal diseases like RA. Unlike conventional X-rays which can miss the early signs of RA, advanced musculoskeletal ultrasound findings reveal:
 - a. Joint inflammation
 - b. Early bone damage

Ultrasound Muskuloskeletal
Technology delivers clear and
detailed ultrasound images due to

*High frequency
probes*

*Power Doppler
technology*

It is also
beneficial to patients

1. Accessible (direct and focused exam can be easily done for a specific area)
2. Convenient (evaluation can be done at bedside)
3. Radiation-free
4. Real time images for faster evaluation

Make sure you have the correct diagnosis and treatment for Rheumatoid Arthritis. Visit or call the Rheumatology, Allergy and Immunology Center to schedule a consult at 7897700 ext. 2103 (Global City) or 7230101 ext. 4725 (Quezon City).



RESOURCE PERSON:
JUAN JAVIER T. LICAUCO, MD
(RHEUMATOLOGY)

Understanding myopia in children

Exposing Myths and Understanding Facts

Myopia or Nearsightedness is the inability to see things clearly at distance. It is the most common refractive error in both adults and children worldwide. According to World Society of Pediatric Ophthalmology & Strabismus (WSPoS) Myopia Consensus statement, Myopia affects up to 90% of young adults in Asian countries.

There are a lot of myths and misconceptions about Myopia especially in children.

MYTH #1. Myopia just causes blurring of vision at distance.

FACT: Aside from blurring of vision at distance, children with myopia can also complain of headaches, difficulty reading the board in school, inability to copy their assignments correctly, their eyes easily get tired or squints when reading or watching TV more than a meter away.

MYTH #2. I don't wear glasses so my child will not have myopia.

FACT: According to World Society of Pediatric Ophthalmology and Strabismus (WSPoS), there are genetic factors to myopia and that heredity is a factor in determining who develops myopia. It can still occur in children even without family history.

MYTH #3. Wearing glasses makes my child dependent on them.

FACT: Since wearing eyeglasses makes them see more clearly, it's but natural that they would want to wear them but the glasses will not change their refractive error.

MYTH #4. Reading a book with poor light, lying in bed or while in a moving vehicle results in poorer vision.

FACT: Not true, but doing so may cause eye strain.



MYTH #5. Eyeglasses are just for the elderly.

FACT: Pediatric Ophthalmologists check refractive errors in children as early as six months of age. If the child's grade is higher than normal for his age, glasses are prescribed for them to see clearly and to help prevent lazy eye or amblyopia.

MYTH #6. Wearing the correct glasses or contact lenses can correct or cure myopia.

FACT: Wearing glasses or contact lenses do not cure myopia, but it does temporarily correct refraction errors present when worn.

MYTH #7. Eating green and yellow vegetables like carrots or drinking eye vitamin supplements can improve myopia.

FACT: Eating green and yellow vegetables like carrots is good for the eyes since it's rich in Vitamin A but eating lots of them will not correct your refractive error.

MYTH #8. Watching TV or using computers, electronic gadgets and mobile screens emit harmful radiation that can damage eyes.

FACT: Gadgets only emit blue light in low amounts that isn't harmful to the eyes in moderate exposure. Prolonged use, though, could cause Dry Eye Syndrome and Computer Vision Syndrome.

RESOURCE PERSON:
MARIA DULCE CORAZON TAINO-PERALTA, MD, DPBO
(PEDIATRIC OPHTHALMOLOGY AND STRABISMUS
ADULT COMPREHENSIVE OPHTHALMOLOGY)

PROTECT YOUR PRIVATES

CERVICAL CANCER AWARENESS

32
MILLION

Number of Filipino women who are at risk of developing cervical cancer according to the World Health Organization-Institut Catala d Oncologia (WHO-ICO)

Every
12 minutes,
a **WOMAN**
dies of cervical
cancer

Young age at first
sexual contact

History of
sexually
transmitted
infections

It is
caused by...

Young age
at first birth

Multiple sexual partners,
compared with one partner,
the risk is approximately
twofold with two partners
and threefold with six or
more partners

A high-risk
sexual partner
or having a
partner with
multiple sexual
partners

How Can It Be Prevented?

PAP Smear-

The gynecologist collects cells from the cervix and checks them for abnormalities

HPV Vaccination-

The gynecologist checks the cervical cells for a high-risk Human Papilloma Virus (HPV) infection

***Cervical cancer is one of the very few cancers that can be prevented.
Protect yourself or your loved one from suffering this disease.
Get screened and vaccinated against cervical cancer now!***

For more information about cervical cancer, please call the St. Luke's Department of OB-Gyne at 789-7700 ext. 7755 (Global City) or 723-0101/0301 ext. 5542/7297 (Quezon City).

RESOURCE PERSON: MARIA JULIETA V. GERMAR, MD (GYNECOLOGIC ONCOLOGY)

THANKSGIVING AT ST. LUKE'S

To uplift the spirits of its international patients during the holidays, Guam Senator Dennis Rodriguez and Calvo's SelectCare, facilitated by the St. Luke's International Marketing Group, hosted the annual Thanksgiving Luncheon for Guam Patients at the Piano Lounge of St. Luke's - Global City. Doves of foreign patients, joined in the festivities and sampled the sumptuous buffet.



Yuletide Cheer

St. Luke's rang in the Yuletide Season with its traditional Nativity Scene and Christmas Tree Lighting Ceremonies at Global City. Considered one of the anticipated events at the hospital each year, the lighting ceremonies heralded the beginning of the holiday festivities at St. Luke's.



SLMC-QC Holds 3rd Preemie Reunion

The Neonatal Intensive Care Unit (NICU) of St. Luke's Medical Center-Quezon City conducted its 3rd Preemie Reunion at the Cathedral Heights Building Complex. This year's Preemie Reunion theme was Zafari where many preterm-born babies and kids or "preemies" wore their best animal costumes. The oldest premature St. Luke's baby that attended was 16 year-old Louise Ann Lopez. She shared her NICU experience wherein she revealed that she did not expect her life would be extended given that her chance of survival then as an infant was 50/50. While she shared her story, she expressed happiness for the babies and kids who also survived their NICU experience. Participants also showed their excitement and flashed their widest smiles as they joined in the parlor games. The NICU Team expressed their gratitude to the patients who took part in the celebration.



A Christmas Treat for Pediatric Cancer Patients



Pediatric Cancer Patients were treated to a day of fun and games during their Christmas party at the Ayala Center. Kids enjoyed a rousing puppet show, kiddie games and a performance from child star Alonzo Muhlach.



The P.E.A.R.L. Family of doctors and patients.

A Christmas Party for P.E.A.R.L. Patients

Flashes of smiles, laughter and glee filled the four corners of CHBC Auditorium 1 as pediatric and adult patients of the P.E.A.R.L. group or People Empowerment for ARthritis and Lupus attended their annual Christmas party spearheaded by St. Luke's Section of Rheumatology adviser Dr. Sandra Navarra.

Like their regular lay fora, the event is the Section's way to convene and celebrate with their growing number of patients. The yearly gathering not only serves as a support group, but is also an avenue to educate the patients' relatives and friends about their condition.

"We are talking about inflammatory arthritis that also includes patients with lupus, and lupus is another auto immune condition that can affect any part of the human body including the joints. P.E.A.R.L. combines patients with many of these auto immune conditions," uttered Dr. Juan Javier Lichauco, Chief of the Section of

Rheumatology and Head of the Department of Medicine at St. Luke's-Quezon City.

Dr. Lichauco also underscored that this kind of gathering empowers patients to be active participants in their disease and as well as educating the public about these diseases.

The Christmas vibe was felt in the day's activity as patients from St. Luke's Medical Center and University of Santo Tomas performed through dance, song and a skit about the story of Christmas. Participants were also given goodies and served a sumptuous buffet.

The spirit of the season shows in the hopeful and joyful glow in the faces of participants, doctors and patients alike as they share compassion and care towards each and every one.

Doctors' Christmas Party

Physicians relaxed and let their hair down during the Doctors' Christmas Party at St. Luke's-Global City. Aside from a tasty dinner buffet, doctors danced and sang along to musical performances by the Sly Band, True Faith, Baihana, Side A and South Border.



Jazz Up Your Jeans

As a way of extending its thanks and strengthening ties with Health Maintenance Organizations, Personal Preferred Organizations and Corporate Accounts, St. Luke's Medical Center threw a lively Business Appreciation Night entitled "Jazz Up Your Jeans." On top of a delectable dinner and cocktails, attendees were entertained with show-stopping tunes and an exciting raffle draw.



FREE CLINIC IN TAGUIG

St. Luke's - Global City held a Free Clinic for Taguig constituents at the Signal Village National High School in Barangay Central Signal, Taguig City. Volunteers gave free consultation services for specialties such as pediatrics, ob-gyne, urology, dentistry, dermatology, and internal medicine. Free diagnostics tests, X-rays and ECGs, as well as free surgeries and medicines were given to beneficiaries.

The Free Clinic is an annual activity organized by the Medical Social Service Department and Outpatient Department, in coordination with the Taguig City local government. Held every anniversary celebration of St. Luke's, the activity was moved to December 2016 due to the inclement weather last October.



St. Luke's and Mayo Clinic

Working together. Working for you.



St. Luke's
Medical Center
Quezon City • Global City
We love life.

MAYO
CLINIC

CareNetwork
Member



**Two respected names
in healthcare working
together for you.**

Now the medical experts of St. Luke's Medical Center are working with Mayo Clinic, the #1 ranked hospital in the U.S. (based on U.S. News & World Report's 2016-2017 Best Hospitals Honor Roll). We are collaborating so that specialists from two continents can share expertise for the benefit of our patients.

St. Luke's Medical Center, now a proud member of the Mayo Clinic Care Network.

For inquiries, please call

St. Luke's-Global City +632 7897700 ext. 1003/1086 • St. Luke's-Quezon City +632 7263911

Monday to Friday, 8:00am to 5:00pm • Visit us at www.stlukesmedicalcenter.com.ph