



Ortho Balita

Official Newsletter of the Philippine Orthopaedic Association, Inc.

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Wealth of Information

It was a successful 51st annual convention that the Philippine Orthopaedic Association, Inc. (POA) held from December 6-9, 2000 at the Westin Philippine Plaza. But the more than 500 delegates walked home wiser and more intellectually enriched, assured of the wealth of information that they have gathered.

PHKS, POSSM

The activities most delegates attended also included the 8th annual convention of the Philippine Hip and Knee Society (PHKS) on December 4 at The Manila Midtown Hotel, and the 8th annual congress of the Philippine Orthopaedic Society for Sports Medicine (POSSM) on December 5 also at the Westin Philippine Plaza.

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Posthumous award for JV

Dr. Jose V. Delos Santos, founding president of the Philippine Orthopaedic Association, Inc. (POA), was given a posthumous award

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INHALE, EXHALE. Tai-chi specialist Ms. Trini Sia shows her graceful form as she leads POA wives, secretariat members and fellows in relieving their stresses thru the famous Chinese exercise formula at the Westin grounds.

Abrahan heads 2001 Board

Dr. Lauro M. Abrahan, Jr. heads the 2001 POA Board of Trustees.

He was sworn in as the 38th POA President, together with the other members of the POA Board of Trustees, by Philippine College of Surgeons (PCS) President Dr. Narciso S. Navarro, Jr. during the congress banquet of the 51st POA Annual Convention last December 8, 2000.

Dr. Abrahan took over from Dr. Regalado L. Dela Paz, who now

becomes an ex-officio member of the board.

Other members of the executive committee elected were: Dr. Venancio P. Garduce, Jr, Vice President; Dr. Arturo C. Cañete, Secretary and Dr. Rodolfo L. Nitollama, Treasurer.



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BONE OF CONTENTION

RODOLFO L. NITOLLAMA, MD, FPOA



December of Discontent

Every December is supposed to be a merry month. But December 2000 initially seemed like an exception. Blame it on the whistle blower, Gov. Luis "Chavit" Singson, or blame it on President Erap himself. Whichever, the political winds brought forth a heavy air of political discontent which threatened to disrupt our observance of Christmas.

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In the build-up to the start of the impeachment trial of President Estrada, the air was heavy with a lot of partisan political activity. Anti- and pro- Erap forces were very much polarized, what with a historic trial of the first Asian president to be impeached about to unfold. In fact, the eyes of the whole world was on us. Then December 7 came, and it was the second day of the POA annual congress. It was to be the opening of the impeachment trial at the Philippine Senate which was just a stone's throw away from Philippine Plaza. Immediately, nostalgic memories of the postponed POA convention in 1989 due to an unsuccessful coup attempt on President Cory came back to most of our fellows' minds. From where most of our fellows and foreign visitors were perched in their hotel rooms, one could see

the steady stream of a mass of humanity slowly transcending on the Senate grounds in the PICC complex. Most walked in droves, while a few came by their bancas from the sea with huge streamers unfurled, proclaiming their anti-Erap sentiments. Human interest stories came back from the

'It isn't summer yet, but the cold easterly breeze has fanned in our hearts a December of Discontent.'

field, one telling of the intrepid wife of one of our foreign speakers setting foot on the very area where the protagonists converged, obviously to get a first-hand account of what she can relate to the folks back home when she returns. Another told of how he saw personally money being paid to some pro-Erap attendees, who proceeded to the anti-Erap side after receiving the cash. And were it not for fear that he might be lynched, he could have recorded the event on his videocam.

* * *

The intellectual enrichment started for some in an innocuous way. The pre-convention activity consisted of the

PHKS and POSSM annual meetings on December 4 and 5. Our very own Dr. Antonio Montalban gave a scholarly lecture about orthopaedic infections in children, while pediatrician and rheumatologist Dr. Leonila Dans treated her audience to a masterful discourse on non-infectious arthritides in children. My co-trustee in the POA board, Dr. Winston Estera showed us his mastery of shoe prescriptions in children, before the day ended with another excellent lecture on total hip replacement in the young by Dr. Ramon Gustilo.

* * *

In the POSSM meeting the following day, some of the speaker-personalities glittered more than the rest. For starters, the revered Dr. Zenaida G. Bagabaldo of UPCM defined "What is an Old Person?". Of course, the senior person that she is and the fact that she had mentored at one time or another majority of the physicians in the audience, made her lecture a masterpiece. And who could forget Ms. Tina Aboitiz-Juan whom a lot of us watch daily in her Fitness portion at the very popular Alas Singko Y Medya (ASYM) show on ABS-CBN? She was the unconventional lecturer. Comfortable in her casual slacks outfit, she hoisted herself on the stage and talked as if she were just conversing with us. Ladies in the audience naturally envied her slim frame, especially her lean biceps and triceps which are a rarity for women in their 40's. Her eloquence and conviviality made her a darling to her audience.

* * *

I have long wanted to meet Ms. Sani Rose Orbeta in person, and when we finally met each other, my admiration for her as a professional nutrition specialist was further enhanced. I did not realize though, that when I asked her about how she has corrected and managed the nutritional aspect of some of our champion national athletes, she would respond in a more electri-

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PMA President Dr. Nenita C. Lee Tan and POA First Lady Alice Dela Paz cut the ceremonial ribbon during the opening of the Trades and Exhibits. Looking on are (from left) Drs. Tyrone Reyes, Lewy Pasion, Rod Nitollama, Boy Abrahan and Reggie Dela Paz

PBO Corner

Geronilla 24th PBO Chairman

Dr. Mario B. Geronilla was installed as the 24th Chairman of the Philippine Board of Orthopaedics by Philippine College of Surgeons (PCS) President Dr. Narciso S. Navarro, Jr. during the congress banquet of the 51st Annual Convention last Dec. 8, 2000.

Other members of the 2001 PBO Board of Trustees inducted by Dr. Navarro are: Dr. Regalado L. Dela Paz, Vice Chairman and chair of the accreditation committee; Dr. Camilo V. Te, Treasurer and Chairman of Administrative Committee; Dr. Luisito R. Maaño, Secretary and Chair of the Committee on Examinations.

Other members of the PBO

Board of Trustees are Drs. Andres D. Borromeo, Leonido C. Castillo, Leslie M. Reyes, James C. Paggao, Rolando A. Agustin (Luzon), Jose Z. Flordelis (Visayas) and Manuel Z. Sison (Mindanao).

Geronilla succeeded Dr. Norberto R. Agcaoili who is now an ex-officio member of the board.

Geronilla was a past president of the POA. He is presently a vice-chairman of the UP-PGH Department of Orthopaedics and the chairman of the East Avenue Medical Center Department of Orthopaedics.

Among his proposed projects is the computerization of the correction of PBO ITE and Diplomate Examinations.

At the same time, Dr. Geronilla announced the schedule of

the Annual Examinations as follows:

In-training Examinations (ITE)-July 23, 2001

Venue: Unilab, Mandaluyong City

Diplomate Examination:

Written-Oct. 7, 2001 (Bonaventure Plaza, Greenhills)

Oral-Oct. 14, 2001 (Bonaventure Plaza, Greenhills)

Practical-Oct. 15&16, 2001

***Deadline for Application-Sept. 7, 2001**



Wealth of Information . . .

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The week-long intellectual renewal did not end there and was even followed on December 10-13 by the Philippine College of Surgeons (PCS) annual convention at the EDSA Shangrila Plaza.

The theme of the POA congress is "Tumours and Paediatric Orthopaedics for General Orthopods: Breaking the Subspecialty Barrier". There were six foreign and five local speakers.

The foreign speakers were Professor Robert Stuart Bell of the University of Toronto, Canada; Professor Orjan Berlin of the University of Gothenburg, Sweden; Professor William Geoffrey Cole of Toronto, Canada; Professor Dror Paley of the University of Maryland, USA; Professor Lynn Taylor Staheli of The University of Washington, USA and Dr. Shekhar Kumta of Hongkong.

Complementing them were the local faculty composed of: Dr. Julyn A. Aguilar of Philippine Orthopaedic Center (POC); Dr. Rafael S. Claudio of POC; Dr. Cesar L. Dimayuga of UP-PGH; Dr. Juanito S. Javier of UP-PGH and Dr. Edward HM Wang of UP-PGH. There were also several free papers presented.

The PHKS convention was presented in cooperation with the Section of Pediatric Orthopaedics of the UPCM-PGH Department of Orthopaedics chaired by Dr. Ellewellyn G. Pasion. The theme of its sym-

posium was "Bata, Bata... Bakit Ka Napilay?" Among the resource speakers were Drs. Antonio Montalban, Leonila Dans, Josephine Bundoc, Winston George Estera and Professor Ramon Gustilo.

"Fitness of Recreational Athletes in the Later Years of Life" was the theme of the POSSM annual congress. The resource persons were Drs. Zenaida G. Bagabaldo of UP-PGH, Alma Lucindo Jimenez of UP-PGH, Nestor Santiago of UERMMMC, Ms. Tina Aboitiz-Juan, Ms Sani Rose Orbeta and Dr. Antonio A. Rivera of Makati Medical Center. Dr. Peter Bernardo of UP-PGH presented his travelogue during his fellowship in Europe.

The POA likewise participated with several lectures during the PCS subspecialty sessions on December 10.

The first day of the POA convention saw the registration of the delegates and election by qualified POA fellows of the 2001 POA and Philippine Board of Orthopaedics (PBO) boards of trustees.

Renowned physiatrist Dr. Tyrone Reyes delivered the keynote address during the opening ceremonies. He spoke on the Bone and Joint Decade and the practice of Orthopaedics in the Philippines. Twenty-four PBO diplomates were inducted as POA fellows by POA president Regalado L. Dela Paz, while the new PBO diplomates were recognized.

After the recessional, the trades and exhibits were opened by Mrs. Alice Dela Paz and Philippine Medical Association (PMA) president Dr. Nenita Lee Tan. Food and beverage flowed during the Fellowship night, where for the first time, entertainment was provided by the POA fellows themselves led by videoke specialist and promising DJ Dr. Jimmy Tamayo, among others.

Aside from the regular lectures, there were two lunch symposia held on the second and third days. The President's Night was held on the evening of December 7 and the congress banquet was held on the evening of December 8.

Dr. Narciso S. Navarro, PCS president was the guest speaker and inducting officer during the congress banquet. He inducted into office the 2001 POA and PBO boards of trustees. He also administered the PCS fellowship oath to 69 POA fellows who were inducted as PCS fellows, an activity which was another first for the association and the PCS. A simple closing ceremony was held after the open forum on the last plenary session on December 9. By that time, POA fellows, diplomates, residents and other practitioners had more than their share of orthopaedic knowledge. And it was time to go home and venture to the real world again.

PRESIDENT'S CORNER**REGALADO L. DELA PAZ, MD, FPOA**

“I Survived Impeachment...”

Indeed! I survived impeachment or resignation and saw to it that I finish my term as the 37th Philippine Orthopaedic Association president.

We had a successful 51st Annual Meeting last December 6-9, 2000. In fact, we were right at the eye of the storm, that is, where Westin Philippine Plaza was situated near the Philippine Senate where the impeachment trial of the Philippine president is being held. It started during the second day of our meeting such that we were virtually stranded at the Plaza with demonstrations all around and where no access out of or into the hotel till late in the night.

We had a good set of foreign as well as local speakers and gutsy ones at that. Early on during the year, the Organizing Committee was quite apprehensive regarding the annual meeting and we were drawing up contingency plans in case our foreign speakers would back out at the last minute because of local prevailing conditions. In the first half of the year, there was the MILF, then in the middle of the year, the kidnappings by the Abu Sayyaf especially of foreigners, and then towards the 3rd trimester, the political turmoil that is dividing the nation with almost daily demonstrations. However, there was no stopping our annual meeting and we were fortunate to have a gutsy set of speakers some of whom even went to the demonstrations. Dr. Lynn Staheli and his wife actually arrived early to take a sojourn in Banawe, Dr. Kumta also arrived early to go to Palawan, and Dr. Bill Cole and his wife stayed a while in Manila and availed of some short trips to nearby places despite the political uncertainties. They are not only gutsy but knowledgeable in their craft. I am sure they imparted knowledge to the local orthopaedic community regarding pediatric orthopaedics and orthopaedic oncology.

The attendance in this year's annual meeting was something short of unexpected. Because of the prevailing economic downturn, we thought that some of the members will skip the meeting for it will take a few days off from their clinic or doing surgeries.

As some would say, “*sayang din*”. We also thought that it would be difficult to get sponsorships for the trip to Manila to attend the meeting. Again, let us thank our friends from the pharma companies for making it possible for our members not to pass up on this opportunity to get more knowledge on new developments in orthopaedics. The sessions were well attended even up to the last lecture sessions. We should thank our Scientific Committee for lining up not only catchy topics but also current trends and even controversies. Rest assured that the Association would continue to bring to you, the members and other orthopaedic surgeons, quality scientific meetings.

As I announced during the business meeting that we had at the annual meeting, qualified POA fellows are now enrolled under the Group Insurance with the CMG Life Insurance Company. Those who have filled up the necessary forms will soon receive their policy forms that will be sent to you by the POA secretariat. You are already enrolled since your names have already been sent to the insurance company but it is important to have a filled up form especially the beneficiary information. The group insurance is being offered to the members of the POA as an additional benefit of membership. However, life members who are not paying annual dues anymore will have to pay the minimum annual premium on a voluntary basis. This will be the initial year of the association's venture in this group insurance scheme and hopefully this will become a permanent scheme to somehow benefit the membership of the

association especially in time of need.

The Association is committed to pursue its mandate as spelled out in our by-laws to offer to the members the benefits as a professional organization and at the same time benefits other than professional in character.

Hopefully the PHIC will make good its promise to implement the new RVS or Relative Value Scale in lieu of the old RUV or Relative Unit Value in Medicare reimbursements. This will make a lot of impact since the values are relatively equitable and especially at this time of an economic downturn, hopefully it will relieve much of our patients the burden of hospital costs and at the same time professionals' fees. We shall also benefit in this regard since we will receive what we think what is due us.

Again, let me thank each and every member of the Association for the support that you gave not only to the Association but to us, the Board whom you gave the opportunity to serve. I also would like to express my gratitude to the members of the Board and the Chapter presidents whom I consider part of our team for the support that they extended to me. The Association is well assured of good succeeding Boards to take of business for the succeeding years. **A HAPPY AND HOPEFULLY PROSPEROUS NEW YEAR TO ALL!!!**

**TELL US YOUR
VIEWS! WRITE US
OR E-MAIL US AT:
poa@i-next.net**

CONGRATULATIONS - from the POA Family

69 POA Fellows take PCS Fellowship Pledge

Sixty-nine POA Fellows (shown on right) participated in the mass induction as Fellows of the Philippine College of Surgeons during the Congress Banquet of the 51st POA Annual Convention last Dec. 8, 2000. PCS President Dr Narciso S. Navarro, Jr. inducted them and led them in the recitation of the PCS Fellowship Pledge.



Recto Honored in Testimonial Dinner



Dr. Rafael S. Recto, Jr., former chairman of the UP-PGH Department of Orthopaedics was honored in a testimonial dinner on Dec. 7, 2000 at Century Park Sheraton. The tribute to Dr. Recto was read by POA Trustee Dr. Copernico J. Villaruel Jr., while PGH Medical Director Dr. Napoleon M. Apolinario awarded him with a plaque of appreciation. Dr. Recto was also chief of the National Orthopaedic Hospital (now POC) from 1987 to 1992.



Cox Visit Kicks Off OOVP

The visit of Dr. Jay S. Cox recently kicked off the Orthopedic Overseas Volunteers Program (OOVP) in the Philippines, according to Dr. Ellewelyn G. Pasion, chairman of the UP-PGH Department of Orthopaedics.

Cox is a former president of the American Orthopaedic Society for Sports Medicine (AOSSM) from 1989 to 1990. He was a guest speaker during the last quarter scientific meeting of the Philippine Orthopaedic Society for Sports Medicine (POSSM) for the year 2000.

The OOVP is an organization formed in the US in 1983, and is based in Washington DC. It seeks to bring a volunteer specialist for a week-long stay in Manila, during which time he can do surgeries, give lectures and go on hospital rounds, depending on the subspecialty of the visitor. The agreement was worked out between Fil-Am orthopaedic surgeon Dr. Ron Gracilla who is the main coordinator of the

US group for the Philippines and Dr. Pasion.

After Dr. Cox, the next volunteer is Dr. Schultz. Previous orthopaedic volunteers have visited Davao City in recent years, with Dr. Espiridion Reyes as local program coordinator.

Basic Course in Microvascular Surgery

The 4th Basic Course in Microvascular Surgery was conducted at the Orthopaedic Learning Center of the Spine Center building at UP-PGH last October 12 to 14, 2000, according to Dr. Ellewelyn G. Pasion, department chairman.

Course director was Dr. Daniel Caro, a consultant at the UP-PGH Department of Orthopaedics. The course featured 10 operating microscopes through the auspices of LEICA. It involved live dissection of rats and practice anastomosis. Some 20 participants from the different orthopaedic training programs attended.

Bone of Contention

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fying way. She gushed with enthusiasm as she described how she overhauled the nutritional management of erstwhile world champion boxer Dodie Boy Peñalosa, how the word spread around, until she was being sought by many more prominent names. Personally it was a satisfying encounter for most people in the audience.

I will not dwell anymore about the POA convention speakers, as others have already talked about them. Suffice to say that the outcome of the annual convention was way beyond the expectations of most of us. I would like to thank on a personal note all our friends in the pharmaceutical and orthopaedic implant industries for their generous support and cooperation.

What many thought would be a bleak Christmas and an otherwise uneventful New Year's eve turned out the opposite. Clarissa Grey Ocampo, the prosecution's witness on the last day of trial for the year 2000 (December 22) made a believer among us. She made us believe again that truth is still alive in our midst. On the contrary, the despicable bombings on December 30 in at least 5 public places around Metro Manila that claimed the lives of at least 18 persons and maimed close to a hundred, aroused our conscience and fueled hatred and condemnation for their perpetrators and masterminds. **It isn't summer yet, but the cold easterly breeze has fanned in our hearts a December of Discontent.**

‘With Eyes Wide Shut...’

POA Congress Banquet - Dec. 8, 2000



Immediate Past President Dr. Reggie Dela Paz and wife Alice



President Dr. Boy Abrahan, Jr. and wife Dr. Mary Anne



Vice President Dr. Bimboy Garduce, Jr. and wife Elaine



Secretary Dr. Art Cañete and wife Dr. Nelia



Treasurer Dr. Rod Nitollama and wife Bernie



Trustee Dr. Miles Dela Rosa and wife Lorna



Past President Dr. Bibs Carilo and wife Vee



Past President Dr. Tony Rivera and Dr. Suyen

And My Lips Sealed...'

POA Congress Banquet - Dec. 8, 2000



Immediate Past PBO Chairman Dr. Tong Agcaoili and wife Dr. Millie



PBO Chairman Dr. Mario Geronilla and wife Eva



PBO Vice-Chairman Dr. Miloy Te and wife Dr. Charie



Past PBO Chairman and past POA President Dr. Lewy Pasion and wife Ely



Left, Dr. Kups Villaruel, Jr. with Ms. Debbie Agustin of MSD.

Right, Dr. Mario Geronilla with DI Jancy.

Bottom right, Past PBO Chairman and past POA President Dr. Tony Sison with Marcy Band singer.



Keynote Address**The Bone and Joint Decade
and Philippine Orthopaedics***by Tyrone M. Reyes, MD*

(Editor's note: The following is the Keynote Address delivered by Dr. Tyrone M. Reyes during the Opening Ceremonies of the 51st POA Annual Convention at the Westin Philippine Plaza on December 6, 2000)

It is a distinct honor, and for me personally, a great privilege to deliver this keynote address to this year's 51st Annual Convention of the Philippine Orthopaedic Association. The first decade of the 21st century will be devoted to the better understanding and treatment of musculoskeletal disorders. Most countries in the world, including the Philippines, have declared 2000 to 2010 as the Bone and Joint Decade, and Kofi Annan, the Secretary General of the United Nations, has given UN support to this initiative.

The celebration of the Bone and Joint Decade in the Philippines, which is a collective effort of the Arthritis Care and Research Foundation, Osteoporosis Society of the Philippines, Philippine Academy of Rehabilitation Medicine, Philippine Orthopaedic Association and the Philippine Rheumatology Association – aims to raise awareness on the prevention, diagnosis, treatment and rehabilitation of musculoskeletal disorders. Indeed, this is one project that has made all of us in the various medical specialties involved in bone and joint care to appreciate more the importance and benefit of working together to achieve a common objective.

With the theme "Kalusugan Para sa Buto at Kasukasuan", the Philippine observance of the Bone and Joint Decade hopes to advance the understanding and treatment of musculoskeletal problems. Arthritis alone afflicts 10 million Filipinos and along with other bone and joint disorders, is the most common cause of severe long-term pain and physical disability in the Philippines.

The timing is right for this endeavor even for just one compelling reason. The world's population is aging, caus-

ing musculoskeletal problems to increase in importance. In the next decades, as baby boomers age, there will be a tidal wave of people with osteoporosis, osteoarthritis and other joint diseases. These conditions are already consuming an extensive and growing portion of our resources, and the problems are going to be magnified so there is a need for us to come up with solutions soon.

"Patients remember their physicians not so much for their technical skills or diagnostic prowess as for the care, concern and compassion that they received from their doctors. Men are remembered for their good deeds and not how many wives, how many mansions, and how much wealth and power they have accumulated in their lives."

Likewise, a silent epidemic is underway – for the increased use of motor vehicles is leading to an explosion in the number of traffic-related injuries. The Global Burden of Disease, a 1996 World Health Organization and World Bank Report, predicted that the road injuries will rise from the 9th to the 3rd leading cause of death and disability in the next 20 years. If this trend is not reversed, 6 million people will die and 60 million more will be seriously injured or disabled in the next 10 years.

Indeed, bone and joint diseases do not only reduce the functional capacity of the old; they also hinder the normal development of the young. That is why I find the theme of your convention, the first this millennium with its emphasis on Pediatric orthopedics, very

appropriate.

After all, during the first half of the past century, Orthopaedics was a specialty whose primary focus was on the children with only a limited role in the treatment of trauma. The hospitals for crippled children that were built during those times dealt with poliomyelitis, tuberculosis of bones and joints, osteomyelitis and congenital deformities.

Historically, the first edition of the book ORTHOPAEDIA, by Nicolas Andry, and published in 1741 was actually a book devoted to the art and science of correcting and preventing deformities in children. The book defined for the first time what has become ORTHOPEDIC SURGERY. Andry illustrated the volume with numerous drawings, including the now famous splinted tree, which is of course depicted in your logo. The concept of the tree comes from the Greek meaning of the word orthopaedic – Ortho meaning straight, Paedic or Paedia, a term which orthopaedics shares with paediatrics, comes from the root word paes, which means child. And so, the history of orthopaedics over the centuries has always begun with pediatric orthopedics. It is so appropriate and meaningful therefore, that as we enter the 21st century, the POA has chosen pediatric orthopedics as the theme of its convention.

The celebration of the Bone and Joint Decade is a fitting tribute to the significant contributions of Orthopedics in the past century. It was a remarkable period in the history of Orthopedics. It brought improved patient care and quality of life for millions of people afflicted with musculoskeletal disorders. Joint replacement, Internal fracture fixation, spinal instrumentation, arthroscopy, limb lengthening, and orthopaedic oncology, are among the benefits of mankind that was brought about by the progress in orthopaedics. In peacetime and

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Keynote address....

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during wars, in shifting economic and political environments, orthopedic surgeons have persevered to find improved treatments for young and old, for genetic disorders and traumatic injuries, for joint sprains and bone tumors.

What's ahead for orthopedists in the coming decades? Orthopedists seem unanimous that the future of the specialty will be based in biology - especially in molecular biology and genetic engineering. And so, if that's the future, what's the vision of the future orthopedic practitioner? In 1983, Dr. Henry J. Mankin, prophesized in his presidential address to the American Orthopaedic Association entitled "Orthopaedics in 2013: A Prospecion", that "a new breed of doctors will be practicing orthopedics by 2013 and years hence". An early answer came from a recent issue of the Orthopaedic Journal of Thomas Jefferson University. It said, "the orthopedists of 2013 would bring knowledge of molecular and cellular biology to their patient care efforts. They will understand the molecular mechanisms underlying orthopedic deformities and diseases and will know how to use molecular technology as treatment modalities because they will be practicing molecular orthopedics".

As we enter the age of genomic medicine, there is a danger that we as physicians may lose some of our humanity as we gain more knowledge of the medical issues at the genetic level. Recently, Dr. John B. Youmans, professor emeritus of Medicine at the Vanderbilt University School of Medicine, stated, "to the public, the doctor has become a super scientist. To the doctor, the patient is too often a biological unit that he manipulates objectively with little subjective feeling".

The modern physician must strive at all costs to avoid this impersonal approach and he must make every effort to provide comprehensive care with a deep personal interest, not so much in the specific disease as in the patient as a person, and not only physical but also in his psychological, emotional and social needs.

In a book entitled, "When Doctors are Patients", edited by two physicians, Max Pinner and Benjamin Miller, a group of doc-

tors narrated their own personal experiences with various serious diseases. It may perhaps be a revelation for some to discover that almost everyone of these seriously ill physicians, as he recited the problems that he faced in dealing with his own medical condition stressed almost invariably the psychologic and social aspects of his disease at certain times even more so than their actual physical illness. This led the late Dr. Pinner to conclude in his preface, that "This collection of case reports can only emphasize again, and, I believe, in a peculiarly urgent and moving way, how essential it is to treat the whole patient".

'Are you practicing Orthopaedics today in a manner that your work may be remembered not just this decade of Bone and Joint, but for generations to come? That is the question that only you have the answer.'

In another book, "The Knife is Not Enough", written incidentally by an orthopedic surgeon, Dr. Henry Kessler, the author pleads for all surgeons to go beyond the technical skills required of their field and to also focus more attention on pre-operative and post-operative care, on social and psychological concerns, and on functional rather than just physical outcomes".

We do need to focus on the human being - rather than just his or her cirrhotic liver, tuberculous lung or fractured tibia. The message should be clear: When we say that this is the Decade of the Bone and Joint - what we are really saying is that our focus should be on the person who happens to have a problem of the bone or joint. For yes, we are really saying is that if we put all these genes, enzymes, hormones, chromosomes and stem cells together, what we will form is a human being with not only physical, but also psychological, social and vocational needs. While that may sound obvious, trite or *makulit*, it is sometimes a good idea that we, as busy practitioners, get reminded of this basic medical tenet once in a while. For unfortunately this impersonal and uncaring attitude is something that we still see happening in the medical

setting that we practice practically every-day.

As Dr. Atchley, the famous medical philosopher, aptly emphasized, "the goal of medical education is to produce a scholar in the science of human biology who will practice his profession as a perceptive humanist."

There is an important message that cuts across the 2 books I have previously mentioned and it is this: Patients remember their physicians not so much for their technical skills or diagnostic prowess as for the care, concern and compassion that they received from their doctors. Men are remembered for their good deeds and not how many wives, how many mansions, and how much wealth and power they have accumulated in their lives.

History also bears this out. For example, we do remember Dr. Albert Schweitzer but do we recall who was the king of Belgium when Dr. Schweitzer was doing his missionary work at the Belgian Congo? We remember Fr. Damien for his work with the lepers in Molokai but would we remember who the governor of Hawaii was at that time? We cannot forget Mother Teresa and her work with the downtrodden in Calcutta but many of us have forgotten who the Indian Prime Minister was when she received the Nobel Peace Prize.

In the past six months, I have been reading about the life of our foremost national hero and physician Dr. Jose P. Rizal. He too, was in a sense, a peripatetic human being; he was a novelist who had to publish his own books; an ophthalmologist who practiced in the wilder shores of Mindanao; and an advocate of lost causes who was shot in the back as a traitor. Yet today, many of Rizal's contemporaries are forgotten while he continues to live in the memory of his people, the physician in the mind and spirit of his patients, then shall he live a hundred, nay, a thousand years.

And now, to bring this address to an end, let me ask each of you a question - Are you practicing Orthopaedics today in a manner that your work may be remembered not just this decade of Bone and Joint, but for generations to come? That is the question that only you have the answer.

SECRETARY'S NOTES

VENANCIO P. GARDUCE, JR., MD, FPOA



The Year That Was

The POA has just finished a busy and productive year ending the millennium. And we have witnessed a lot of POA activities, to name a few, the motorcade celebration of the Bone and Joint Decade which was participated in by various organizations involved in the treatment of bone and joint disorders ending at the PICC last March 2000, the Residents' Research Forum, the very successful mid-year convention in Cebu, the Orthopaedic Review Course (ORC) last August, 2000, various chapters' activities throughout the country and of course, the 51st Annual Convention held at the Westin Philippine Plaza. It would take a lot of space just to thank and commend the numerous personalities and companies that made year 2000 a meaningful and rewarding year for us. This, despite the countless problems besetting our country today, the most pressing of which is the impeachment trial which is still ongoing as of this writing.

It is nice to note that our different chapters have been very active, not only in terms of socials and sports but also scientific and academic activities which definitely add to our members' knowledge and experiences.

Our subspecialty societies have also left their mark for 2000. The Pediatric Orthopedic Society had their induction of officers during our POA annual convention; the Philippine Shoulder Society is applying for affiliation to the POA and the Philippine Foot and Ankle Society held its symposium at St. Luke's Medical Center last October 2000. The Board at present is still awaiting the application of other subspecialty societies for affiliation to the POA.

The question on whether to hold an orthopaedic review course for the year 2001 would depend mainly on how many would participate. The target is at least 20 registrants. This is to offset the expenses incurred on printing materials to be distributed during the review course, as well as for honoraria for our faculty. Calling the attention of all chapters and institutions that

have some members who are not yet fellows of our association to take advantage and register early. There will be a reservation fee, which is 50% of the course registration fee. We will be announcing the final details of the ORC come our mid-year convention in Cagayan de Oro. Those fellows who would want a "refresher course" may also register.

The POA Board 2001 headed by president Dr. Lauro M. Abrahan, Jr. is preparing a very interesting year for all of us. We are presently coordinating with the Mindanao Chapter for our mid-year convention in Cagayan de Oro with the theme "Up In Arms" (Upper Extremity Surgery). This will be on May 3-5 2001. So, adjust your schedule now for this memorable event. We are also in the planning stage for our 52nd Annual Convention with the theme "Orthopaedic Trauma Trends in the 21st Century" to be held at the Westin Philippine Plaza on December 5 - 8, 2001. More of these in the next issue.

Our Residents' Research Forum will be, for the first time, included in our mid-year convention in Cagayan de Oro. The

reason is mainly to encourage our fellows to attend and actively participate in this activity. The research committee of the POA is now accepting research papers for the forum. The deadline of submission is on March 30, 2001.

The Philippine Journal of Orthopaedics (PJO) is planning to come out with two issues starting this year. The first issue will be out on our mid-year convention while the second, on our annual convention. The editors and the editorial board are presently accepting articles for possible publication this year. For those interested, you may submit your articles to the POA Secretariat c/o Sol or Rogie.

The Year 2001 looks bright for POA, amidst the political and economic crises our country is experiencing. With our active participation and cooperation as fellows of the POA, nothing could go wrong and we would overcome our challenges.

It's been an honor to serve you as Secretary for the Year 2000 and I'm looking forward for a successful and scintillating year 2001.

No Human Casualties at MMC 'Orthopaedic Crossfire'

There were no human casualties reported, only intellectual skirmishes, when the Department of Orthopaedics of the Makati Medical Center held their 4th annual symposium last November 24, 2000 at the Ledesma Hall of the MMC. The 'Orthopaedic Crossfire' on controversial treatment modalities was aimed at bringing out the best of medical care relative to efficacy, complication and cost.

The well-attended symposium featured six sessions of two speakers each taking opposing views. The twelve speakers who took opposing views included: vascular surgeon Dr. Victor Gisbert, and Dr. Reynaldo Ang, FPOA (Diabetic Foot: Limited Amputation in the Management of Gangrene); neurosurgeon Dr. Eduardo

Mercado and Dr. David Cabatan, FPOA (Low Back Pain: Huge Slipped Discs Require Surgery); pathologist Dr. Elias Pantangco and Dr. Cesar Dimayuga, FPOA (Frozen Section: Diagnostic for Malignant or Benign Tumors); Dr. Antonio Tanchuling, Jr., FPOA and Dr. Ramon Gustilo, FAOA (Low Molecular Weight Heparin: DVT Prophylaxis After Joint Replacement) chiropractor Dr. Martin Camara and physiatrist Dr. Quintin Oropilla (Manipulation for Spine Problems); oncologist Dr. Julius Lecciones and radio oncologist Dr. Teresa Sy-Ortin (Soft Tissue Tumors: The More Important Therapeutic Adjunct).

The convention was sponsored by an educational grant from Pfizer-Searle.

Abrahan heads . . .

(Continued from page 1)

Also inducted as Board of Trustees were: Drs. Copernico J. Villaruel, Jr., Miles T. Dela Rosa, Winston George B. Estera, Edward A. Sarrosa, Juan C. Villaluz (Luzon), Marcelo N. Jaen (Visayas) and Renan B. Abellera (Mindanao).

Dr. Abrahan is married to Dr. Mary Anne Lim-Abrahan, an endocrinologist. They have 3 children.

A stickler for organizational matters, he is credited with the successful scientific meetings of the past several POA annual conventions, including the Golden Anniversary scientific sessions. He has been instrumental in bringing noteworthy foreign speakers to the Philippines. Dr. Edward VA Lim, who is his brother-in-law, has been a frequent visitor and lecturer in various scientific meetings all over the Philippines.

Dr. Abrahan immediately convened the 2001 POA Board of Trustees to an organizational meeting last Dec. 9, 2000 right after the POA closing ceremonies.

Reminders:

AAOS Annual Congress
Feb. 28 - Mar. 4 2001
San Francisco, USA
Asia Pacific Orthopaedic Association
13th Triennial Congress
April 1-6, 2001
Adelaide, Australia



POA LADIES pause from their hectic schedule of entertaining the foreign speakers' wives. From left, Dr. Nel Cañete, Mrs. Bernie Nitollama, Dr. Tess Altre, Dr. Charie Te, Mrs. Alice Dela Paz, Mrs. Vee Carilo and Mrs. Eva Geronilla. They accompanied the wives to a city tour, to the Balibayan Center, and gave them a farewell program at the Philippine Plaza Sports Bar on the afternoon of Dec. 7, 2000.

Are you interested in Review Course?

Are you among those interested in the Orthopaedic Review Course (ORC)? If so, contact the POA secretariat ASAP at telephones: 740-5701 or 740-5702 or at e-mail address: poa@i-next.net This was announced by POA secretary Dr. Venancio Garduce, Jr.

Dr. Garduce, Jr. who has coordinated the ORC activity the past two years would like to hear from prospective reviewees about holding the course this year. At least 20 reviewees should have signified their intention to participate in the review course by the 12th midyear convention in Cagayan De Oro and have paid a non-refundable course reservation fee for the ORC to push through next year, Dr. Garduce, Jr. said.

Speakers' Pool Available for Chapter Meetings

Incoming POA president Dr. Lauro M. Abrahan, Jr. announced the availability of an orthopaedic speakers' pool for lectures and discussions on various topics for POA chapter activities. The POA chapters only need to inform the POA secretariat on the theme or topics desired and sponsorship of the chapter's scientific activity. Dr. Abrahan has taken steps to update and streamline the POA speakers' pool.

Research Forum moved to Mid-Year Convention

The POA-UNILAB Annual Residents' Research Forum being held every July has been moved to the midyear convention beginning 2001.

This was the consensus reached by the POA Board of Trustees after intense consultation. Henceforth, all accredited orthopaedic training institutions are advised to prepare their entries early, according to POA research committee chairman Dr. Arturo C. Cañete.

POA trustee Dr. Miles T. Dela Rosa, Dr. Ruperto O. Estrada and Dr. J. A. Michael A. Bengzon are the research committee members. Cash prizes and trophies plus a chance to present the paper as the Philippine representative in the next ASEAN convention, are at stake.

Last Chance!

Now is the last chance for POA Fellows who have not yet completed their directory updates. They must submit their 2X2 picture and accomplished data sheet to the POA Secretariat ASAP.

Posthumous award...

(Continued from page 1)

by the POA during the congress banquet of the 51st annual congress last December 8, 2000.

JV, as he was fondly called, served as POA president from 1949 to 1951. He passed away on September 17, 2000 at the age of 102.

The award was presented by POA president Regalado L. Dela Paz. The citation as read by past POA president and past PBO chairperson Dr. Teresita L. Altre, is as follows: "POA presents this Lifetime Achievement Award to the happy memory of Jose V. Delos Santos, MD, FPOA (Founding President). He steered the Association then known as Philippine Society of Trauma and Orthopaedics in its formative years. His pioneering vision and spirit together with a handful of colleagues served as the inspiration for others who followed. The Association will forever remain grateful to him."

Dr. Jose Delos Santos III and his wife received the award and responded on behalf of the Delos Santos family.

12th POA Mid Year Convention

'C U in CDO May 3-5, 2001'

The 12th POA Mid Year Convention will be held on May 3-5, 2001 at the Xavier Sports and Country Club in Cagayan De Oro City. This was announced by Dr. Manuel Z. Sison, overall chairman of the organizing committee.

With the theme "Up in Arms: Upper Extremity Surgery", the convention is sponsored by the POA and the POA Mindanao Chapter.

Three foreign and three local speakers comprise the faculty. Invited were Drs. Edward VA Lim, Paskorn Chaivanichsiri, Eric Meinberg, Edward Sarrosa, Jose Fernando Syquia and Ida S. Tacata.

For the first time, the POA Residents' Research Forum will be held simultaneously during the confab.

For further particulars, please

contact the POA Mindanao Chapter Secretariat at:

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Meanwhile, Dr. Antonio Sison, president of the Philippine Spine Society (PSS) announced that the PSS will hold its annual meeting and seminar workshop on May 3, 2001 as part of the Mid-Year Convention activities.

A workshop by the Philippine Foot and Ankle Society (POFAS) is also scheduled on May 2, 2001 as a pre-convention activity

Chapter Activities

5th POA Chapter Looms

The formation of a new POA chapter, the fifth in the association's history, is almost a done deal. This possibility loomed when representatives of the POA Visayas Chapter met among themselves during the 51st annual convention to discuss this matter. A new POA chapter can be formed after a petition is filed with the POA Board of Trustees by at least 12 POA

fellows in good standing representing a contiguous geographic area.

Two chapters – a POA Western Visayas and a POA Eastern Visayas – are expected to be born out of the old POA Visayas chapter. The other POA chapters are POA North Luzon, POA South Luzon and POA Mindanao chapters.

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Ortho Balita

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