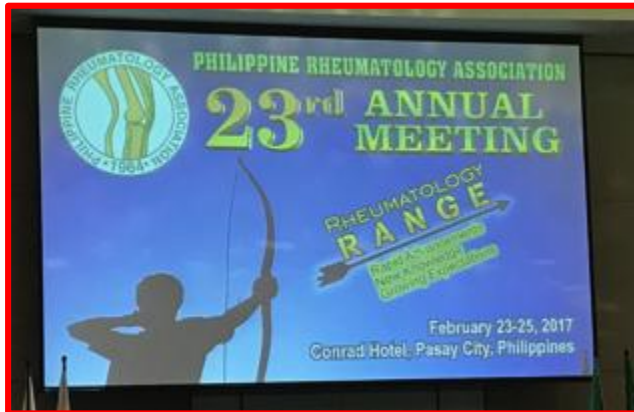


Philippine Rheumatology Association 23rd Annual Meeting "Rheuma RANGE"



The Philippine Rheumatology Association (PRA) 23rd Annual Meeting was held last February 23-25, 2017 at the Conrad Hotel in Pasay City, Philippines. The theme for this year's convention was "Rheumatology RANGE: Rapid Advancements, New Knowledge, Growing Expectations". The convention, for the first time had three separate tracks for its delegates. The organizers structured the event this way in order to cater to the differing educational needs of the participants.

The scientific sessions in track 1 started on the afternoon of Feb 23 and ended on the afternoon of Feb 25. Track 1 was attended mostly by PRA members but also open to non-PRA members. Track 2 ran from February 23 afternoon to the whole day of February 24. The topics for this track were carefully chosen to address the needs of general practitioners, family physicians, internists and specialists who also render care to patients with rheumatic diseases. In the third track, a set of lecture was conducted for invited patients with rheumatic diseases.

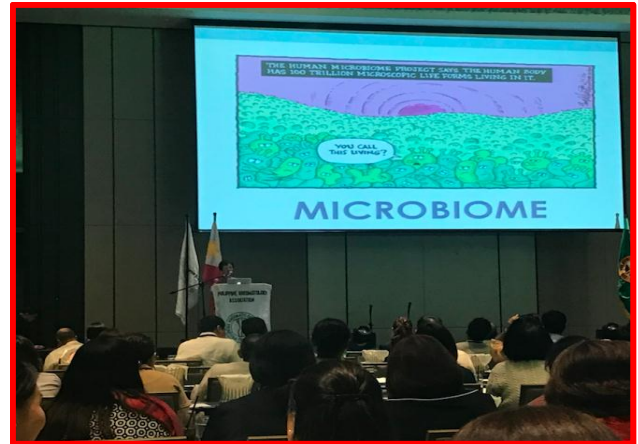
PRA in partnership with different pharmaceutical companies also invited several foreign speakers who are leading experts in Rheumatology to give presentations and updates on various rheumatic diseases.

Day 1

The welcome ceremonies consisted of invocation, national anthem, parade of pillars and induction of new diplomates and fellows. Rheumatology graduates from University of Santo Tomas (UST) Hospital were inducted during the welcome ceremonies. Pediatric Rheumatologist Ma. Teresa Collante and 3 Adult Rheumatologists Leonid Zamora, Aimee Fabila and Stamen Tupas were inducted as new diplomates. Dr. Catherine Macapagal was inducted as new fellow.



After the welcome ceremonies, Dr. Paulyn Jean B. Rosell-Ubial, the guest of honor, talked about “Government as Partners in Health Reforms”. Several plenary lectures were given on the morning of Day 1 which included Dr. Sandra V. Navarra’s presentation on “Microbiome and Rheumatic diseases”. Our very own Dr. Karina Torralba, a graduate of UST Faculty of Medicine and Surgery gave a Lourdes Manahan Memorial Lecture entitled “Clinician–Educators: Who are we, and where do we go from here”.



The topics discussed in track 1 centered on the following themes: Fundamentals in Diagnostics, Rare Diseases No More, Rheumatology and Virology, Inflammatory Arthritis Forum and Pediatric Rheumatology. The Fundamentals in Diagnostics included lectures on radiography, CT scan/MRI, serology and antibody testing, EMG-NCV and musculoskeletal ultrasound. Dr. Leonid Zamora talked about serology and autoantibody testing. Dr. Karina Torralba gave a lecture followed by a workshop on basic musculoskeletal ultrasound.

The scientific sessions in track 2 on the 23rd focused on the cost effective diagnosis of commonly encountered rheumatic conditions in general practice such as osteoarthritis, gout, osteoporosis, inflammatory arthritis, SLE and other connective tissue diseases. Dr. Joseph Patrick N. Patricio who recently graduated from UST hospital gave a presentation on gout.





The topics discussed in the patient track included Magna Carta for Persons With Disabilities (PWDs), emotional wellness and best practices in patient support groups. The patients also had interactive sessions where they were able to get to know each other and share their experiences in coping up with their diseases.

Day 2

The sessions in track 1 included topics on rare diseases such as vasculitides and anti phospholipid syndrome. Dr. Millicent Tan-Ong of UST hospital gave a discussion and updates on ANCA-associated vasculitis. Dr. Earl A. Sempio, a Pulmonologist from UST hospital gave a talk on a special topic about the impact of health technology on medical practice. Also included in tracks 1 are the oral and poster presentations of researches. Dr. Lorielyn Salvador presented her research on causes of mortality among Filipino SLE patients and Dr. Bryan Paras' case report on "Rice bodies in SLE" won first place in the poster presentation category. Updates on Virology and Rheumatology were discussed in the afternoon session of Day 2. Infectious disease specialist, Dr. Rozelle Jade R. Javier, also a graduate of UST hospital, gave a presentation on vaccination in Rheumatic diseases. Other topics presented by our colleagues from the Infectious disease specialty were on viral hepatitis and AIDS. Sessions in track 1 was ended by a sunset

Inflammatory Arthritis" with Dr. Navarra as speaker.

Practice guidelines in the management of rheumatic diseases were discussed in track 2. The diseases covered were red flags in rheumatic diseases, osteoarthritis, psoriatic arthritis, rheumatoid arthritis, gout, lupus and osteoporosis. Most of the speakers for these topics were graduates of UST hospital namely Dr. Kathleen Geslani, Dr. Anne Annette Raso, Dr. Cheryl dela Cruz-Tan, and Dr. Catherine L. Macapagal. Dr. Tito Torralba together with Dr. Mary Anne Lim-Abrahan gave a talk on the importance of vitamin D supplementation in the treatment of osteoporosis. A special session on the topic "Career Opportunities in Rheumatology" was given by Dr. Lyndon John Llamado, a former PRA Board Member, to encourage those who are interested to apply for fellowship training in Rheumatology. I also had the privilege to



Dr. Sandra V. Navarra gave a presentation on “NSAIDs and the Cardiovascular System: Insights from the PRECISION trial” during the lunch symposium. She also gave a talk about the environment and climate change which was the last session in track 2. She also ended the sessions on day 2 with a sunset symposium on “Biologics Therapy for Inflammatory Arthritis”.

Day 3

The first session on the last day of the convention was started with a debate on whether to taper or not to taper biologic DMARDs in rheumatoid arthritis patients with low disease activity. Rheumatology fellows-in-training from 5 training institutions participated in the debate. Dr. Elaine Veñegas and Dr. Bryan Paras were the representatives from UST hospital and were part of the team in favor of tapering biologic DMARDs. The other debate was between Dr. Inocencio Alejandro and Dr. Ronald Eullaran who presented their sides on whether to maximize conventional DMARDs or shift to Biologics. Dr. Marietta M. de Guzman, a Pediatric Rheumatologist, also a graduate of UST but who is now based in the USA came all the way



to the Philippines to give a talk on several topics. She talked about transitioning pediatric patients to adult care and updates on auto inflammatory diseases. Day 3 was concluded by induction of first year Rheumatology fellows Dr. Vivian Santos, Dr. Ramon Miguel Molina, Dr. Maricar Bayo-ang and Dr. Kathryn Yee as new PRA members. Dr. Joy Edar won first place among all the interesting images submitted. This was followed by an annual business meeting attended by PRA diplomates and fellows.

To cap off the event, a fun fellowship night was held on the night of Feb 25 with a theme of 80s Rock where PRA members came in their most glamorous costumes. The party was even made enjoyable by the dance number of Rheumatology fellows-in-training from the 5 training institutions and the performance of Mr. Randy Santiago. Indeed it was truly a successful and educational event for PRA.

*Maria Eizelle Muleta Fernandez, MD
Rheumatology Fellow*



Photo Gallery

Day 1

Welcome Ceremonies

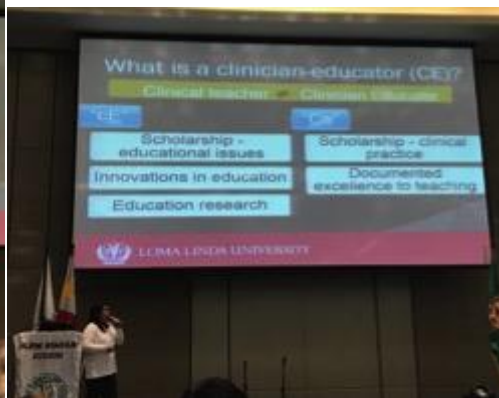


Day 1



Day 1

Dr. Karina Torralba



Day 1



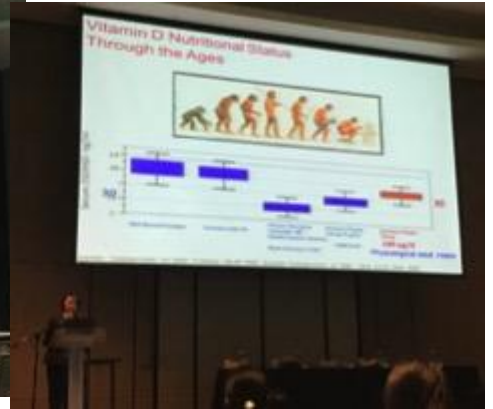
Ultrasound workshop



Patient Track



Day 2



Day 3



With Dr. Marietta De Guzman



Day 3

Induction of new PRA members



Fellowship Night



