

Liver Cancer and Viral Hepatitis

Awareness and Prevention Month!



Liver Cancer happens when liver cells develop changes (mutation) in their DNA. A cell's DNA is the material that provides instructions for chemical process in your body.

Signs and Symptoms

- Discomfort in the upper abdomen on the right side
- A swollen abdomen
- A hard lump on the right side just below the rib cage
- Pain near the right shoulder blade or in the back.
- Jaundice (yellowing of the skin and whites of the eyes)
- Easy bruising or bleeding
- Unusual tiredness
- Nausea and vomiting
- Loss of appetite
- Weight loss for no known reason

Causes

- Obesity
- Having a long-term hepatitis B virus or hepatitis C virus infection
- Smoking cigarettes
- Drinking alcohol
- Having *cirrhosis* (scarring of the liver, which can also be caused by hepatitis and alcohol use)
- Having diabetes

Viral Hepatitis is an infection that causes liver inflammation and damage. Caused by any of the five hepatitis viruses.

Signs and Symptoms

- Fatigue
- Nausea
- Mild Fever
- Jaundice (yellowing of the skin and whites of the eyes)
- Stomach pain
- Dark colored urine

The ABCs of Viral Hepatitis

Hepatitis A Virus (HAV) is usually transmitted by the fecal oral route, either through person to person contact or ingestion of contaminated food or water.

Hepatitis B Virus (HBV) is transmitted through exposure to infectious blood.

Hepatitis C Virus (HCV) is mostly transmitted through exposure to infectious blood.

Hepatitis D Virus (HDV) infections occur exclusively in persons infected with HBV. The dual infection of HDV and HBV can result in more serious disease and worse outcomes.

TIPS TO PREVENT LIVER CANCER AND VIRAL HEPATITIS



1 **Get Vaccinated**



2 **Stay Lean**



3 **Do not use illegal substance**



4 **Avoid drinking too much**



5 **Get Tested**



6 **Be Hygienic**

Sources: <https://www.cdc.gov/hepatitis/awareness/HepatitisAwarenessMonth.htm> ;
<https://www.cdc.gov/cancer/liver/> ; <https://www.cdc.gov/hepatitis/awareness/HepatitisABCs.htm> ;
https://m.facebook.com/story.php?story_fbid=pfbid02K9sA7u1ubx6gKKmxqZi4XrmLwsZj3TjXk2pjm6R2dhp1dcAgybQdnRBenTabDv2Kl&id=100071528073663&mbextid=Nif5oz ;
<https://doh.gov.ph/Health-Advisory/Liver-Cancer>



National Cancer Awareness

Wellness Tickler
February 2023



CANCER is a generic term for a large group of diseases that can effect any part of the body. Other terms used are malignant tumors and neoplasms. This is the leading cause of death worldwide. The World Health Organization (WHO) said that data estimates show a considerable increase in cancer mortality to nearly one million deaths per year by 2030 if there are no "urgent and bold interventions".

What are the causes?



ALCOHOL



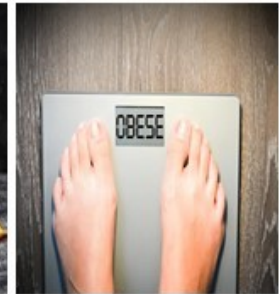
SMOKING



FAMILY HISTORY



UNHEALTHY DIET



EXCESS BODY
WEIGHT

Did you ever do a cancer screening?

It might save your life if you do it regularly. Many cancers can be cured if diagnosed early and treated appropriately.

Prevention: Cancer risk can be reduced by

- Getting vaccinated against HPV and hepatitis B
- Avoiding ultraviolet radiation exposure (which primarily results from exposure to the sun and artificial tanning devices) and/or using sun protection measures
- Minimizing occupational exposure to ionizing radiation
- Reducing exposure to outdoor air pollution and indoor air pollution, including radon (a radioactive gas produced from the natural decay of uranium, which can accumulate in buildings - homes, schools and workplaces).



Refrain from
tobacco use



Maintain a
healthy weight



Limit alcohol
consumption



Eat more fruits
and vegetables



Exercise
regularly

Sources: <https://www.who.int/news-room/fact-sheets/detail/cancer>;
<https://www.worldcancerday.org/about/2022-2024-world-cancer-day-campaign>;
https://m.facebook.com/photo.php?fbid=501994662115449&id=100069147581661&set=a.164946492486936&eav=AfaSvEHRcWoD_bQ0jYPEWEG8VeMnaZjGYIWpsd01wTdmP9ginSOMSMGxx-Sz8_9B24&paipv=0;
<https://www.premiumtimesng.com/health/health-news/579915-world-cancer-day-who-says-one-million-africans-may-die-yearly-by-2030.html>
<https://www.cdc.gov/cancer/index.htm>;



eTiqa

Wellness Tickler

March 2023

RABIES AWARENESS MONTH

"RABIES-FREE NA PUSA'T ASO,
KALIGTASAN NG PAMILYANG PILIPINO"

DID YOU KNOW?

Rabies is a human infection that occurs after a transdermal bite or scratch by an infected animal, like dogs and cats. It can be transmitted when infectious material, usually saliva, comes into direct contact with a victim's fresh skin lesions.

Be Aware of the Symptoms Of An Animal Affected By Rabies

Likes To Lick The Injured Part

Sensitive To Light, Touch And Sound

Foaming At The Mouth And Drooling

Be Aggressive

How To Prevent Rabies?

1. Visit your veterinarian with your pet on a regular basis and keep rabies vaccinations up-to-date for all cats, ferrets, and dogs.
2. Maintain control of your pets by keeping cats indoors and dogs under direct supervision.
3. Spay or neuter your pets to help reduce the number of unwanted pets that may not be properly cared for or vaccinated regularly.

When to Seek Help?

Around 1 in 5 dog bites require medical treatment.

Always see a doctor for a dog bite that:

1. Is caused by a dog with an unknown rabies vaccine history, or by a dog that's acting erratically or appears to be sick
2. Doesn't stop bleeding
3. Causes intense pain
4. Exposes bone, tendons, or muscle
5. Causes loss of function, such as an inability to bend fingers looks red, swollen, or inflamed
6. Leaks pus or fluid



Also seek medical attention if you:

1. Do not remember when you had your last tetanus shot
2. Feel weak, disoriented, or faint
3. Are running a fever

First Aid: Animal Bites



- Wash the wound with soap and warm water.
- Gently press a clean cloth over the wound to stop the flow of blood.
- Apply an antibacterial ointment to the wound.
- Cover with a sterile bandage.
- Watch for signs of infection.
- Seek help if you suspect infection or possible exposure to rabies, or if the wound is severe.

Sources: <https://doh.gov.ph/national-rabies-prevention-and-control-program>
<https://www.cdc.gov/rabies/prevention/animals.html>
<https://www.healthline.com/health/dog-bite-treatment#seeking-help>
<https://doh.gov.ph/national-rabies-prevention-and-control-program>



HEAT-RELATED EMERGENCIES

HEAT EXHAUSTION VS HEAT STROKE

Wellness Tickler

April 2023

WHAT ARE HEAT-RELATED EMERGENCIES?

Heat – related emergencies are heat – induced emergencies which can happen when prolonged exposure to **high temperature** affects the body's natural temperature control system. When the body cannot effectively dissipate the excessive heat, its temperature rises, leading to an emergency.

WHO ARE AT RISK?



Children



Elderlies



People with disabilities (PWDs)



Outside workers

WHAT ARE THE SYMPTOMS AND HOW SHOULD WE MANAGE IT?

HEAT EXHAUSTION: can lead to heat stroke

Signs and Symptoms:



- Heavy sweating
- Paleness
- Dizziness
- Headache
- Fatigue
- Nausea and vomiting
- Cold clammy skin
- Fast, weak heartbeat

What to do?

- Move the person to a cooler place and rest
- Hydrate with water if fully conscious
- Loosen clothing
- Take a cool shower or place cold wet cloths on the skin, neck and armpits

HEAT STROKE: can cause death or permanent disability if emergency treatment is not given.

Signs and Symptoms:



- Absence of sweating
- Red, hot, dry and flushed skin
- Confusion and disorientation
- Vomiting
- Rapid heartbeat
- Rapid shallow breathing
- ❖ Coma and Death Possible

What to do? A medical emergency!

- Call local emergency number and seek help immediately
- Take immediate action to cool the person
- Move the person to a cooler place
- Loosen clothing and remove extra layers
- Place cold wet cloths on the skin, neck and armpits

HOW TO AVOID HEAT - RELATED EMERGENCIES?



Stay hydrated



Stay in well – ventilated areas



Wear lightweight and light-colored clothing



Sources: <https://www.webmd.com/first-aid/understanding-heat-related-illness-symptoms>
<https://www.cdc.gov/disasters/extremeheat/warning.html>
<https://www.cdc.gov/niosh/topics/heatstress/heatrelillness.html>
<https://www.noaa.gov/stories/heat-exhaustion-or-heat-stroke-know-signs-of-heat-illness>



Covid-19 Latest Updates

Wellness Tickler
May 2023



On May 5, 2023, the WHO Director-General concurs with the advice offered by the Committee regarding the ongoing COVID-19 pandemic. He determines that COVID-19 is now an established and ongoing health issue which no longer constitutes a public health emergency of international concern.

In the Philippines, DOH says more than 1,118 Filipinos got Covid-19 in the past week which were severe and critical cases. It is reported that BA.2.12.1 had been detected in the capital region and in Palawan province.

What is XBB.1.16 Omicron Sub - variant?

XBB.1.16 Omicron Sub - variant is a recombinant of BA.2.10.1 and BA.2.75 and has three additional mutations in the SARS-CoV-2 spike protein (E180V, F486P and K478R) compared to its parent lineage XBB. The F486P mutation is shared with XBB.1.5.

How is the XBB.1.16 variant different from other strains of Covid-19?

One of the main differences between the XBB.1.16 variant and other strains of Covid-19 is its higher level of transmissibility. This means that it is more easily spread from person to person, and can cause outbreaks to occur more quickly. XBB.1.16 nicknamed as Arcturus, is spreading faster than its ancestral variants. COVID XBB.1.16 Strain 'One to Watch,' Says WHO.

What are the signs & symptoms?



Fever



Severe
Headache



Body Pain



Cough & Cold



Sore Throat



Conjunctivitis,
or red and
itchy eyes

What are the precautions?

The best way to stay safe from these subvariants is to follow the COVID-19 precautions. Always stay at home if you're sick!



Wash your hands thoroughly with soap & water or use hand sanitizer



Wear mask



Cover your mouth when coughing or sneezing



Consume only thoroughly cooked food and meat



Avoid close contact with people who are infected



Keep your hands and fingers away from your eyes, nose, and mouth



Practice social distancing



Cough or sneeze into your elbow



Stay at home



Clean and disinfect surfaces regularly

Sources : <https://doh.gov.ph/covid19tracker> ; <https://www.cidrap.umn.edu/covid-19/who-tracking-omicron-xbb116-subvariant-rising-cases-some-countries> ; <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/latest-surveillance-report> ; <https://doh.gov.ph/covid19-variants> ; <https://time.com/6277391/who-covid19-global-emergency-end/> ; <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-expert-talks-about-the-new-omicron-variant/> ; <https://www.noaa.gov/stories/heat-exhaustion-or-heat-stroke-know-signs-of-heat-illness> ; <https://doh.gov.ph>



MEN'S HEALTH AWARENESS MONTH

Wellness Tickler
June 2023

June is Men's Health Month a time to raise awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

RECOMMENDATIONS FOR HEALTH CARE SCREENING FOR MEN BEGINNING AT AGE 20 AND BEYOND:

At age 20, Monitor blood pressure and blood cholesterol levels every 5 years

At age 30, Screen for coronary heart disease, testicular cancer, diabetes, thyroid and liver problems once a year

At age 40, Screen for thyroid disease, liver diseases, anemia and prostate cancer.

At age 50, Screen for cholesterol every five (5) years, and then yearly screening for skin cancer, colon cancer, type 2 diabetes, lipid disorders and lung cancer

At age 60, Have an ultrasound of the carotid artery and check for signs of depression, osteoporosis, dementia, Alzheimer's disease, and abdominal aortic aneurysm

At age 70, Screening may be performed every 6 months, depending on the previous findings

RECOMMENDATIONS FOR LONGEVITY IN MEN

Do not drink alcohol.
If you drink, do so in moderation

Educate yourself about a healthy lifestyle

Be your own health advocate

Sleep 7-8 hours

Go for regular health check ups & dental exams

Maintain a healthy weight & manage stress

Do not smoke

Eat healthy & be physically active

Get appropriate vaccination



Sources: <https://www.cdc.gov/nchs/fastats/mens-health.htm>; <https://foundcare.org/blog/men-s-health-month>; <https://www.cdc.gov/>; <https://www.summitmedical.com/blog/four-important-facts-about-mens-health>; <https://gcphn.org.au/mhw/>; <https://i0.wp.com/vitalrecord.tamhsc.edu/wp-content/uploads/2016/11/Mens-health-awareness-month-mens-health.png?fit=1000%2C6087&ssl=1>; <https://www.pacehospital.com/international-mens-health-week>

AUGUST 2023

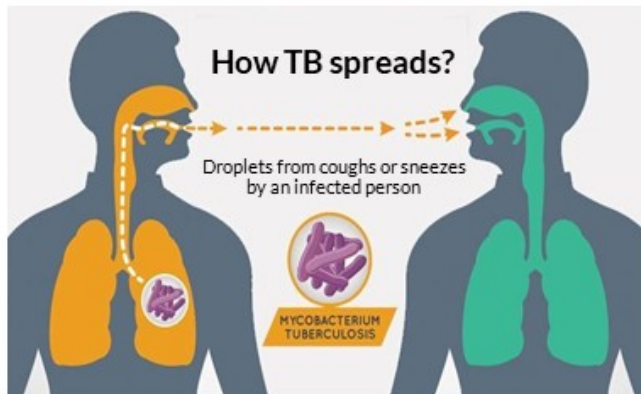
TB AWARENESS

WELLNESS TICKLER

MONTH

eTiqa

Tuberculosis (TB) is caused by a bacterium called *Mycobacterium tuberculosis*. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain.



What tests are used to detect the presence of tuberculosis in the body?

1. Sputum exam
2. Chest X-ray
3. PPD skin test

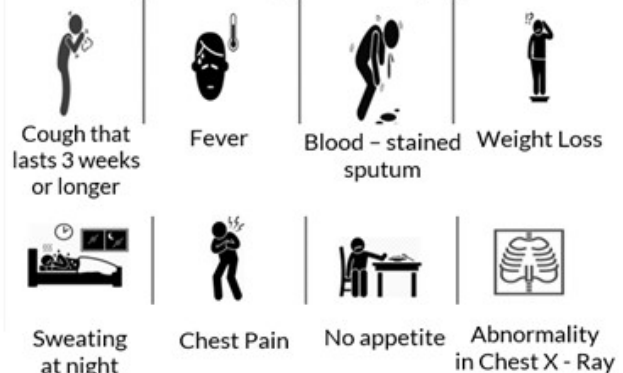
How can you keep your lungs healthy?

- L** ayuan ang yosi, vaping at iba pang tobacco products.
- U** galiing maging aktibo at mag exercise.
- N** ourish your body with a healthy balanced diet.
- G** o for fresh air. Iwasan ang polusyon.
- S** eek vaccination and early consultation sa ating mga Primary Care Providers.

What are the risk factors?

- HIV and AIDS
- Smoking
- Alcoholism
- Use of illicit drugs
- Malnutrition
- Diabetes
- Severe kidney diseases

What are the signs and symptoms?



TB disease can be prevented, treated, and cured!

TB disease can be treated by taking anti-tuberculosis drugs, usually for 6 to 9 months. It is very important to complete the treatment and take the medicine exactly as prescribed.

- Adopting a healthy diet
- Giving up smoking and alcohol
- Proper sanitization and hygiene
- Environmental cleaning and good ventilation
- Usage of personal utensils and cutlery
- Keeping distance from coughing people

Sources: <https://www.cdc.gov/tb/topic/basics/default.htm> ; <https://www.cdc.gov/tb/topic/basics/risk.htm> ; <https://www.everydayhealth.com/tuberculosis/guide/risk-factors-causes-prevention/> ; <https://www.who.int/news-room/fact-sheets/detail/tuberculosis>

Thyroid Cancer

It occurs in cells of the thyroid, a butterfly-shaped gland, and is usually found inside the lower front of the neck. It develops when cells change or mutate.

Risk Factors



Family history



Female gender

40+

Over 40 years old



Exposure to radiation

Symptoms

- Lump in front of the neck
- Changes to your voice, including increasing hoarseness
- Difficulty of swallowing
- Swollen lymph nodes
- Pain in your neck and throat

Types of Thyroid Cancer

Papillary Thyroid Cancer
Most common type
represents 80% of cases

Medullary Thyroid Cancer
Originates from parafollicular cells
represents 4% of cases

Follicular Thyroid Cancer
Differentiated tumor type
represents 15% of cases

Anaplastic Thyroid Cancer
Most aggressive form
represents 1% of cases

Self examination of the neck

STEP 1

Locate thyroid gland by focusing mirror on lower front area of neck, above collarbones and below voice box.

STEP 2

Focus on this area while looking in the mirror, tip your head back, take a drink of water and swallow.

STEP 3

As you swallow, check for any bulges or protrusions. You may want to repeat this process several times.

STEP 4

See your physician if a problem is detected. You may have an enlarged thyroid gland or a nodule.

Prevention



MRI



Ultrasound



Blood test



Medical history



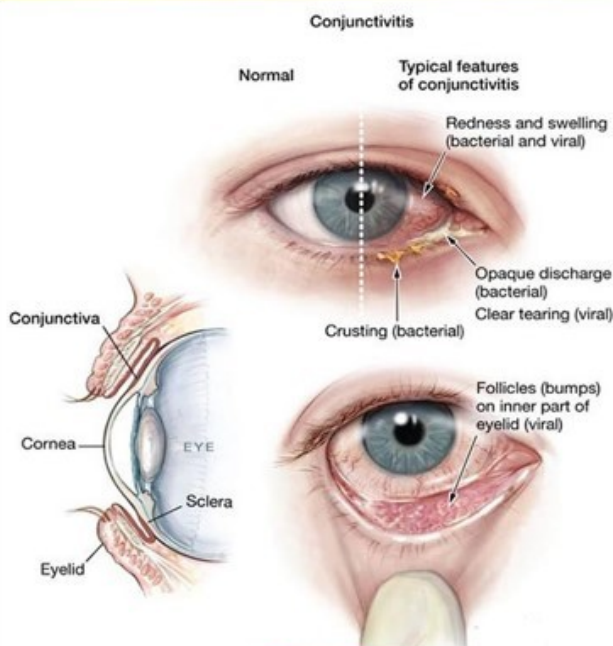
Physical Exam

Treatment

- Surgery
- Radioactive iodine ablation
- Thyroid hormone therapy
- External beam radiation or X-ray therapy
- Chemotherapy
- Targeted therapy

Sources: <https://www.mayoclinic.org/diseases-conditions/thyroid-cancer/symptoms-causes/syc-20354161>; <https://doh.gov.ph/Health-Advisory/Thyroid-Cancer>; <https://www.thyca.org/how-to-help/awareness/>; <https://www.cdc.gov/cancer/thyroid/index.htm>

Conjunctivitis or "**Pink Eye**," is an eye infection that causes inflammation of the conjunctiva, a thin membrane lining the inner surface of the eyelids and the white part of the eyeball. The conjunctiva helps keep the eye moist and acts as a barrier against infections



Pink Eye is Often Highly Contagious

It can be caused by:

- viruses (contagious),
- bacteria (contagious),
- allergies, like pollen (not contagious) and
- irritants, like smoke or dust (not contagious)

See a doctor if you have any of the following:

- Eye pain
- Sensitivity to light or blurred vision
- Intense eye redness
- Symptoms that get worse or don't improve
- A weakened immune system, for example HIV or cancer treatment
- Pre-existing eye conditions

Treatment of Pink Eye

- Wash the hands with soap and water.
- Dampen a clean cotton pad with water. Use the pad to gently clean the affected eye.
- Use another clean cotton pad to pat the eye dry.
- Apply any ointment or eye drops.
- Dispose of the used pads and wash the hands again when finished.

Sources: <https://www.cdc.gov/conjunctivitis/index.html>
<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/conjunctivitis>
<https://www.medicalnewstoday.com/articles/bacterial-vs-viral-conjunctivitis#viral>
<https://www.eyedoctorophthalmologistnyc.com/treatment/pink-eye-conjunctivitis/>

What is “Nipah” Virus?

Wellness Tickler

October 2023

NIPAH VIRUS (NiV) INFECTION is a newly emerging zoonosis that causes severe disease in both animals and humans. Infection with NiV is associated with encephalitis (swelling of the brain) and can cause mild to severe illness and even death. Fruit bat is its natural host. Outbreaks occur almost annually in parts of Asia, primarily Bangladesh and India.

Transmission

- Direct contact with infected animals, such as bats or pigs, or their body fluids (such as blood, urine or saliva)
- Consuming food products that have been contaminated by body fluids of infected animals (such as palm sap or fruit contaminated by an infected bat)
- Close contact with a person infected with NiV or their body fluids (including nasal or respiratory droplets, urine, or blood)

Signs & Symptoms

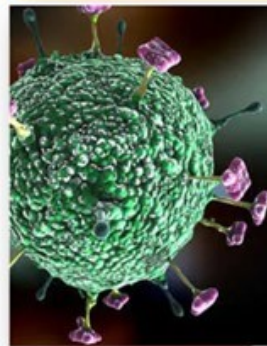
- Fever
- Headache
- Cough
- Sore throat
- Difficulty breathing
- Vomiting

Severe symptoms may follow such as:

- Disorientation, drowsiness or confusion
- Seizures
- Coma
- Brain swelling (encephalitis)

Death may occur in 40 to 75% of cases.

Incubation Period



After exposure and incubation period of 5-14 days, illness presents with 3-14 of fever and headache followed by other symptoms

Treatment

- No Vaccine for either Human or animals
- No specific treatment for Nipah Virus
- Primary treatment is intensive supportive care

Preventive Measures



Avoid physical contact with an infected person



Wash hands after caring for or visiting sick people



Stay away from consuming raw date palm sap or toddy



Discard fruits with signs of bat bites

Sources: <https://www.cdc.gov/vhf/nipah/index.html>
<https://www.who.int/emergencies/disease-outbreak-news/item/2023-DON442>
<https://www.ecdc.europa.eu/en/publications-data/communicable-disease-threats-report-17-23-september-2023-week-38>

ILI

Influenza-like illness (ILI) is defined by the **World Health Organization (WHO)** as an acute respiratory infection with onset within the past 10 days, presenting with cough and a measured temperature of $\geq 38^{\circ}\text{C}$, and the **Centers for Disease Control and Prevention (CDC)** as fever $\geq 37.8^{\circ}\text{C}$ and cough and/or sore throat.

According to **DOH**, cases of (ILI) in the Philippines have surged by **45%** compared to the previous year.

Signs & Symptoms

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults

While all age groups can be affected, certain populations, including pregnant women, children aged 6 months to 5 years, the elderly (over 65 years), individuals with Chronic medical conditions, immunosuppressive conditions, and healthcare workers are at a higher risk.

Transmission

Influenza is easily transmitted in crowded places, primarily through infectious droplets released when an infected person coughs or sneezes, or via contact with contaminated hands.

Incubation Period

The time from infection to illness, typically lasts around 2 days but can range from 1 to 4 days.

Treatment

Treatment for non- high – risk patients involves symptomatic care and self – isolation when symptomatic to prevent community spread. Focus is on alleviating influenza symptoms, particularly fever, and patients should monitor their condition and seek medical help if it worsens.

Prevention



Regular hand washing



Keep wearing facemask



Ensure good ventilation



Get vaccinated



Cover mouth and nose when coughing or sneezing



Avoid crowded places

Sources: <https://slh.doh.gov.ph/14-doh-advisories/33-influenza-symptoms-prevention> ;
<https://www.cdc.gov/quarantine/air/management/guidance-cruise-ships-influenza-updated.html>;
[https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal))

Mycoplasma Pneumoniae, is also called “walking pneumonia”. It is an influenza-like illness where bacteria damages the lining of the respiratory system (throat, lungs, windpipe) causing different infections including cold and pneumonia. A person might have the bacteria in their nose or throat without feeling sick.

What are the signs and symptoms?



Sore Throat



Fever
and Chills



Cough
and Cold



Headache



Shortness of
Breath



Muscle Pain



Excessive
Sweating

Who are the people at risk?

All age groups can be affected; higher risk for serious infections include those:

- Recovering from a respiratory illness
- Having a preexisting lung condition
- Having a weakened immune system

How does it spread?

The infection spread through coughs or sneezes release bacteria – containing droplets. Inhaling these can cause infection.

How is it treated?

Infections often get better on their own, but physicians routinely prescribe antibiotics for pneumonia.

Prevention and Protection

While it's not as contagious as COVID-19, it's advisable to wear face masks especially in public crowded places and closed settings.

- | | |
|-----------------------|---|
| ▪ Handwashing | ▪ Boost your immune system |
| ▪ Clean and disinfect | ▪ Ensure adequate ventilation |
| ▪ Get vaccinated | ▪ Stay home when sick and wear face masks |

Sources: <https://www.cdc.gov/pneumonia/atypical/mycoplasma/index.html>;
<https://www.cdc.gov/pneumonia/atypical/mycoplasma/about/prevention.html>;
<http://www.cnnphilippines.com/news/2023/12/6/doh-walking-pneumonia-local-cases.html>

FREE WEBINAR



Speaker

**Ann Frances R. Rodrigues, MD,
DPCLM, DipIBLM**

“Healthy tips to keep your New Year's Resolution”

January 24, 2023 | 2:00 PM

REGISTER NOW

A Member of  **Maybank** Group

Humanizing Insurance

eTiQa

FREE WEBINAR



Speaker

Riza R. Cruz-Nagaño, MD.
FPCP FPCC

Broken Heart Syndrome

February 20, 2023 | 2:00 PM

REGISTER NOW

A Member of  **Maybank** Group

Humanizing Insurance

eTiQa

FREE WEBINAR



Speaker

Monique Mendoza, MD

Reproductive Health of Women

March 30, 2023 | 2:00 PM

REGISTER NOW

A Member of  **Maybank** Group

Humanizing Insurance

eTiQa

FREE WEBINAR

April 27, 2023 | 10:00 AM

REGISTER NOW



Heat Stroke *vs* Heat Exhaustion

Speaker

Lara Monique "Niquee" S. Alcantara, MD

FREE WEBINAR

May 30, 2023 | 2:00 PM

REGISTER NOW

Healthy Food Choices For Your Family

Speaker

Arleen Joy Vallejo, MD

A Member of  Maybank Group

Humanizing Insurance

eTiQa

FREE WEBINAR

June 22, 2023 | 10:00 AM

REGISTER NOW



Healthy Man, Happy Man Tribute to Fathers

Speaker

Monique Mendoza, MD

FREE WEBINAR



ROUND TABLE DISCUSSION:

COVID-19 VACCINE UPDATE

DIABETES IN CHILDREN AND ADULTS

2:00 PM

25 JULY

TUESDAY



Monique Alcantara, MD



Carmen Carina G. Cabrera, MD,
FPCP, FPCEDM



Kyle Patrick Y. Eugenio, MD,
DPCP

FREE WEBINAR

ROUNDTABLE DISCUSSION:
Dengue and Leptospirosis
Herpes Zoster Vaccine

24 AUG

9:00AM



Mary Jean Guno, MD



Gerard Danielle Sio, MD

REGISTER NOW



Humanizing Insurance



FREE WEBINAR

September 28, 2023 | 02:00 PM

REGISTER NOW



Holiday Health Hacks: Your Pre-Christmas Guide to Preventing Obesity

Speaker

Jan Paolo Dipasupil, MD, MBAH, DIBLM

FREE WEBINAR

October 26, 2023 | 9:00 AM

REGISTER NOW



The *Ber* Months Illnesses

Speaker

Men Archie Lenard M. Duque, MD

FREE WEBINAR

November 28, 2023 | 9:00 AM

REGISTER NOW



Musculoskeletal Diseases and the Holiday Feasts

Speaker

Jeremiah Simeon Trinidad III, MD

FREE WEBINAR

December 14, 2023 | 10:30 AM

REGISTER NOW



Wellness Goals for 2024

Speaker

Nicole Anne “Aika” Buenavista, MD,
DIPILBM, DPCLM, AFPAAAMMI