

FOUNDATION FOR LAY EDUCATION ON HEART DISEASES, INC.
(a World Heart Federation associate national member)

**13th NATIONAL ANNUAL CONVENTION ON PREVENTIVE CARDIOLOGY
FOR PHYSICIANS**

January 26-27, 2017
Auditorium, Tower 2 Makati Medical Center

P R O G R A M M E

DAY 1,
January 26, 2017
Thursday

0730 – 0800 REGISTRATION
VISIT THE EXHIBITS

0800 – 0900 OPENING CEREMONY

The FLEHD Prayer (“A Prayer To Serve”)
The Philippine National Anthem
The FLEHD Hymn (“Save Them We All Must Go”)

Words of Welcome

Milagros Uy, MD
Chairman, Section of Cardiology, MMC

Introductory Remarks and Historical Perspectives
(Worldwide, in the Philippines, at Makati Medical Center)

Adolfo Bellosillo, MD
Head, CVRPCU, MMC

SESSION I **EXERCISE IN CARDIAC REHABILITATION AND SECONDARY PREVENTION**

Chair: Benjamin Quito, MD
Philippine Heart Center

0900 – 0930 Exercise: in the reduction of cardiovascular events,
effects on vascular function and myocardial
perfusion, autonomic function, and thrombus formation

Alex Junia, MD
Perpetual Succor Hospital, Cebu

0930 – 1030 Treadmill Exercise Test as diagnostic tool in Cardiology
(indications, contraindications, protocols, interpretation,
sensitivity and specificity, limitations)

Adolfo Bellosillo, MD
Makati Medical Center

1030 – 1100 Exercising testing for cardiovascular functional evaluation
and for exercise prescription after a cardiovascular event)

Rosan Trani, MD
Chong Hua Hospital, Cebu

1100 – 1130 Exercise as a therapy
(in weight management, in diabetics, in dyslipidemia)

Leandro Bongosia, MD
Philippine Heart Center

1130 – 1200 Exercise and Chronic Heart Failure
(pathophysiology of poor exercise tolerance, effects exercise training)

Noel Rosas, MD
Makati Medical Center

1200 – 1230 OPEN FORUM
Moderator: Reynaldo R. Rey-Matias, MD
U.P. - P.G.H.

1230 – 1330 GASTRONOMIC INTERLUDE
VISIT THE EXHIBITS

1330 – 1430 FLEHD GOT TALENTS

“MUSIC TO STRESS DOWNLOAD THE HEART – V

“It’s A Grand Night For Singing
(Rodgers and Hammerstein II)

Ma. Luisa Sarbues, MD
Rommel Mosquete, MD
Jocelyn Mosquete, MD
Cesar Yap, MD
FLEHD Capiz

“Cabaret”
(John Kander and Fred Ebb)

Ramon Gonzalez, MD
FLEHD Cagayan

“Some Enchanted Evening”
(Rodgers and Hammerstein, South Pacific)

Leandro Bongosia, MD
Metro Manila

“When I Fall In Love”
(Victor Young, Edward Heyman)

Mohammad Abedin, MD
FLEHD Mindanao

“There’s Nothing Like A Dame”
(Richard Rodgers, Oscar Hammerstein, South Pacific)

Alberto Atilano, MD
Metro Manila

“Just Say I Love Her”
(Rodolfo Falvo and Enzo Fusco)

Geoffrey Lopeccillo, MD
FLEHD Albay

“If Ever I Would Leave You”
(Frederick Loewe, Alan Jay Lerner)

Romulo del Rosario, MD
FLEHD Albay

“Hello Dolly”
(Jerry Herman, Hello Dolly)

Enrique del Fuerte, MD
FLEHD Laguna

ENSEMBLE, AUDIENCE

“The Movie In My Mind”
(Claude-Michel Schonberg, Alain Boublil, Miss Saigon)

Ma. Luisa Sarbues, MD
FLEHD Capiz

“Bui-doi”
(Claude-Michel Schonberg, Alain Boublil, Miss Saigon)

Cesar Yap, MD
FLEHD Capiz

“Sun and Moon”
(Claude Michel-Schonberg, Alain Boublil, Miss Saigon)

Jocelyn Mosquete, MD
Rommel Mosquete, MD
FLEHD Capiz

“Phantom of the Opera”
(Andrew Lloyd Webber, Charles Hart)

Rommel Mosquete, MD
Jocelyn Mosquete, MD
FLEHD Capiz

“Those Were The Days”
(Gene Raskin, Konstantin Podrevsky)

Alberto Atilano, Leandro Bongosia,
Romulo del Rosario, Geoffrey Lopecillo

ENSEMBLE, AUDIENCE

HOSTS: JOSEPH CUARESMA, MD and CLAUDIA ALCANCIA, MD
Makati Medical Center

1430 – 1500 GASTRONOMIC BREAK

SESSION II **A PREVENTIVE CARDIOLOGY EDUCATIONAL PROGRAM IN ACTION**
(A PUBLIC SERVICE)

Chair: Ramona Ozaeta, MD
Makati Medical Center

- 1500 – 1520 Coronary Heart Disease Alberto Atilano, MD
(What is it? How does it develop? What are the factors
UST Hospital
that promote early development of coronary obstruction?)
- 1520 – 1540 Coronary Heart Disease Angelita Aguirre, MD
(What is a heart attack? How do I know I'm having it -
Makati Medical Center
typical and atypical manifestations? What are the
triggering factors that bring about a heart attack?)
- 1540 – 1600 Coronary Heart Disease Mariano Lopez, MD
(Diagnostic procedures (non-invasive: the ECG.
U.P. - P.G.H.
and the serum enzymes – values and limitations)
- 1600 – 1620 Coronary Heart Disease Rojohn Maliwat, MD
(Diagnostic procedure: (Invasive: coronary angiography -
Makati Medical Center
how is it done, images, limitations)
- 1620 – 1640 Coronary Heart Disease Sharon Lacson, MD
(Management: non-invasive: oxygen, sedation, nitrates
Makati Medical Center
thrombolysis and prevention of blood clot formation)
- 1640 – 1700 Coronary Heart Disease Alejandro Prieto, MD
(Management: invasive - coronary angioplasty and
Makati Medical Center
coronary artery bypass surgery)
- 1700 – 1750 QUESTIONS AND ANSWERS
Moderator: Ma. Teresa Torres, MD
Makati Medical Center

Day 2,
January 27, 2017
Friday

0800 – 0830 REGISTRATION
VISIT THE EXHIBITS

SESSION III INVESTIGATIVE STUDIES IN CARDIAC REHABILITATION

Chair: Eduardo Yambao, MD
St. Luke's Heart Institute

0830 – 0900	Profiles of patients enrolled in a Cardiac Rehabilitation Program at Makati Medical Center	Rona Leonor, MD <i>Makati Medical Center</i>
0900 – 0930	The low referral rate for cardiac rehabilitation intervention (barriers and solutions)	Joseph Cuaresma, MD <i>Makati Medical Center</i>
0930 – 1000	Cardiac Rehabilitation does improve exercise capacity of patients after a cardiovascular event	Karl Joseph Chavez, MD <i>Makati Medical Center</i>
1000 – 1030	Cardiac Rehabilitation in patients with Left Ventricular Assist Device	Claudia Alcancia, MD <i>Makati Medical Center</i>
1030 – 1100	The Safety of Cardiac Rehabilitation	Ryan Andal, MD <i>Makati Medical Center</i>
1100 – 1130	Thinking outside the box: Emerging Risk Factors in Atherosclerosis (relevance to the developing countries)	Aileen Divinagracia-Alban, MD <i>Makati Medical Center</i>
1130 – 1200	OPEN FORUM Moderator: Ranulfo Javelosa, Jr., MD <i>Philippine Heart Center</i>	
1200 – 1300	GASTRONOMIC INTERLUDE VISIT THE EXHIBITS	

SESSION IV SPECIAL CONCERNS IN CARDIAC REHABILITATION

Chair: Charmaine Palafox-Porquez, MD
Cardinal Santos Memorial Hospital

1300 – 1330	Nutritional aspects in a Cardiac Rehabilitation Program	Virgith Buena, RND <i>Cardinal Santos Memorial Hospital</i>
1330 – 1400	Psychological rehabilitation of patients after a cardiovascular event	Ma. Teresa Gustilo-Villasor, PhD <i>Makati Medical Center</i>
1400 – 1430	Sex after a cardiovascular event - helping one make it through the night	Vincent Valencia, MD <i>St. Luke's Heart Institute</i>
1430 – 1500	Exercise Program for patients with peripheral vascular disease	Melissa Bernardo, MD <i>Makati Medical Center</i>

SESSION V **CARDIAC REHABILITATION PROGRAM MODELS**

Chair: Michelle Marie Pipo, MD
U.P. - P.G.H.

1500 – 1530	The Design of a Cardiac Rehabilitation Program (the Makati Medical Center model)	Enrique del Fuerte, MD <i>Makati Medical Center</i>
1530 - 1600	Cardiac Rehabilitation: In Patient Program (the Medical City model)	Carlos Esguerra, MD <i>Medical City Hospital</i>
1600 - 1630	Cardiac Rehabilitation: Out-Patient Program (the St. Luke's Hospital model)	Irma Marie Yape, MD <i>St. Luke's Heart Institute</i>
1630 – 1700	OPEN FORUM Moderator: Adoracion Nambayan-Abad, MD <i>Makati Medical Center</i>	
1700 – 1800	COCKTAILS AND RECEPTION	
1800	“MUSIC TO STRESS DOWNLOAD THE HEART V” Featured Artists: – U.P. Professor Ramon Acoymo, tenor – U.P. Concert Chorus Directress Janet Sabas Aracama, mezzo soprano – Jeconiah Retulla, bass baritone – Rudy de Dios, principal dancer, Lisa Macuja Ballet Manila – Dawna Reign Mangahas, principal dance, Lisa Macuja Ballet Manila	
I	FLEHD's Prayer (“A Prayer To Serve”)	Acoymo, Aracama, Retulla
II	The Philippine National Anthem	
III	FLEHD Hymn (“Save Them We All Must Go”)	Acoymo, Aracama, Retulla
IV	Words of Welcome	Angelita Aguirre, MD <i>Sr. Consultant, CVRPCU, MMC</i>
V	Introductory Remarks	Adolfo Bellosillo, MD <i>President, FLEHD</i>
VI	“There's No Business Like Show Business” (Irving Berlin, Annie Get Your Gun)	Acoymo, Aracama, Retulla
A. INTO THE WORLD OF THE CLASSICS		
	“Nessun Dorma” (Giacomo Puccini, Turnadot)	Ramon Acoymo
	“Habanera” (Georges Bizet, Carment)	Janet Sabas Aracama
	“Donna E Mobile” (Giuseppi Verdi, Rigoletto)	Ramon Acoymo
	“Toreador” (Georges Bizet, Carmen)	Jeconiah Retulla

“Vesti La Giubba” (Ruggero Leoncavallo, Pagliacci)	Ramon Acoymo
“O Mio Babbino Caro” (Giacomo Puccini, Gianni Schicchi)	Janet Sabas Aracama
“Claire de Lune” (Claude Debussy)	Rudy de Dios and Dawna Reign Mangahas (Lisa Macuja Ballet Manila)

B. AS THE WORLD SPINS

“Wilkomen” (Germany) (“John Kander, Fred Ebb, Cabaret)	Ramon Acoymo, Retulla
“Hernando’s Hideaway” (USA) (Jerry Ross and Richard Adler, The Pajama Game)	Retulla, Acoymo, Aracama
“La Comparsa” (Cuba) (Ernesto Lecuona)	Retulla, Acoymo, Aracama
“Malaguena Salerosa” (Mexico) (Elpidio Ramirez and Pedro Galindo)	Aracama, Acoymo, Retulla
“Historia de Un Amor” (Spain) (Carlos Eleta Almaran)	Acoymo, Aracama, Retulla
“Arrivederci Roma” (Italy) (Renato Rascel, Pietro Garinei and Sandro Giovannini)	Retulla, Acoymo, Aracama
“Hava Nagila (Israel) (Israel folk song)	Acoymo, Aracama, Retulla
“Harlem Nocturne” (USA) (Earle Hagen and Dick Rogers)	Rudy de Dios and Dawna Reign Mangahas (Lisa Macuja Ballet Manila)
“Hymne L’Amour” (France) (Marguerite Monnot, Edith Piaf)	Janet Sabas Aracama
“C’est Magnifique” (France) (Cole Porter, Can Can)	Ramon Acoymo
“Petite Fleur” (France) (Sidney Bechet)	Janet Sabas Aracama Rudy de Dios and Dawna Reign Mangahas (Lisa Macuja Ballet Manila)
“Can Can” (France) (Offenbach)	Ryan Andal, MD. Karl Joseph Chavez, MD Joseph Cuaresma, Jose Adea, MD Juan Armando Diaz, MD

HOSTS: JOSEPH CUARESMA, MD and CLAUDIA ALCANCIA, MD