

## What's Inside ▶

**PHC LEADS PHA RESEARCH AWARDS AND RADIOLOGY BATTLE OF THE BRAINS COMPETITION**

PHA RESEARCH AND RADIOLOGY BATTLE OF THE BRAINS WINNERS  
with the Executive Committee, PHC Officers and Staff

Living up to the Philippine Heart Center's mandate as a healthcare institution that provides excellent cardiovascular care, PHC Executive Director, Joel M. Abanilla, MD, announced its recent achievements as the PHC fellows bagged the major awards in the contests on research and other categories in the recently concluded Philippine Heart Association (PHA) 50<sup>th</sup> Annual Convention and Scientific Meeting and the Asian Pacific Society of

Cardiology (APSC) 2019 Congress with the theme "**Unity in Diversity: Setting Global Standards in Cardiovascular Disease Prevention & Management**" jointly held at the SMX Convention Center and Conrad Hotel, Mall of Asia Complex, on May 22-26, 2019, while the PHC Radiology Team captured the top place in the Philippine College of Radiology Battle of the Brains Team Competition held on March 1, 2019

see page 9

**BEST PRACTICE SHARING PGS in Healthcare: Bootcamp for Hospitals**

By Glorilyn Joy Carolino MA Psy

The Philippine Heart Center's commitment towards promoting *Good Governance* in Healthcare through the *Performance Governance System (PGS) Module 1- Bootcamp for Hospitals* is now in its 11<sup>th</sup> league. It significantly creates an impact on the healthcare industry as it marked the 62<sup>nd</sup> hospitals with 758 good governance warriors in the 3rd quarter of 2019, since its conception in 2017. Each organization has successfully crafted their own Strategy Transformation Roadmaps and Balanced Scorecards which aim to guide their institutions to be more relevant, responsive and efficient healthcare institutions in their respective communities. The organizing Committee, the PHC Office of Strategy Management in cooperation with the Institute for Solidarity in Asia (ISA) and the Department of Health (DOH) are very optimistic that before the year ends, all the 70 DOH-retained hospitals will embark in this 1<sup>st</sup> step towards their Performance Governance System (PGS) journey through this Bootcamp for Hospitals. *We are Getting Bigger... Beyond Better.*



# The Executive Director's Corner



Enthusied with our most recent achievements and ISO 9001:2015 Certification, PHC advocates development in healthcare as it adheres to the international standards on quality management system. Embracing the challenges that go with progress, we define success by the influence and significance of the work that we do. The researches of our staff were rightfully recognized and awarded by reputable associations and institutions.

Moving towards the next half of the year, we dare to say that PHC continues to meet its set strategic objectives. All the more, our solidarity will eventually direct us to surpass the given targets, as we live up to our mandate, a healthcare institution that provides excellent cardiovascular care.

We are on the right track! The heart for progress never stop, it continues to evolve and to soar high... this is our reality, the PHC healthcare service at its best!

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## COMMENDATIONS ON PHC DOCTORS & EMPLOYEES

### From: Patients at Petal 4B/ CCU

"Doctors who have manifested excellence in patient care"

Dr. James Ho

Dr. Rowena Cacas – Rebolledo

Dr. Emette Ladlad-Pua

Dr. Agnes Mejia

"Nurses whose very approachable and humane in taking care of patients"

Mr. Christian Frenzy (Petal 4B)

Ms. Mara Ton (Petal 4B)

Mr. Ryan (CCU)

Ms. Ofel (CCU)

Mr. PJ (CCU)

Mr. Bush (CCU)

### From: Mrs. Herminia Tuazon

"Job well done for her successful angioplasty (surgeon) & very caring team"

Dr. Ronaldo C. Manuel & Team

### Mother of Patient (Anonymous Letter / No name of patient)

"The service that we received is more than the word malasakit can describe.. so much empathy, concern and compassion" **Dra. Leah Pagkalinawan**

"Very hands-on and efficient on giving updates of the patient's status" —**Dr. Mimi Go- Cacanindin**

"This doctor / surgeon is our son's savior" \* **Dr. Jetz Cruz**

"Pulmonary Doctors who are very approachable, friendly and enthusiastic on checking the patient round the clock" **Dr. Mary Ruth Crabajal, Dr. Shanta Magalit, Dr. Karenne Sumera,**

"The Jedi master of Insertion / Does her task efficiently" —**Dr. Melai Lopez**

"The positive doctor, comforting and very caring" **Dr. Michelle Perez**

"These girls helped me get through the post-operation, they are precise, professional and malambing to their patients"

**CSW Nurses – MJ, Sheila, Cons, Nicole, Kath, Jeng, Mitch, Badeth, Cha**



# PHC SAFETY WEEK 2019

By Leya T. Melchor



The Hospital Safety and Risk Management Committee (HSRMC) chaired by Dr. Pedro P. San Diego, Jr. spearheaded the celebration of this year's PHC Safety Week held on June 17 to 21, 2019. In line with the observance of the National Safety Month, this year's theme was *"Cultivate and Sustain a Safety Culture for Building Nation."*

The week-long celebration kicked off with the Opening of the Safety Exhibit held on June 17, 2019 at the MAB Lobby. It was formally opened with the cutting of ribbon led by the enthusiastic PHC Executive Director, Dr. Joel M. Abanilla and the rest of the members of the Executive Committee.



Opening of the Safety Exhibit with the PHC Execom

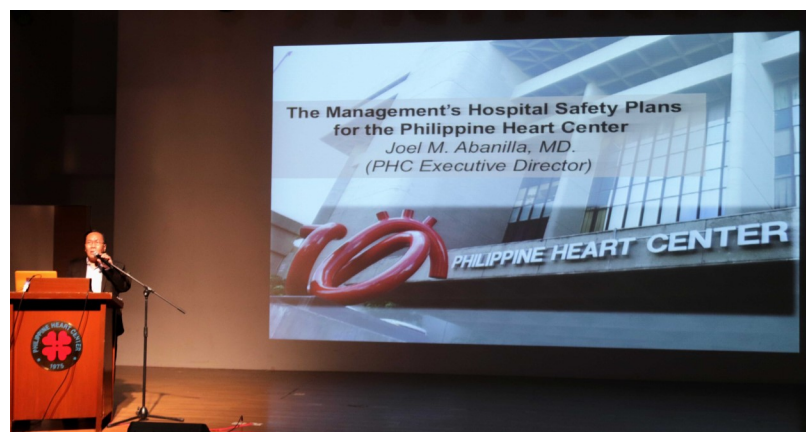
The HSRMC also conducted a Hospital Safety Update in collaboration with the Human Resources Management Division (HRMD) on June 18, 2018 which was held at the Children's Heart Foundation Grand Auditorium. Managers and staff from various areas of the PHC participated in this update.



To culminate the PHC Safety Week 2019, the HSRMC conducted a Safety Leadership Walk on June 21, 2019. The HSRMC Chairman and Members visited strategic areas of the Philippine Heart Center to do a random check of compliance on safety.



The HSRMC: Safety Leadership Walk 2019



Hospital Safety Update 2019: Keynote Speaker

# Armed Beyond Science

by William T. Chua, MD

Allow me first to say... that this is for me most surreal. Who would ever believe that I once taught arrhythmia to Dra. Carisma? Now, I run to her for difficult cases. She's now my teacher, my boss. Tell me, isn't this clearly a case of a "full circle". And the electrophysiologists have a name for that.

My coming here today is called a "Reentry" phenomenon. Thirty nine years ago, I was there, where you are. And it has not left me since - the feeling of what you are all experiencing right now... the feeling of "raring" to leave your home of 3 to 4 years. Like every one of you, I was all "pre-excited" like WPW.

I thought that... after a long immersion in Heart Center, I should know better to address you today with your new lingo.

But before anything else, I want you all to claim and own this unique distinction that you have over others. You are leaving here NOT as any ordinary specialist. You are graduates of The – Philippine Heart Center.

Just so you know, we are not called the Philippine Heart Center... just because it is a place for training, research and a place for taking care of patients with heart and other diseases, because there are many such institutions around the country...

We are called distinctly the Philippine Heart Center, because we are indeed the Center... for our entire beloved country - The Philippines. It is written in history – that everything started right here in 1975, before any other place. In our own parlance, we are the "Pacemaker" that leads the rest of the country.

Given that... what does that make of you? Every one of you – then - is an "impulse" originating from the very "Sinus Node" of the country, - and not from any other ectopic foci...

And as an impulse, you have now reached threshold for a full propagated response, full of action potential – ready to be conducted out... to depolarize to the very ends of the archipelago.

There are 2 important questions for you today:

1. As a sinus impulse, are you ready to negotiate through the AV node of real life – overcoming blocks - to reach the destination of a meaningful career?
2. Are you ready against surprises, for there are dangerous T waves out there, which can make you to unbecome?

Before I continue further... I think I owe everyone a disclosure, as it is a practice nowadays before you give a talk.

In case you wonder what gives me the right to be here?... Well, it is because we believe in the saying, that you learn from your mistakes. And by virtue of that, I can claim to be the most learned in this hall – for I've easily made a lot more mistakes than anyone here. That alone is the only "excuse" for my audacity to give you advice... on how not to make the same mistakes.

There are only simple 3 things... you can call them guides or warnings or whatever, but I want you to "hand-carry" them with you in your journey, namely:

1. to be humble and thus... to know who you really are and more importantly, who you are not;
2. to be grateful... and in being thankful, you should know how to give back; lastly...
3. to be discerning – meaning to be wary about external forces that threatens an "axis deviation" from your pure and original

intended mission.

First... what do I mean to be humble? Aren't we all? Yes, we are all innately humble, but the last few years was a threat to shake your humility and do you know why? – It is because the last 3 years was a sustained diastole with rapid filling of knowledge – so much so that it can make you into thinking... that you are "all-knowing". Mind you, there is an "iatrogenic" side effect of training, which is worse than cardiomegaly, it is called "egomegaly".

But listen carefully ... for I have news for you... and I don't mean to shatter your newly built self-esteem... BUT after all these years of becoming Braunwald and Zipes, that we, more than anybody, should know that we are merely scratching the surface of an immensely unfathomable mystery about the heart – and that we will never get near to comprehend it.

Why do you think we invented and hide behind high-sounding words to cover up for our inadequacy, such as: "Idiopathic", "empirical" and "idiosyncrasy".

I am reminding you this as a preventive measure from falling into the trap of thinking that you "know-it-all". Please... it is perfectly alright and you should be comfortable to, once in a while, say: "I don't know."

Every time our name gets longer after the MD, the FPCP, The FPCC and all, the danger of pride proportional increases with p values <.00005.

My second advice is for you all to be extremely thankful for your special anointing for you now belong to a rare privileged subset classification in the midst of the 110 million Filipinos. And it is because God meant it for you. It is a gift from Him for you to spread His Love unobstructed to the smallest of capillaries in our society. So... before anyone, thank Him first, above all for the opportune to do His work.

Thank your family, who stood by you and dreamt with you all these years for today. They gave up a lot for your success, as if it is their own.

Next, you have to be grateful to your mentors, your consultants, who gave you strong basic background of the science that hardly change - so that even if the JNC and the American and European guidelines continue to confuse you with changes, your foundation stays undisturbed.

You, too have to thank our nurses, technicians and all the allied services, whose help, if without, can make our learning difficult. All are part of the Purkinje network of learning. All of them contributed to the optimum stretching of your "know-how" like the Starling's Law on myofibrils before your effective systole.

And in thanking... **give back!** Because you've learned, you now have to teach. Because you've benefited from the science, you now have to contribute to the science, so help in research. When you earn, you now have to share. Because blessings should not stop with you. If you encounter patients who cannot pay, take care of them like those who can. And if you should have patients who cannot afford to buy medicine or pay for procedures... I bet you, they are God's planted bonus opportunities for you... to experience "true happiness" of sharing.

Lastly, I admonish you to be discerning. There's more to caring your patients than science. The evidences that built the guidelines and algorithms are derived from thousands and thousands of patients, in which no 2 are alike. In the real world, when you come

# GRADUATION HIGHLIGHTS

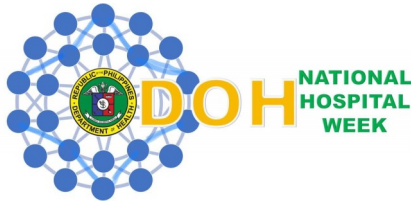


# National Hospital Week Celebration 2019

By Charisse G. Enrique, MHA

The Department of Health (DOH) was in the forefront of the annual celebration of **NATIONAL HOSPITAL WEEK** on **August 5-9, 2019**, pursuant to Presidential Proclamation No. 181, s. 1993.

This year's theme, **"UNIVERSAL HEALTHCARE ISAKATUPARAN: PAGKAKAISA'T PAGTUTULUNGAN NG OSPITAL AT KOMUNIDAD KAILANGAN"** will emphasize the important role of the government hospitals in the delivery of equitable health service to the community and the entire nation. Hosting this year's celebration is the National Kidney and Transplant Institute (NKTI).



In support of this endeavor, the Philippine Heart Center actively participated in almost all the activities during the National Hospital Week 2019 celebration.

## August 5, 2019 NHW 2019 OPENING CEREMONY



<<NKTI, the NHW 2019 host hospital led the opening of the **Hospital Week Exhibit** with Dr. Rose Marie O. Liqueste, Executive Director. She was joined by the next NHW host hospital representative from PHC, Dr. Ranulfo, Javelosa, Jr., Head of the Preventive Cardiology Division & Chairman of PHC Wellness Committee.

**Doodle Drawing Contest** with the theme of the contest which is **"UNIVERSAL HEALTH ISAKATUPARAN... PAGKAKAISA'T PAGTUTULUNGAN NG OSPITAL AT KOMUNIDAD KAILANGAN!"**

**Rozel Tumaneng** of Petal 3E is the PHC representative to the National Hospital Week 2019-Doodle Drawing Contest.



## August 6, 2019 HEALTH PROMOTION AND FREE CLINIC



**August 7, 2019 –PRE-PAGEANT COMPETITION**



**August 8, 2019 – SCIENTIFIC RESEARCH FORUM**

with two (2) categories of research papers, 1) Scientific Research on Public Health Programs or Services; 2) Hospital Operations and Management was held at the Dr. Enrique T. Ona Auditorium, NKTI. PHC's two (2) entries from the Nursing Service Office won the 1<sup>st</sup> and 2<sup>nd</sup> place for the Hospital Operations and Management.

The big winners were: 1<sup>st</sup> Place: *FOSTERS (Follow-up, Sms/Text Reminder System): Nurse-lead Innovation to Strengthen Adherence to Out Patient Follow-up Visit by Mary Rose Piedad, RN*

2<sup>nd</sup> Place: *Effect of C.H.A.M.P.S. (Communication, Hygiene Activity: A Mutual Partnership Strategy) on Teamwork and Selected Indicators of Missed Nursing Care in Critical Care Units of a Level III Specialized Hospital by Roy Buenconsejo, RN*

**MR. & MS. HEALTH CORONATION Night, at the Cuneta Astrodome**



**Congratulations!!!**

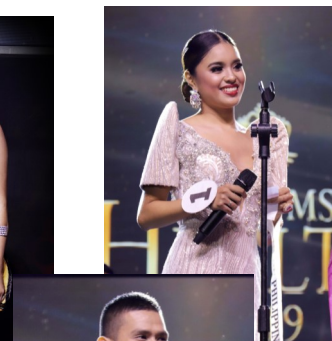
**MR & MS HEALTH 2019**

**WINNERS**

**Kevin Bryce F. Fetalvero**  
Mr. Health 3rd Runner Up  
Mr Photogenic

**Ericha O. Regalado**  
Ms. Health 2nd Runner Up

LIPPINE HEART CENTER



**August 9, 2019 -The SPORTSFEST/ MINI OLYMPICS**



**CLOSING CEREMONIES -**

NKTI, the NHW 2019 host formally endorsed the flag of the DOH National Hospital Week to its new bearer, PHC as the next year's host. The symbolic turnover was part of the NHW 2019 Closing Ceremonies at San Andres Sport Complex.

Dr. Ranulfo, Javelosa, Jr., Head of the Preventive Cardiology Division & Chairman of PHC Wellness Committee, officially represented PHC in the said ceremony.

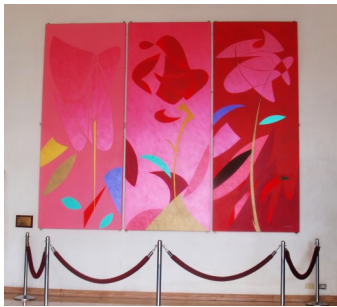


# PHC Art Gallery Transcending at 20

by Archt. Rogelio D. Caringal

The Philippine Heart Center Art Gallery Committee (PHC AGC) holds its sole distinction as the first and only art gallery in a hospital setting in the country running continuously in a span of 20 years. It all started as a mere exposition of the fine artworks of some of the Filipino Masters, which form part of the PHC art collection. At present, the Gallery has mounted 344 art exhibits to date. With the able support and participation of both the upcoming and seasoned visual artists, the celebrated Medical Arts lobby has featured a vast format of arts, aligned to its main objectives of promoting art appreciation and educating its wide range of audiences.

The PHC Art Collection boasts of interesting and praiseworthy pieces of revered artists



"I Love You" by Joe Datuin (2009)



Inang Bayan by National Artist Vicente Manansala



Pagbubungkos sculpture by Eduardo Castrillo (2016)

The program was ably hosted by Ar. Jose Marie Tan. Rev. Fr. Marven Ruyeras, M.I. delivered an invocation to open the program rites. Archt. Rogelio D. Caringal, Chairman of the PHC AGC delivered his Welcome Remarks, citing all the gallery's achievements and profusely thanking all those who have supported the gallery through the years. PHC AGC member Renato C. Doctor reported the gallery's accomplishment which comprises the 20% commission from the art sale including the donated painting's summary cost. For his Inspirational Message, Mr. Rico S. Pableo, Jr., Executive Director of the National Commission for Culture and the Arts commends the gallery for continuously staging art exhibits in a span of 20 years. The Shirley Halili-Cruz Dance Company rendered a ballet dance performance during the intermission segment.



The guests of honor were the past PHC Administrators, namely: Zylma M. Sanchez, RN, Francisco M. Gomez, Jr., MM, Maria Jacinta Victoria R. Lualhati, MBA, PhD, and the current administrator, Josephine M. Guillermo-Lopez, CPA, MBA and the past and present members of the PHC Art Gallery Committee.





The PHC AGC with 2019 recipients of Certificates of Appreciation

As in the past anniversaries, the PHC AGC confer awards to deserving individual and group artists who showcased their artworks from May 2018 to April 2019. Archt. Caringal and PHC Executive Director Dr. Joel M. Abanilla handed the Certificate of Appreciation to all the artists who participated in the one year exhibition. The Special Citation Awards, are as follows: *Most Unique Exhibit* for “Sining ni Sena” by Mr. Fernando B. Sena; *Most Organized Exhibit* for “Color Progression” by Pastor Edgardo D. Bernaldo; *Top Grosser Exhibit* for “Rosaceous” by Chito Ignacio and *Best Solo Exhibit* for “Glimpses of Nature” by Marlon F. Tantoco.



The PHC AGC is indeed grateful to all the visual artists who have shown their continued support to the gallery by selflessly showcasing their distinctive artworks to our patients and guests. Their utmost generosity in donating a piece of their work to the vast PHC Collection is highly appreciated. The transformation of the lobby every three weeks with their masterpieces in various formats is truly a delight for everyone to appreciate. The PHC Art Gallery, its Committee and its guest artists shares a common goal in promoting the arts to the public on its 20<sup>th</sup> year and for many years to come.

## PHC LEADS PHA RESEARCH AWARDS...

from page 1

A resounding back-to-back success for the *PHC’s Radiology Team for winning the Annual Philippine College of Radiology Battle of the Brains Competition* for two (2) consecutive years (2018 and 2019). PHC Radiology Team Captain Arnel Co, MD, and members Aileen Peña, MD, Nathaniel Alegre, MD, and Anton Lorenzo Gutierrez, MD, were awarded as the event’s champion. This year’s competition was held at the MOA SMX Convention Center on March 1, 2019.



PHC FELLOWS - PHILIPPINE HEART ASSOCIATION CHAMPIONS



### PHILIPPINE HEART ASSOCIATION 2019 WINNERS PER CATEGORY

#### PHA RESEARCH CONTEST

##### (CASE REPORT CATEGORY)

VINCE RYAN MUÑOZ, MD  
1<sup>st</sup> Place, Case Report Oral Presentation  
ANA KATRINA LONGOS, MD  
2<sup>nd</sup> Place, Case Report Oral Presentation  
BRYAN RENE TOLEDANO, MD  
3<sup>rd</sup> Place, Case Report Oral Presentation

#### PHA OTHER AWARDS

EMILY MAE YAP, MD  
Most Outstanding Fellow  
  
MARK ADORADA, MD  
People’s Choice Award for Poster Presentation

#### PHA RESEARCH CONTEST

##### (Y.I.A. CATEGORY)

JOANNA JAVA, MD  
1<sup>st</sup> Place, Young Investigators Award  
  
ALMA CRISTINA ANDIN-SALCEDO, MD  
2<sup>nd</sup> Place, Young Investigators Award  
  
DEDRIC CHRISTI PAUL YULO, MD  
3<sup>rd</sup> Place, Young Investigators Award

#### APSC RESEARCH CONTEST

DENISE AYN SEVILLA, MD  
2<sup>nd</sup> Place, Case Report Oral Presentation  
  
ANA KATRINA LONGOS, MD  
3<sup>rd</sup> Place, Case Report Oral Presentation  
  
JHOANNA MARCELO, MD  
3<sup>rd</sup> Place, Young Investigators Award

# PHC Nursing Research Wins at the DOH Scientific Research Forum 2019

by Edreck D. Estioko, RN, DNM

Two budding nurse researchers from Philippine Heart Center were recognized for their outstanding research paper and oral presentation at the Scientific Research Forum on August 8, 2019 in line with the Department of Health (DOH) Hospital Week celebration. This year's competition was hosted by the National Kidney Transplant Institute (NKTi) with research paper entries from 18 government hospitals in Metro Manila. The research competition has two categories – hospital operation and management; and public health program or services. Three finalists were chosen in each category to do an oral presentation and were awarded at the culminating event.

For the Hospital Operations and Management Category, Mary Rose Piedad of Adult Female Service Ward won First Place award for the research paper entitled **FOSTERS (Follow-up SMS/Text Reminder System)** of the EROPD-ASW Division.



Meanwhile, Roy Buenconsejo of Surgical ICU3 won Second Place award for the research paper entitled **C.H.A.M.P.S. (Communication, Hygiene, Activity: A Mutual Partnership Strategy)** Program of the Critical Care Division.



The research papers were judged for value and importance to universal health, quality of research design, data analysis and quality of writing, by distinguished judges from different hospitals.

The finalists and winners received their awards at the Dr. Ona Auditorium of NKTi in front of a packed room that included fellows and nurses who also submitted research papers for the competition.

## Armed Beyond... *from page 3*

down to one individual patient, the guidelines are just guides, they are not laws to abide. **Use the guidelines, but don't let them use you.**

And in discerning, use common sense. Think twice or ten times before delivering a cardioversion to a patient who is comfortable and smiling, because what you see as rapid VT in that monitor is, in all likelihood just an... **artifact**. Remember the dictum: Treat the patient not the tracing. **Use the technology, but don't let them use you.**

Lastly, there's one very important and crucial discerning thing for you to do. The temptation of the material world is lurking at the doorstep of your tomorrow and will follow you all the days of your life. The glaring fancy cars, the intoxicating power and fame are like vulnerable T waves luring you to a pleomorphic life. They can and will change you and they will use you up. By all means, **resist** them with all your might.

And so, there you have it. My 3 advices for you to keep handy and ready PRN. Pray always for guidance and for abundant supplies of Love.

My dear pre-excited graduates, tomorrow, the aortic valve opens wide, without stenosis, for you to eject and propel what you have earned and gained in the last 3 years. Let there be little or no gradient across. You will all be measured by your Ejection Fraction. Do not be myopathic. Give it all your best. Leave little for your own end-systole.

After 39 years, and nearing full repolarization, I am glad to be here to send you off – the new impulses, from the very Sinus Node. Go forth... with **Him**. Your country, the Philippines - is waiting for you.

Thank you **Philippine Heart Center for Asia** and thank you all very much for continuing its legacy as her new impulses. Good luck and God bless!

# LET'S BE AWARE OF BREAST CANCER

## Early Detection Saves Lives

The CV Radiological Sciences Division, Mammography promotes Breast Cancer Awareness and the importance of its early detection and treatment.

### HOW CAN BREAST CANCER BE DIAGNOSED?

To help diagnose cancer at an early stage involves screening that is, looking for the cancer before a person has any symptoms.

1. **BREAST SELF-EXAMINATION**- Checking one's own breasts for lumps changes in the size or shape of the breast, or any other changes in the breasts or underarm (armpit). It should be done on monthly basis, starting from 20 years of age.



#### STEPS

1. While sitting or standing, raise each arm and examine the armpit for any lumps, because breast tissue extends to that area.



2. Lie down on the back and place the left hand behind the head. With the fingers of the right hand, gently yet firmly press down on the breast area, using small motions (pattern shown in the diagram) to examine the entire left breast.



3. Gently squeeze the nipple, checking for any discharge. Repeat the process on the right breast.

2. **CLINICAL BREAST EXAMINATION**- Breasts examined by a doctor. It should be done regularly after 30 years of age.

3. **MAMMOGRAPHY (X-RAY OF THE BREAST)**- Helps find breast cancer early.

Getting mammogram is recommended as follows:

- After 40 years of age, once every one to two years.
- After 50 years of age, every year.
- If there is a history of breast cancer in the family, it can be done before one completes 40 years of age.

Biopsy (sampling of suspected tumour tissue for microscopic examination), MRI, sonography of breast, etc. can be done to detect breast cancer.

The doctor will decide the tests that are necessary; all of them may not be done.

Getting screened for breast cancer via regular and necessary examinations increases the chances of finding breast cancer early, when it is most treatable.

### HOW CAN BREAST CANCER BE TREATED?

Various therapies are used for the treatment of breast cancer for e.p. removal of tumor (surgery), killing cancer cells with drugs (chemotherapy) or radiation (radiotherapy). Depending on the size and spread of the cancer, treatment can include any of these therapies or a combination.

### HOW CAN BREAST CANCER BE PREVENTED?

Some lifestyle changes help in the prevention of breast cancer.

**DIET:** A healthy diet with a variety of foods that include lots of fruits, vegetables: choosing whole grain foods: limiting alcohol consumption and meats that are high in fat; avoiding smoking.

**WEIGHT:** Achieving or maintaining a desirable weight.

**EXERCISE:** Can improve physical and emotional health and play a role in preventing cancer.

Regular check-ups:

Getting necessary exams and check-ups done regularly, especially in those who have a family history or relatives with breast cancer.

Hormone Replacement Therapy and Hormonal Contraceptives

Consult doctor about the risks and benefits before taking HRT or oral contraceptives. If one is on HRT, regular check-up is necessary.

# NEWS BITS

## Dengue Awareness Lecture

The Philippine Heart Center-Infection Control Committee (ICC) took part in the anti-dengue campaign of the Department of Health (DOH) in coordination with the Human Resource Management Division (HRMD). Following the declaration of national dengue outbreak last August 6, 2019, the committee facilitated the Dengue Awareness lecture for all PHC personnel on August 14, 2019 at the Children's Heart Foundation, Grand Auditorium, Foyer Area, 3<sup>rd</sup> Floor Annex Building. The discussion was led by Ms. Nerissa Peñaflor, RN, HEPO III from Quezon City Health Department.



## Hand Hygiene and Glove Use

The Philippine Heart Center- Infection Control Committee conducted its quarterly Infection Prevention and Control Update last July 23, 2019. It is a lecture-discussion-return demonstration intended for all PHC health care workers. The aim of the update is to increase understanding on hand hygiene practices and appropriate glove use to prevent misconception.

## Tofu Sisig

Yield: 5 servings  
Serving Size: ½ cup



### Ingredients

400	gms	Firm Tofu
½	cup	Canola Oil (for frying of Tofu)
1	Tbsp	Butter, lite
3	cloves	Garlic, chopped
1	medium	White Onion, chopped
1	small	Red Bell Pepper, chopped
1	small	Green Bell Pepper, chopped
2	pcs	Sili Panigang, sliced diagonally
¼	cup	Mayonnaise, lite
3	Tbsp	Oyster sauce
½	tsp	Worcestershire Sauce
3	Tbsp	Water
		Salt and Pepper to taste

### Calorie Count per Serving:

Calories	: 148 calories
Carbohydrates	: 3 gms
Protein	: 7 gms
Fats	: 12 gms

### Procedure

- Slice tofu like a small dice then fry until golden brown. Drain excess oil using paper towel. Set aside.
- In a pan, sauté garlic, onions and bell peppers in butter and little oil until onions becomes translucent.
- Add mayonnaise, oyster sauce, worcestershire sauce, and sili panigang. Cook it for 2 minutes.
- Toss in the fried tofu and mix until well blended.
- Season with salt and pepper. Serve immediately.

