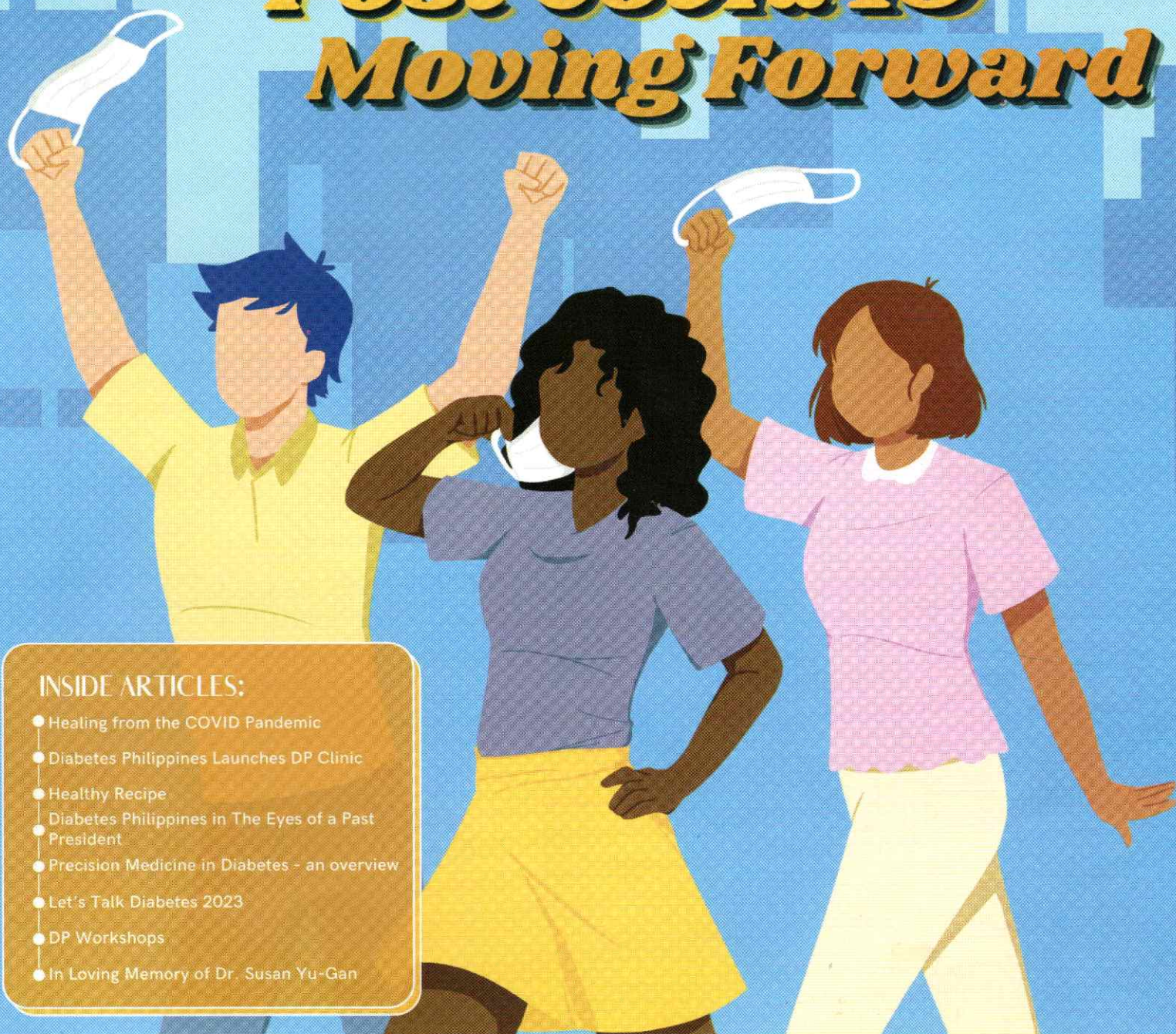


diabetes **WATCH** philippines

A Publication of Diabetes Philippines

January to June 2023
MMXXIII

Post Covid 19 Moving Forward



INSIDE ARTICLES:

- Healing from the COVID Pandemic
- Diabetes Philippines Launches DP Clinic
- Healthy Recipe
- Diabetes Philippines in The Eyes of a Past President
- Precision Medicine in Diabetes - an overview
- Let's Talk Diabetes 2023
- DP Workshops
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Dr. Marsha

Your President speaks

Moving towards a more engaged interaction in fulfilling our mission and vision, Diabetes Philippines (DP) started 2023 with the blessing and opening of its own clinic at the ground floor of the DP Building. With this venue, we aim to reach people living with diabetes - addressing their unmet needs of diabetes education and truly empowering them to optimize their quality of life and prevent complications.

DP has been in existence for 65 years. We are a true national organization with 30 local chapters spread across the country. We have, without fail, in spite of the pandemic, continued with our medical education activities, our diabetes awareness programs, and patient advocacy initiatives. We had 39 annual conventions and are now in earnest preparation for our 40th this November with high hopes for another well-attended conference featuring stellar speakers in our scientific sessions.

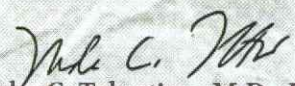
We have resumed our DP workshops beginning with the 70th in Pangasinan last April and the 71st in Camarines Norte in June. Through our chapters, we continue to invite more physicians, nurses, nutritionists and educators to learn, engage and be informed. We aim to broaden our reach by promoting the formation of more chapters specifically in underserved regions.

Diabetes is an epidemic - long before this last pandemic that caught us all unaware. But unlike COVID, we have the tools and armamentarium to fight it and to contain it.

DP aims to improve the quality of life of persons living with diabetes. We arm our healthcare workers with the latest in scientific knowhow to address patients' issues.

Join us in our fight against diabetes.

We are DP.
We educate.
We advocate.


Marsha C. Tolentino, M.D., FACE
President & Chairman
Diabetes Philippines, Inc.



From the Editor's Desk



Dr. Cynthia

The year 2023 is heralded by new beginnings as the editorial task for DWatch is passed on to me by our president, Dr. Marsha Tolentino.

I'm not a perfect fit for it, but I will try my best to get the job done.

While COVID is still around, the declining number of cases and the WHO declaration of COVID being no longer a public health emergency, has opened opportunities for everyone to move forward.

In this DWatch issue, you will find that Diabetes Philippines was not an exemption. We saw the number of online activities and webinars steadily decreasing while face-to-face meetings increased. After four years, we were all excited resuming in-person workshops with the 70th held in Pangasinan and the 71st in Camarines Norte.

Preparations for the face-to-face annual convention in November is already in full swing. The blessing and opening of the clinic brought Diabetes Philippines' advocacies to a higher level. This was complemented with the expansion of the ACT NOW program and the regular uploads of "Let's Talk Diabetes" in YouTube.

Continue to learn and enjoy from our regular features of Healthy Food Recipes for people with diabetes and our comic strip, Life is Sweet.

This DWatch issue is dedicated to Dr. Susan Yu Gan, Diabetes Philippines' Past President who passed away last May 12, 2023. We mourn the death of a kind and dedicated wife and mother, a compassionate friend, doctor, and teacher who has left an indelible mark in the hearts of many and whose legacy continues in the field of diabetes and endocrinology. Our deep condolences to the bereaved family and a heartfelt thanks for allowing her to be part of Diabetes Philippines.

Ma. Cynthia B. Sanchez, MD

Ma. Cynthia B. Sanchez, MD
Editor-in-Chief, Diabetes Watch
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OUR MISSION

To be the prime mover of effective prevention and excellent diabetes care in the Philippines.

OUR VISION

Better quality of life for Filipinos with diabetes.

OUR VALUES

INTEGRITY

Above all, the nobility of our purpose. We serve patients, pursue education and conduct research with zeal and without regard for personal gain. Honesty and transparency rule our behavior in relating with fellow members, partners, supporters and other stakeholders of our organization.

EXCELLENCE

Passionate workers, we expect from our selves only the best effort. We continuously upgrade our knowledge and skills, adopt ever-improving technologies, and expand the reach of our services to attain our vision. Our mentors, generous with their knowledge and time, model excellent leadership.

COOPERATION

We work as one for the common good, enjoying the camaraderie, observing respect and maintaining loyalty even in dissent. We partner with institutions and other specialties that aim for the same goal. Caring for everyone's well being, we make work pleasant for members and staff.

COMMITMENT

Persistent in our search for solutions to diabetes, we have selflessly devoted five decades to the improvement of diabetes care, education and research to prevent the onset of the disease in high risk individuals and the complications in those already afflicted by it. We take on responsibilities with diligence until their successful conclusion.



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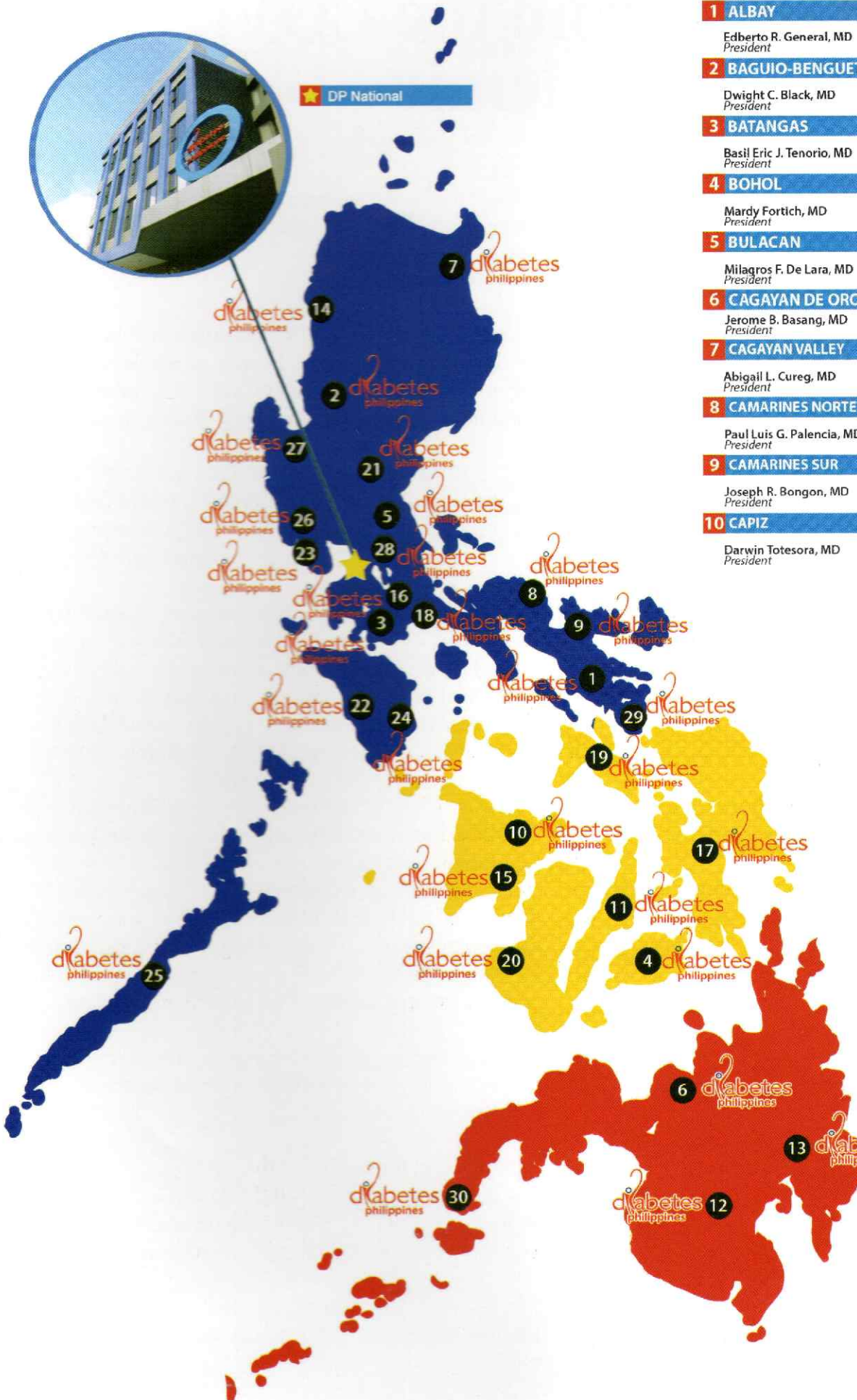
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Healing from the COVID Pandemic

BY MARIE YVETTE R. AMANTE, MD

Matthew 8: 1-3

When he came down from the mountain, great crowds followed him; and behold, a leper came to him and knelt before him, saying, "Lord, if you will, you can make me clean." And he stretched out his hand and touched him, saying, "I will; be clean." And immediately his leprosy was cleansed.

On May 5, 2023, the World Health Organization (WHO) declared that COVID-19 no longer represents a "global health emergency." WHO said that the COVID-19 death rate has dropped from a peak of 100,000 people per week in January 2021 to over 3,500 in April 2023.

Around seven million people died.

We have lost loved ones, friends, colleagues, and patients. We have experienced the pandemic in our own unique way: different struggles, different sufferings, different realizations, and transformations.

For us who are still living, we are grateful for the grace and extension of life by God's will.

Where are we now? What are we now? Are we back to normal? Do we really want to go back to our old "normal"?

If our normal is the frantic pre-pandemic preoccupation with worldly goals, and being overburdened with work, then I am not certain I want to go back to normal.

I would like to believe God allowed the evil of the COVID-19 pandemic to happen, in order to transform and clean us from mundane and senseless attachments.

What are the pandemic lessons I treasure in my heart?

1. I have learned to enjoy the simplest things in life. I cherish the first time I saw butterflies in our garden. I never saw them before because I was out the whole day. I realized I can live with only two pairs of shoes, and no jewelry.

2. I am thankful for the time enabling me to declutter my house. It took a whole month for me to clean our house with an unbelievable amount of accumulated stuff. It felt liberating.

3. I cannot turn a blind eye to the hungry and the suffering. It costs to care. Often, it meant risking my life to be able to help others. It requires dying to self in order to give. Such is the definition of love.

4. Zoom (and other meeting platforms) is the best. This modern tool allowed us to have human connections even while physically isolated. The technology is a gift from God. Since March 2020, we hold a daily family rosary through Zoom every 10 am (Philippine time).

5. Cling to and soak in prayer because nothing else works. Very early into the pandemic, we knew nothing on how to deal with the disease. Like in all things, we surrendered everything to God. The pandemic gave me a period of self-reflection. I saw myself as God saw me. I am truly nothing, and that He is all; all worldly things are fleeting, and we should focus our energies towards eternity. I am grateful for this grace.

I have more learnings which may take forever to enumerate. May we never forget what we have learned from the past three years.

I am thankful for the end of the worst of COVID-19. The nightmare seems over. If the pandemic was truly an instrument of God to bring me closer to Him, then I am extremely thankful for the worst times.

May we all look into ourselves now and see a better person, transformed and purified by God's love and mercy.

Save More Patients: OneTeam. OneGoal. OneBI.

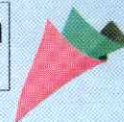
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POST COVID-19:

Moving Forward, Transition and Change

BY FRANCESCA ISABEL T. VILLANUEVA-UY

What is transition? It is the process or a period of changing from one state or condition to another

What is change? It is to replace or substitute something for another, especially one of the same kind that is newer or better.

The past few years have been a whirlwind of changes/transitions because of COVID-19 – from celebrations for occasions to virtual gatherings or none at all. Schools were closed, work stopped for the majority, and healthcare was on high alert. People had to adjust, transition, and change their habits and schedules to conform with what was called “the new normal.”

By 2021–2022, the world has started to see some healing.

We have adapted a new way of life and learned to be more cautious and aware of our surroundings.

Many have learned to adapt into the age of technology where we get to do everything within the virtual space. Conferences, seminars, birthdays, etc. were held virtually. We used the term hybrid, on-site, work from home, and virtual more often to describe what we do and how things can be done.

The “new normal” has become normal.

COVID-19 is no longer an international public health emergency as declared by the World Health Organization last May 5, 2023. Some people have slowly been adjusting their lives, going back to work in an office, returning to school, joining seminars, having basketball games, and celebrating fiestas together. Wearing masks at all times everywhere became a personal preference.

Some of us learned to keep the habits and routines for additional protection while others returned to the normal ways of life.



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Before the pandemic, most people with diabetes would call their management a roller coaster which involved many factors: blood sugar management, food measurements, medication management, current mental status, physical activity, financial status, etc. During the pandemic, diabetes management became a combination of different rides, including the queues for the ride itself.

People had to choose what to prioritize especially considering finances which took a big hit during the first year of the pandemic.

Aside from that, the fear of getting COVID-19 was lurking since we were part of the community that had a higher risk of being infected. News and media would report that the deaths consisted of people with diabetes and other comorbidities. Fear and isolation surrounded us.

As the months passed, healthcare has become more accessible for us, especially for those in the marginalized sector. Check-ups and laboratory tests have increased in frequency, especially with the assistance provided by Diabetes Philippines which included glucose meter strips and insulin for people with Type 1 Diabetes.



We may have gotten lost during the pandemic, with some wins and losses in every part of our management. But slowly, we have

found a way back to our normal management with some new adjustments discovered along the way.

Despite all the ups, downs, detours, stops, U-turns and freefall, living with diabetes becomes both predictable and unpredictable. What matters most is how we change our perspective into becoming better in managing this life-long condition.

Here are some quotes to motivate us for the rest of 2023.

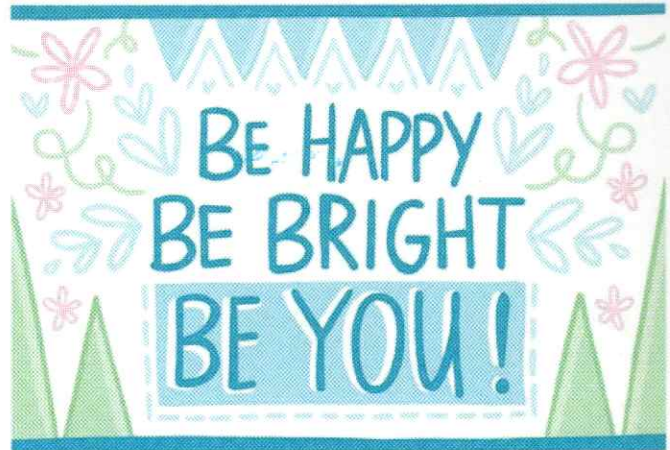
We have diabetes. It gets to come along with us, it doesn't get to stop us. – Chris Olsen (Vantage Fit blog)

Diabetes is a great example whereby, giving the patient the tools, you can manage yourself very well. – Clayton M Christensen (Vantage Fit blog)

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.” - Buddha

We are now slowly returning to our daily routine. Let us not forget the things we have learned, the experi-

ences we have gained, and the different relationships established along the way towards managing our lives with diabetes a little better. Don't forget to reach out to your friends, family, colleagues, co-diabetics and even strangers when things get too tough and heavy.



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1. American Diabetes Association Professional Practice Committee 4. Glycemic Targets: Standards of Medical Care in Diabetes—2022. Diabetes Care 2022;45(Supplement 3):S98.

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DIABETES PHILIPPINES LAUNCHES DP CLINIC

BY NINES P. BAUTISTA, MD



A new era of hope and healing begins with the launching of the DP Clinic by Diabetes Philippines (DP) last March 25, 2023. Together with 12 pharmaceutical companies which support DP's mission, the DP Clinic was opened with a blessing officiated by Fr. Primitivo Viray, Provincial Superior of the Society of Jesus.

The event was attended by the DP officers led by President Dr. Marsha Tolentino, who welcomed all the guests and gave a brief history of DP, its mission and vision, and advocacies.

"The opening of the DP Clinic is a vital step in addressing the challenges of a chronic condition such as diabetes. Our vision is to become the leading diabetes clinic in the national capital region, recognized for its excellence in patient care, innovation, and research", Dr. Tolentino said.

Dr. Nines Bautista, DP's Secretary and Board of Trustee for-

mally introduced the DP Clinic, its objectives and benefits to patients with diabetes. With the officers who are dedicated healthcare professionals, DP Clinic will provide comprehensive care and support for affected individuals through a holistic approach to managing diabetes.

The clinic will serve as a hub for education, increasing awareness, and raising consciousness about diabetes and its prevention among community members of all ages.

The DP Clinic is not just a physical space but a sanctuary of hope and understanding, empowering individuals to make informed choices and take control and responsibility of their own health.

By raising awareness about diabetes prevention and management, the DP Clinic aims to create a healthier community while empowering diabetics to take control of their life.

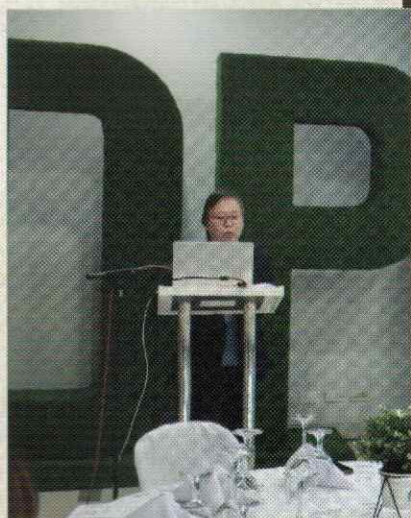
Specifically, the DP Clinic aims to provide comprehensive and patient-centered care for individuals with diabetes. It will strive to improve the quality of life of patients by providing personalized treatment plans, education, and support to help them manage their condition effectively.

Together with its partners, DP hopes to build a healthier community, one where individuals with diabetes can thrive and live their lives to the fullest.

The clinic's opening is a testament to DP's commitment to healthcare excellence and the unwavering belief that a brighter future is possible for everyone.

DP Vice President Dr. Fatma Tiu, who gave the closing remarks thanked those who attended the DP Clinic's blessing for their support to DP.





DP DOT with Pharmaceuticals





Vietnamese Shrimp Salad

BY JENNINA A. DUATIN, RND

INGREDIENTS

Garlic Shrimp

- 12 – 15 medium shrimp, shelled and deveined
- 2 tbsp olive oil
- 3 garlic cloves, minced
- Pinch of salt and pepper

Dressing

- 1/4 cup lime juice
- 1/4 cup soy sauce
- 2 tbsp rice vinegar
- 1 tbsp brown sugar or honey
- 1 large garlic clove, finely chopped
- 1 tsp very finely chopped red chili, adjust to taste

Salad

- 3 cups iceberg lettuce, shredded
- 1 cup carrots, cut into fine strips
- 1 1/2 cups cucumber, cut into fine strips
- 1 whole red onion, cut into fine strips
- 1 1/2 cups bean sprouts
- 1/4 cup coriander leaves, lightly packed
- 1/4 cup mint leaves (ordinary or Vietnamese), optional
- 1/2 cup roasted peanut, chopped
- 1/4 cup fried shallot

Instructions

- Combine the Garlic Shrimp ingredients in a small bowl and set aside for 10 minutes.
- Combine the Dressing ingredients in a small jar, give it a shake then set aside for 10 minutes.
- Heat a skillet/ frying pan over high heat. Add the shrimp, scraping in the olive oil and garlic from the sides of the bowl. Cook for 2 minutes, or until browned and the shrimp is just cooked through.
- Remove the shrimps from the skillet onto a plate.
- Arrange the salad ingredients on a large plate or toss together in a bowl. Top with prawns, drizzle or toss over the dressing, or you can serve the dressing on the side.
- Serve immediately.

NUTRITION INFORMATION

Serving: 334g (1 cup)
Calories: 233cal
Carbohydrates: 18.9g
Protein: 16.8g
Fat: 6.1g
Saturated fat: 1g
Cholesterol: 105mg
Sodium: 780mg
Potassium: 538mg
Fiber: 2.6g
Sugar: 9.9g
Vitamin A: 6750IU
Vitamin C: 21.5mg
Calcium: 100mg
Iron: 3.4mg



DIABETES PHILIPPINES IN THE EYES OF A PAST PRESIDENT

BY RICHARD ELWYN V. FERNANDO, MD

Diabetes Philippines saw history of diabetes care in the country unfold through generations.

A small group of internists, bonded by the same interest of caring for Filipinos with diabetes, gave birth to Diabetes Philippines which made 1958 a memorable year. Unifying diabetes-related efforts from different organizations became the pulse of the Philippine Diabetes Association (PDA), the registered name for 50 years.



Improving national health has always been challenging, especially in the arena of chronic diseases where diabetes resides. PDA participated to gather baseline local epidemiologic information and engaged in research to further understand this chronic non-infectious but highly prevalent disease.

Diabetes information was disseminated nationally through regular seminars, symposiums, workshops, and annual conventions, involving physicians, nurses, dietitians, nutritionists and other health professionals.

Pharmacologic partners played key financial roles that led to the realization of PDA's goals.

After 50 continuously productive years, the International Diabetes Federation recommended changing the name of PDA to align with other allied nations. Thus, it became Diabetes Philippines (DP).



The building that now houses DP was erected in a couple of years and is a living testament to the passion of the organization and how responsibilities have evolved through time.

The leadership that has been handed through the years continue to make DP meaningful and relevant in our country where doctors and resources are always needed to work together and realize a healthier population. In this endeavour, no one can underestimate the contribution and support of each member who make up Diabetes Philippines today.



Precision Medicine in Diabetes – an Overview

BY MA. CYNTHIA B. SANCHEZ, MD

Precision Medicine is providing the right therapy for the right patient at the right time.

It is medicine tailored to the individual. It is not new. What has changed radically is the ability to characterize and understand human biological variation through 1) assessment of the genetic and metabolic state; 2) leveraging data to inform disease categories; and 3) science-guided preventive and treatment decisions.*

Thus, with the precise approach diagnosis, prognosis, prevention and treatment are optimized.

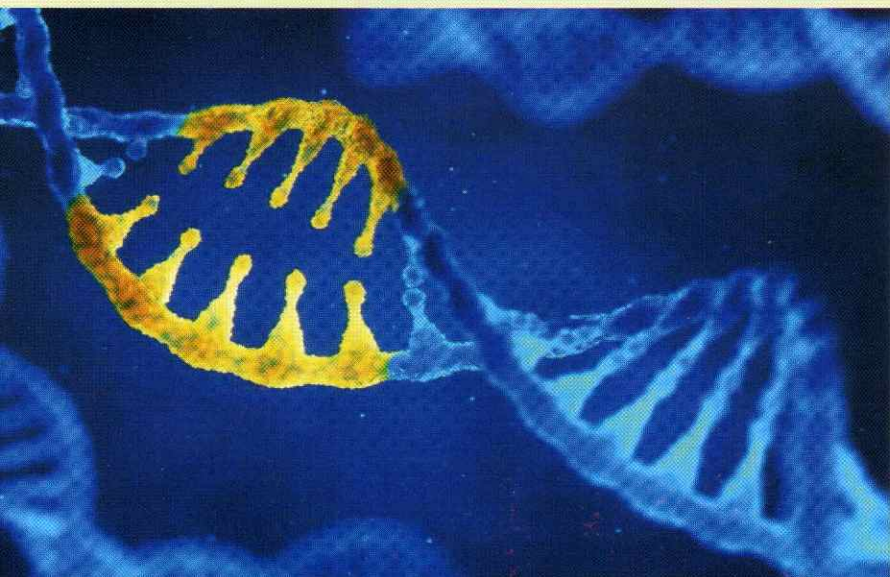
Genome determination and phenotyping may seem distant today, but 10 years from now, this will be the way to go. Patients will have their genome sequence in their clinic medical records. Lifestyle and drug prescription will depend on pharmacogenomics.

Precision diagnosis incorporates clinical, genetic and imaging variables into robust phenotypic analysis. Thru epigenetics, Type 1 Diabetes and Type 2 Diabetes which are polygenic can be accurately differentiated from monogenic diabetes.

Diagnosing monogenic diabetes, a rare type of diabetes caused by change or mutation of a single gene is the perfect example of precision medicine in diabetes. There are two types of Monogenic Diabetes: Neonatal Diabetes (NDM) occurring in newborn and infants; and Maturity Onset Diabetes of the Young (MODY) occurring in adolescents and young adults.

With precision medicine, new classification systems can be explored and validated. There are at least 14 known subtypes of MODY based on the affected genes. The two most common are MODY 2 and MODY 3 which result from a defect in the glucokinase and hepatocyte nuclear factor 1A genes respectively. Depending on the type of MODY classification, precise treatment can be applied.

With precision medicine in diabetes, clinical and risk profile of each subgroup can be characterized and accurately prognosticated. Patients with certain type of monogenic disease will be at high risk of developing certain complications such as developmental delay, neurological disease, kidney disease, liver failure, deafness and cardiomyopathy. Thru precise diagnosis of





ions were presented in the areas of precision diagnostics and precision therapeutics including prevention and treatment, barriers to implementation and better care outcomes. Work started in 2018 with Phase 1 recruitment and will end in 2025 and beyond on Phase 4 physician and patient education.

Thus, Precision Medicine plays a significant role in the treatment of diabetes. Though a lot more has to be done and specifics to be explored, it is definitely something to look forward to.

these patients, preventive measures can be done ahead of time.

Ultimately, precision in diagnosis will allow precise treatment across categories. Some forms of monogenic diabetes are amenable to precision treatment if correctly diagnosed. For example, MODY 1, 3, 12 are acutely sensitive to sulfonylureas. MODY 2 does not need to be treated except during pregnancy while NDM neonatal diabetes KCNJ11 and ABCC8 can be treated with high dose of sulfonylureas.

In 2018, the American Diabetes Association (ADA) and the European Association for Studies of Diabetes (EASD) launched and made the initiative towards Precision Medicine. Both associations formed an oversight committee and subsequently partnered with other organizations such as the National Institute of Diabetes and Digestive and Kidney Disease and the Juvenile Diabetes Research Foundation. The oversight committee is mandated to establish a consensus on the viability and potential implementation of Precision Medicine for diagnosis, prevention and treatment of diabetes through expert consultations, stakeholder engagement and systematic evaluation of available evidence.

A Consensus Report describing the foundation of Precision Medicine by the ADA and EASD was published in Diabetes Care in 2020. Expert opin-

Reference: *Precision Medicine in Diabetes: A Consensus Report from the ADA and EASD



HELPS LOWER BLOOD SUGAR LEVELS

as part of type 2 diabetes management program with a balanced meal and healthy lifestyle



Graph results from the 30-Day Challenge

AVERAGE GLUCOSE DECREASED BY 22%
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LET'S TALK DIABETES 2023

BY MARIA RAQUEL M. PASIMIO, MD

"Let's Talk Diabetes", the YouTube Channel of Diabetes Philippines was conceived during the pandemic to fulfill the organization's advocacy to educate the public and healthcare professionals on the various aspects of diabetes. Due to its resounding success, Diabetes Philippines continues to churn out episodes on a regular basis.

Here are the highlights from the videos released in the first half of 2023.

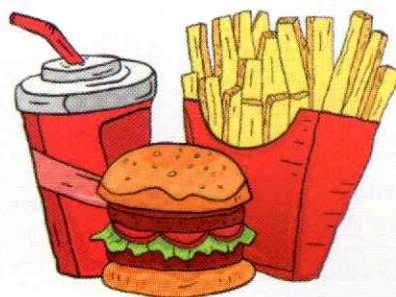
Episode 12: Be a Fat and Calorie Detective (Part 1)



In this very enlightening and entertaining episode, Dr. Fatma Tiu and Dr. Rey Rosales delved into the fat and caloric content of certain fast-food favorites.

Ms. Bernadette Platon, a registered nutritionist dietitian, shared practical tips on choosing healthier options when grabbing a fast-food meal. According to her, meat that is closer to the bone has a higher fat content. Therefore, it might be more prudent to get a part with minimal bones. Skin is another source of fat. The crispier the skin, the higher the fat content due to the increased amount of absorbed

oil. Cheese and mayonnaise, frequently added to hamburgers, may be considered hidden sources of fat. Ms. Platon pointed out that a serving of mayonnaise should only be equal to a thumb's size. Be wary of bread with a lot of mayonnaise. French fries are a staple in fast food restaurants. Similar to skin, the crispier the fries, the higher the fat content. Consider skipping the fries on your next drive through meal.



Dr. Rosales ordered 1 piece of chicken leg, one cup of rice, gravy, and a regular soda. Dr. Tiu had a cheeseburger, regular fries dipped in ketchup, and a sugar-free soda. Who ate a healthier meal? Watch the episode to find out!

Episode 13: Be a Fat and Calorie Detective (Part 2)



From fast food to street food, the fat and calorie detectives continued their investigation on the fat and caloric content of the favorite

snacks and street food of Filipinos. Simple snacks may be calorie laden. Donuts and coffee seem to be innocuous. A fried donut without any cream or filling is estimated to have 200 calories. Add some glaze and cream on the donut, and the caloric content shoots up to a whopping 450-500 calories.



Brewed coffee without any sugar or creamer is a good beverage. By topping it with whipped cream, that coffee now has additional saturated fat. Milk tea, although low in fat content, has a high sugar load. The excess sugar in the milk tea may be converted to fat, thus making this beverage unsuitable for diabetic patients. The ideal daily intake of sugar for a male adult is 7 teaspoons, while a female adult should take only 5 teaspoons.

Bread, in its many shapes and forms, is a staple of the Filipino breakfast and merienda. Ms. Platon reminded that the simpler the preparation of the bread, the lower the fat and caloric content. Hidden fats in the bread include lard and butter. With the addition of toppings or fillings, caloric and fat content increase.

Fat, however, is necessary for the

body to function well. Monounsaturated fat, such as olive oil, and polyunsaturated fat from fish, are two of the healthy fats. Both monounsaturated and polyunsaturated fat help increase the good cholesterol in the body. Trans fat and saturated fat are examples of the unhealthy fats, and should be avoided. Donuts, cheesecake, and fried food contain unhealthy fats. Coating food in flour causes more oil to be absorbed, thereby increasing fat and caloric content. Avoid street food that has an additional layer of flour.

Although choosing healthy snacks may seem daunting, keeping some basic tenets in mind will make the job easier. Remember that the simpler the preparation of the food, the lower the fat content. If you need to indulge, moderation is key. You can still enjoy your favorite snacks and street food while keeping yourself fit and healthy.

Episode 14: How Much Sugar is in Our Drinks?



During summer in a tropical country, it is important to stay well-hydrated. In this episode, Dr. Nines Bautista and Mr. Hendrik Balona checked the sugar content of various drinks that are readily available. With the help of Ms. Jennina

Duatin, a registered nutritionist dietitian, they explored the options that will be ideal for patients with diabetes to stay healthy and hydrated.

Bottled juice is a very popular drink. According to Ms. Duatin, a small bottle of juice has about 22 grams of sugar, equivalent to 4 teaspoons of high fructose syrup. Consuming a bottle of juice will definitely cause the blood sugar of diabetic patients to markedly increase. A small bottle of regular soda is worse, with a sugar content of 32 grams. For patients with diabetes, sweetened beverages or sodas are not recommended since these do not have any nutritive value.

Is powdered juice a better alternative? A small sachet of powdered juice has 4 grams of sugar. Since a sachet of juice is good for four servings, each serving contains only a gram of sugar, making it a significantly a better choice for people who are monitoring their sugar levels.



Sugar-free drinks or diet drinks are also options for people who have diabetes as these do not contain regular sugar. They also have less calories, important for patients who need to lose weight. Ms. Duatin emphasized, however, that wa-

ter is the best drink for everyone, whether a person has diabetes or none. Water has zero calories and no sugar content. To stay healthy and hydrated, it is important to know the caloric and sugar content of the drinks that are available in the market so better choices can be made.

Episode 15: Make Your Favorite Dish a Diabetes Friendly Meal



This episode was graced by Dr. Basil Eric Tenorio, Immediate Past

President of DP Batangas Chapter, who shared a recipe for Batangas Bulalo.

Bulalo is a Filipino favorite - a hearty dish with chunks of meat and vegetables in a flavorful soup. It dates back to the pre-Hispanic period. Its exact origin is uncertain, with many provinces claiming it to be their own. Wherever it originated, it cannot be disputed that Bulalo is a dish loved by many.

Joining Dr. Tenorio were Ms. Jennina Duatin, a registered nutritionist; and Ms. Leyden Florido, a registered nurse. According to Dr. Tenorio, the vegetables in Batangas Bulalo make it flavorful as well as ideal for patients with diabetes. In addition, fresh cuts of meat are

always used to make the Bulalo. To make it healthier, Dr. Tenorio suggests removing the bone marrow when making the dish. Wait for the fat from the meat to congeal and solidify so that this can be removed and discarded. Making these modifications help decrease both fat and caloric content.

Below is the mouth-watering recipe for Batangas Bulalo. This recipe serves 3-4 people.

Batangas Bulalo

8 cups water
1 kilo of beef-shank
1 cup onion, quartered
3 cobs of sweet corn, cut into 9 pieces
2 cups of potatoes, cut into wedges
2 tbsp patis
1 tsp peppercorn
1/2 cabbage head, with the core removed
2 cups of broccoli florets

1. Place the beef and water in a large pot and bring to a boil for about 30-45 minutes. Occasionally check the tenderness of the beef.
2. When the beef is tender, add the corn, onion, and the potato wedges. Continue to cook for 5-10 minutes.
3. Add patis and peppercorn and continue cooking for another 5-10 minutes.
4. Add broccoli and cabbage when almost ready to serve the dish as these vegetables will not take too long to cook.

The usual sauce served with Batan-

gas Bulalo is a mixture of soy sauce, sili, and calamansi. For patients with diabetes, Dr. Tenorio recommended removing the soy sauce to minimize sodium content. The dish itself is quite flavorful so the sauce might not even be needed.

Dr. Tenorio reminded everyone that the basics must still be followed. First, be conscious of calories and portion sizes. Just because a dish is diabetes friendly, it does not give a person the license to eat a lot. Moderation is key. Second, try to increase intake of vegetables, which will help keep sugar levels low. Vegetables have the added benefit of being good for the heart. Third, do not forget that diet and exercise are pillars in maintaining overall health. By eating well and exercising, it is possible to live with diabetes and avoid its complications.

Episode 16: Smart Snacking When You Have Diabetes



In this episode, Dr. Cynthia Sanchez and Ms. Jennina Duatin talked about smart snacking, particularly for patients with diabetes.

Persons with diabetes may frequently feel hungry so it is important to be aware how to indulge wisely so that sugar levels remain stable. Dr. Sanchez said that right

choices and right portions are key points to remember before grabbing a snack.

Joining them for this episode were the husband-wife team of Dr. Oliver Bautista, a diabetologist, and Jennifer Bautista, a registered nurse and diabetes educator. They are the owners of OB and Jhen's Hobby Farm in Batangas. Dr. Bautista explained that during the pandemic, he and his wife started to grow produce in their farm in order to make healthy snacks for their patients with diabetes.

The couple shared their recipe for a Filipino favorite snack: suman with hot chocolate. This recipe is extra healthy and special using ingredients source from their farm, with no preservatives and no added sugar. Dr. Bautista said that the suman can be enjoyed even by persons with diabetes. The glutinous rice is a complex carbohydrate so this will not be easily broken down into simple sugars. Complex carbohydrates are high in fiber and digest more slowly, making them more filling. The coconut milk also helps in slowing down the absorption of carbohydrates. Tablea is likewise healthy. It is rich in flavonoids, which have many health benefits, including anti-inflammatory properties.

Suman or Sticky Rice Recipe (yields 24 small pieces)

3 cups fresh coconut milk (unang piga)
1 tsp salt
3 cups glutinous rice (malagkit)



soaked in water for 1 hour so that it cooks evenly and more quickly. Banana leaves to wrap the suman

1. In a pot, place the coconut milk and add salt. Stir until the salt dissolves.
2. Bring the coconut milk to a boil. Once it starts boiling, add the glutinous rice.
3. Lower the heat and stir frequently to prevent the rice from sticking to the pot. Cook until the liquid is absorbed.
4. Remove from heat and allow to slightly cool. Assemble the suman by placing 2 teaspoons of the suman in a banana leaf. Roll the banana leaf and secure with a tie.
5. Place the assembled pieces in a large pot of water and bring to a boil. Cook for 30-45 minutes. Remove from heat and allow to cool. Serve with a cup of hot tablea.

Hot Tablea Recipe

- 1/2 cup low fat milk
- 1/2 cup water
- 1 piece of tablea
- 1 sachet of artificial sweetener

In a tsokolatera, place the milk, water, and tablea. Bring to a boil before using the batirol. Add the artificial sweetener and stir constantly. If a tsokolatera and batirol are not available, a small saucepan may be used.

Another healthy snack rich in nutrients but low in sugar is Mango Kale shake. This shake is delicious and thirst quenching, making it an ideal drink in a tropical country. Dr. Bautista added that the mango can be substituted with seasonal fruits. Kale is a superfood, loaded

with important micronutrients. It is one of the most nutritious, but underrated leafy greens.

Mango Kale Shake

- 1 cup kale leaves, chopped, and stems removed
- 1 cup medium size mango, sliced into pieces
- 1/2 sachet of a diabetic formula or half-strength of a diabetic formula
- 1 cup non-fat milk
- 1 sachet of stevia (optional)
- 1 cup ice cubes

1. In a blender, place the kale leaves, mango pieces, diabetic formula, non-fat milk and ice cubes.
2. Mix thoroughly until ingredients are fully incorporated. Serve immediately.

According to Dr. Bautista, it is not the amount of food ingested that is important. One must be aware of the nutritional content of the available food so that healthy choices can be made. Mrs. Bautista also reminded that patients with diabetes must be mindful of portion sizes and proportion of food servings. Dr. Bautista said that it is important to take pleasure in the preparation and cooking of food so that the task is less of a chore and more of an experience.

Episode 17: What You Need to Know About Glycemic Index and



This episode was special as it was hosted by two Past Presidents of Diabetes Philippines: Dr. Francis Pasaporte and Dr. Grace de los Santos. They were joined by Ms. Khristine Ivy Llave, a registered nutritionist and dietitian.

Ms. Llave explained that carbohydrates, per se, is not the enemy. It is the main source of energy of the body. Persons with diabetes, however, will need to monitor the intake of carbohydrates because too much carbohydrates will elevate sugar levels.

Not all carbohydrates are created equal.

The glycemic index is a system of ranking food based on how much it can raise blood glucose levels. Food can have a high glycemic index (70-100); a medium glycemic index (55-69); or a low glycemic index (1-55). For persons with diabetes, it is better to consume food with a low glycemic index. Some examples are vegetables, cooked eggs, milk, and nuts. Legumes also have a low glycemic index and are rich in fiber, making it ideal to include in the diet. Examples of food with high glycemic index are white bread and cooked pasta.

As emphasized in previous episodes, portion sizes remain important in maintaining a healthy diet. Just because a particular food has a low glycemic index, does not mean that it can be consumed without any limits. This is where the concept of glycemic load comes into play.

Glycemic load is different from

glycemic index. While the glycemic index comes from the inherent property of the food, the glycemic load takes into account the amount of the food ingested and its effect on the sugar levels. Think of glycemic index as assessing the quality of the carbohydrates, while the glycemic load targets the quantity of the carbohydrates.

For example, watermelon has a high glycemic index. If only one thin slice is consumed, then the glycemic load is low. Consuming less of a high glycemic index food will cause less of an increase in blood sugar levels.

Ms. Llave said that adding more vegetables is another way to stabilize glucose levels. Pan de sal, a staple breakfast food, has a high glycemic index. Adding vegetables will lessen the increase in blood glucose. Various examples of meals were shown, and Ms. Llave gave pointers on how to modify the meal to improve its glycemic index. By choosing food with low glycemic index, dramatic swings in blood sugar can be minimized. Added benefits of a low glycemic diet include weight loss and a reduction in cholesterol levels.

This episode emphasized the importance of knowing the glycemic index of the food and the appropriate portion or amount that can be eaten (glycemic load). Both the quality and the quantity of the carbohydrates ingested matter. Being aware of the glycemic index can help persons with diabetes make better food choices to keep the complications of diabetes at bay.

Do watch the videos and don't forget to Like, Share and Subscribe. Hit the Notification Bell to get alerted on a new video upload.

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RECALLING THE 70TH DIABETES WORKSHOP & 35TH DIABETES FORUM IN PANGASINAN

BY LALAINE B. DUQUE, MD

From April 14-15, 2023, Pangasinan became the home for 173 participants to the 70th Workshop & 35th Diabetes Forum - the first face-to-face meeting after the COVID pandemic.

Diabetes Philippines, in cooperation with its component Diabetes Philippines Pangasinan Chapter, welcomed 65 doctors, 35 registered nurses, 56 registered nutritionists and dietitians, and 14 allied professionals from different parts of Pangasinan, Tarlac, Nueva Ecija, and La Union provinces.

The event's Organizing Committee was delighted that the gathering surpassed its target of 100 attendees by 73% which was put to hold last February 2020 due to COVID-19. With the easing of guidelines and lowering of government restrictions, the workshop finally came to fruition.



A Perfect Venue

The workshop and forum's venue was indeed a destination not to miss.

Pangasinan is the salt capital of the Philippines, with salt making a major industry since the Spanish era. It is world famous for the Bonuan Bangus, Bagoong, Mangoes, Calasiao puto and a lot more! The province is home to many natural wonders, including caves, waterfalls, hills and mountains, and white sand beaches.

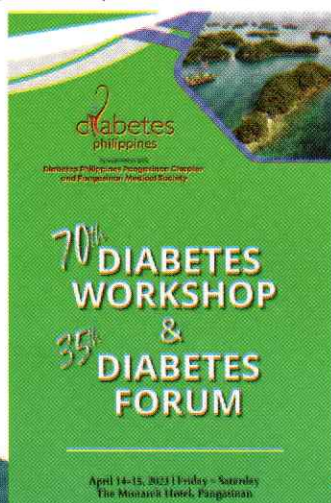
Other places await to be visited such as the famous Hundred Islands and beaches along the Lingayen Gulf, Manaoag Church, Bolineao Lighthouse, Tayug Sunflower Ecopark, and many more.

Day 1 Highlights

Dr. Jocelyn Marcos discussed Post-Pandemic Updates of Diabetes with emphasis on diagnosis and classification, risk factors and risk assessment.

Dr. Marsha Tolentino discussed the pathophysiology of diabetes as "Ominous Octet" and "Deleterious Dozen". She also shared the updated Diabetes Guidelines from ADA, EASD, AACE.

Dr. Francis Pasaporte talked about the "SMART" way to use the oral antihyperglycemic agent such as Metformin and Pioglitazone while DPP4 inhibitors, SGLT2 inhibitors and Alpha glucosidase inhibitors was handled by Dr. Marsha Tolentino.





The latest updates in using injectables in Type 2 Diabetes management like insulin was elaborated by Dr. Nines Bautista while Glucagon Like Peptide Receptor Agonist inhibitors was handled by Dr. Cynthia Sanchez.

Gestational Diabetes Management was discussed by Dr. Marci Cruz and Diabetes in the Elderly by Dr. Nines Bautista.

The lectures/discussions were followed by a "Meet the Expert" session where cases were presented and discussed with the active participation of the attendees.

sponsored a welcome dinner for the participants at the Dagupena Restaurant - one of Dagupan City's oldest restaurants serving the tasty and special bangus. The dinner night was made more memorable with Board of Trustees member



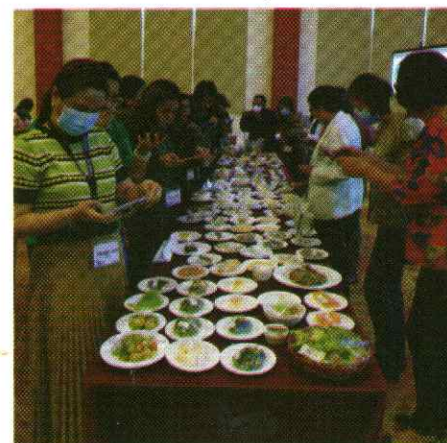
Ms. Jennina Duatin celebrating her birthday. With her dedicated advocacies, she opted to celebrate her special day with the participants.



A jamming session capped the night.

Day 2 Highlights

The second day was devoted to Nutrition Workshop and Calories



Counting as discussed by Dietitians Ms. Jennina Duatin and Ms. Khristine Ivy Llave. Attendees were able to participate in actual hands-on plating with prizes given to those who accomplished the tasks well.

The afternoon session was all about insulin injection and blood glucose monitoring facilitated by Ms. Leyden Florido.

The two-day workshop and forum ended with a lot of selfies and picture-taking. Everyone went home enriched with new knowledge and new friends!



In the photo from left to right: Dr. Bautista, Dr. Cruz, Dr. Sanchez, Dr. Tolentino & Dr. Francis

During breaktime, participants were encouraged to visit the booths of participating pharmaceutical companies: Abbott Laboratories, Astra Zeneca, BD/Embecka, Boehringer Ingelheim, Corbridge, LRI-Therapharma, Merck, Inc., Natrapharm, Inc., Novo Nordisk, Sanofi Aventis, Servier Philippines, Glorious Dexa and Taisho. Free-style kits were given away.

Prior to the day's events, Diabetes Philippines Pangasinan Chapter

On the evening of the first day, a fellowship was held at the poolside of Monarch Hotel with the 2023-2024 Officers of Pangasinan Chapter inducted into office by President Dr. Marsha Tolentino. The new officers included

Dr. Lalaine Duque, President; Dr. Clezzel Monsanto, Vice-President; Dr. Jubilia De Guzman, Secretary; Dr. Madelyn Decena, Treasurer; Dr. Lourdes Rowena Torio, Auditor; Dr. Rhodelia Ramos, PRO; Dr. Jovito Rivera, Dr. Barbara Yap, and Dr. Irene Dampil, Board of Direc-



Newly inducted officers of DP Pangasinan Chapter



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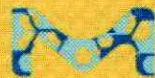
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1. Zentgraf F et al. Diabetes Care Metab. 2020;1—10. 2. Sawada K, Inagaki T, Tanabe Y et al. Metabolism 2020;57(1):1029-40. 3. Parkash et al. Kidney International 2017;132(3):517-523. 4. Wong et al. Diabetes Care. 2010; 33(9):1994-1999.

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71ST DIABETES WORKSHOP AND 36TH DIABETES FORUM IN DAET, CAMARINES NORTE

BY PAUL LUIS G. PALENCIA, MD



Despite the threat of an incoming typhoon and the imminent eruption of Mayon Volcano, 142 participants from the Bicol Region came to Daet to attend the 71st Diabetes Workshop and 36th Diabetes Forum last June 8-9, 2023 at the Prime Suite Hotel organized by Diabetes Philippines Inc. in cooperation with Diabetes Philippines Camarines Norte Chapter. The event aimed to enhance the knowledge, skills and attitude of healthcare professionals in caring for people with diabetes.

An earthquake with Magnitude 4.2 preceded the arrival of prestigious lecturers headed by DP President Dr. Marsha Tolentino. With her were immediate Past President Dr. Francis Pasaporte; workshop coordinators Dr. Nines Bautista and Ms. Jennina Duatin; speakers Dr. Rey Rosales, Dr. Cynthia Sanchez, and Ms. Leyden Florido; Ms. Ruth Gelito and Ms. Sara Pascual; and representatives from the pharmaceutical companies.

"May earthquake na, may typhoon at volcano pa, tsunami na lang,

bingo na!", Camarines Norte President and co-workshop coordinator Dr. Paul Palencia jested as he addressed the delegates. All this did not deter the delegates from coming to the two-day workshop and forum and actively participating in the lectures and discussions.

Day 1 opened with the entry of colors by Our Lady of Lourdes College Foundation's Maritime Department and the invocation rendered by the Junior High School Dancesport Team, followed by informative lectures.

Diagnosis, Screening and Post-pandemic Diabetes Updates were discussed by Dr. Rey Rosales while Dr. Francis Pasaporte lectured on Oral Anti-Hyperglycemic Agents. Injectable Diabetes Therapy was presented by Dr. Nines Bautista and Dr. Cynthia Sanchez. The Introduction to Insulin Injection Technique and Blood Glucose Monitoring Workshop was handled by Ms. Leyden Florido.

The Induction of Officers of all the DP chapters in the Bicol re-

gion was also held and a fellowship night capped the first day.

An interesting lecture on Gestational Diabetes and Diabetes in the Elderly by Dr. Pasaporte and Dr. Bautista kicked off the sessions on Day 2. This was followed by the much-awaited Nutrition Workshop, Calorie and Carbohydrate Counting featuring local and native Bicol delicacies by Nutritionist-Dietitians Ms. Jennina Duatin, Ms. Khristine Ivy Llave and Ms. Glenna Bernabe. A Meet the Experts Session/Q&A portion were held on both days and an evaluation wrapped up the two-day workshop.

The Bicol Region, Camarines Norte specifically, expressed its gratitude to all the speakers who came to the event and helping Bicolanos augment their knowledge and skills in managing diabetes as well as upholding the right attitude in handling people with diabetes. It also looks forward to more workshops and diabetes-related activities in Camarines Norte.

> More photos on Page 28



71ST DW & 36TH DF

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List of References:

*For the period 2006-2021 July; ** as reported by Merck Sharp & Dohme's Diabetes Global Marketing Team.

1IQVIA NPA: 2006-2021 YTD July; Reported by Diabetes Global Marketing Team. Data on file with Merck Sharp & Dohme

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IN LOVING MEMORY OF *Dr. Susan Yu-Gan*

BY AGNES T. CRUZ, MD



Susan or Sansu as we fondly call her was a true friend, a dedicated and passionate doctor and an aspiring singer.

I have known Susan as a colleague and as an eloquent and articulate speaker who I had the privilege to work with on many occasions. She always delivers her lectures with clarity as if she was merely telling a story.

I got to know Susan better when she asked if she could join the ISDF Choir which I started in 2010. Knowing that she was a singer and a true music enthusiast (and because she was my friend), I did not hesitate to say yes.

Her being a part of the ISDF Choir made her very happy, feeling the belongingness in a group. She attended our regular rehearsals despite her busy schedule. She enjoyed not only the singing but most importantly, she loved the entire Choir and the fun and laughter each session has brought to her life.

We had several performances with her and she also participated in our caroling with the pharmacy companies. We had so much fun performing with her, as a Soprano, and eventually singing Alto when she was on treatment.

We knew she had a most mem-

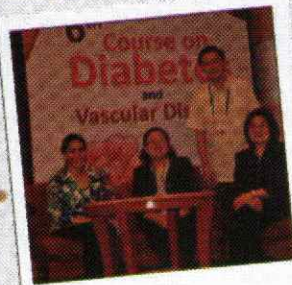
orable and enjoyable time singing with the choir and we really miss her so much.

Susan, you have lived a full and exceptional life which though short, was very well-spent.

Thank you for the joy and honor of knowing you and for sharing your beautiful life with us. We will hold you dearly in our hearts and will always remember you with love and gratitude.

*Until we meet again, dearest friend.
Goodbye dear Susan.*

Dr. Agnes





IN LOVING MEMORY OF *Dr. Susan Yu-Gan*

BY EDITHA A. DALISAY, MD

I could no longer remember how Susan and I met. What I can remember is that I have always had a sisterly "connection" with her. We would meet in local diabetes meetings, international meetings and speaker meetings. We always had fun comparing notes and experiences - from the trivial to the significant ones.

But what really brought us together was our shared passion for diabetes advocacy. We spent several years together working at the then Philippine Diabetes Association renamed Diabetes Philippines. We were together during the very challenging time when we attempted to improve training in Diabetes and create Diabetes as a subspecialty.

You might think that Susan is a softie; but mind you when she believed in a cause she put her whole heart and soul into it. We comforted each other and vowed to continue to help the young ones to one day attain our dreams.

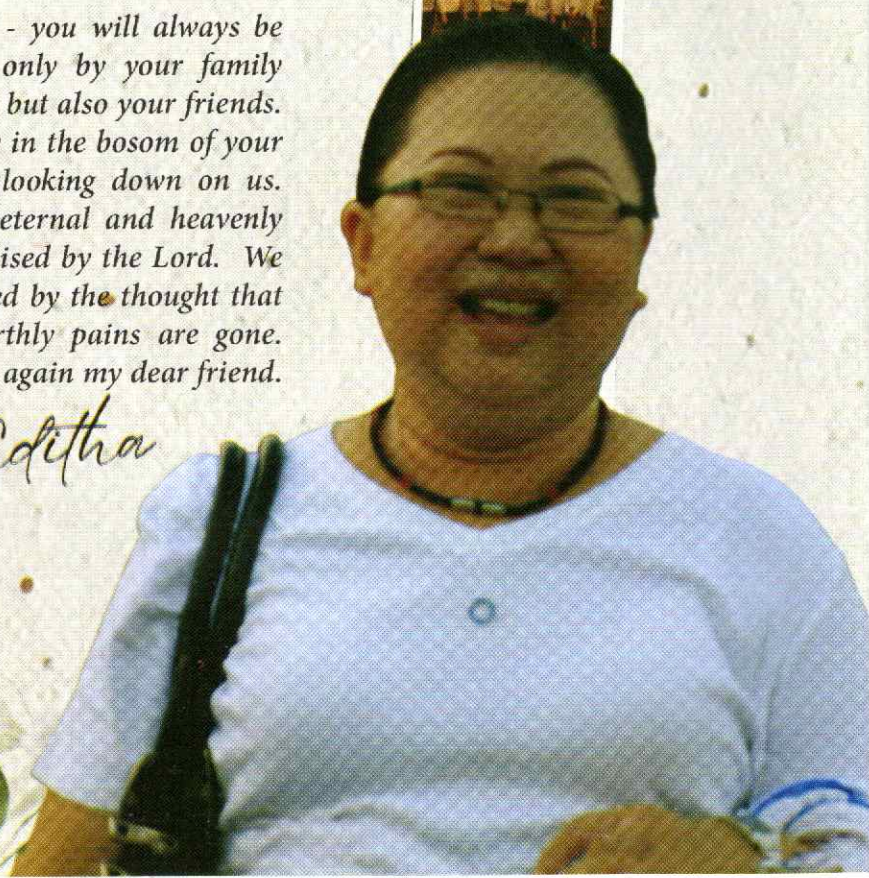
I also worked closely with her when I joined full time a pharmaceutical company and she would honor us by gracing our meet-

ings as a speaker. She was a well sought speaker not only in the Philippines but regionally as well. Complex topics are lectured by Susan in very simple terms making even non Specialists understand the complexity of her topic.

Even when I left the Philippines Susan and I would always keep in touch. When I learned she was not doing well health wise I gave her words of encouragement and prayed with her. I am amazed by her faith in God and love of family.

Dear Susan - you will always be missed not only by your family and patients but also your friends. You are now in the bosom of your Maker and looking down on us. Enjoy your eternal and heavenly rest as promised by the Lord. We are comforted by the thought that all your earthly pains are gone. Till we meet again my dear friend.

Dr. Editha





ON THE MOVE 2023

INSIDE:

- DP ACTNOW MOA Signing Ceremony
 - with QualiMed Hospital
 - with Baguio City
 - with Patient Group in celebration of World Kidney Day
 - with Department of the Interior and Local Government (DILG)
- DP Batangas Chapter Induction Ceremony
- 1st Pharma Meeting with DP BOT
- Blessing and Opening of DP Clinic

ON THE MOVE '23

DP ACT NOW MOA Signing Ceremony

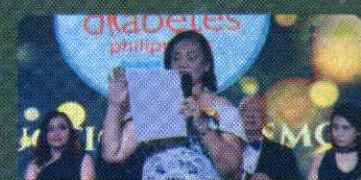
with
QualiMed Hospital

January 6, 2023
Amphitheater, QualiMed Hospital,
Sta. Rosa Laguna



DP Batangas Chapter Induction of New Officers

January 10, 2023
Batangas City



#DP2023

DIABETES PHILIPPINES

ON THE MOVE '23

DP ACT NOW MOA Signing Ceremony

with
Baguio City

January 13, 2023
Baguio City Hall



1st Pharma Meeting

DP with Pharmaceuticals
Partners

January 27, 2023
EDSA Shangri-La Hotel,
Mandaluyong City



#DP2023

DIABETES PHILIPPINES

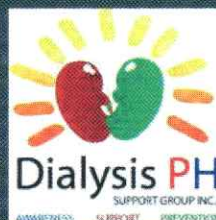
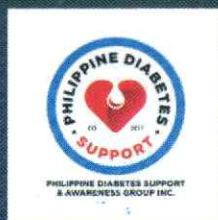
ON THE MOVE '23



DP ACT NOW MOA Signing Ceremony

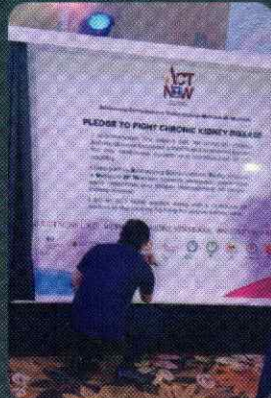
with Patient Groups in
celebration of *World Kidney Day*

March 9, 2023
DP Building,
Mandaluyong City



Blessing and opening of DP Clinic

March 25, 2023
DP Building,
Mandaluyong City



DP ACT NOW MOA Signing Ceremony

DP with DILG

May 3, 2023
EDSA Shangri-La Hotel,
Mandaluyong City



#DP2023

DIABETES PHILIPPINES

diabetesWATCH

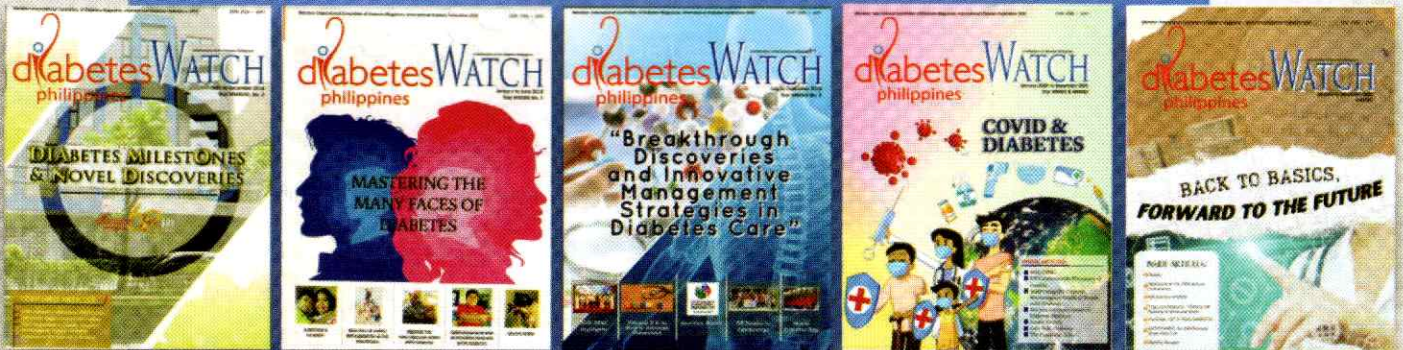
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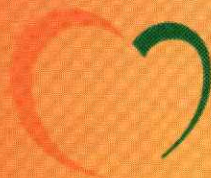


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