

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

**16<sup>th</sup> NATIONAL ANNUAL CONVENTION ON PREVENTIVE CARDIOLOGY  
FOR PHYSICIANS**

Theme: "Cardiogeriatrics: addressing the cardiovascular needs and care  
of the elderly population"

**P R O G R A M M E**

**Day 1**  
**January 29, 2016**  
**Friday**

0800 – 0830      REGISTRATION  
                         VISIT THE EXHIBITS

0830 – 0900      Words of Welcome

Ramona Ozaeta, MD  
*Director, Optimal Aging Center, MMC*

Introduction to the Course

Adolfo Bellosillo, MD  
*Founding President, FLEHD*

**SESSION 1      INTRODUCTION TO CARDIOGERIATRICS**

0900 – 0930      The demographics of the aging population  
(swelling of the elderly population, characteristics, life  
expectancy, factors for the increase in life longevity)

Noel Rosas, MD

0930 – 1000      The anatomic and physiologic cardiovascular changes  
that occur with advancing age

Leandro Bongosia, MD

**SESSION 2      SYMPOSIUM ON COMMON CARDIOVASCULAR DISEASES IN THE ELDERLY (A)**

1000 – 1030      Hypertension in the elderly  
(risks of elevated systolic/diastolic blood pressure,  
BP level for initiation of therapy, BP goals of therapy,  
choice of antihypertensive drugs specifically for the  
elderly population)

Alberto Atilano, MD

1030 – 1100      Coronary Artery Disease  
(clinical features in the elderly in contrast to those in  
the young in terms of: silent ischemia, angina  
pectoris, myocardial infarction, complications, survival  
rate)

Rosan Trani, MD

1100 – 1130	Coronary Angiography (compelling indications, contraindications in the older patients, angiographic images)	Alejandro Prieto, MD
1130 – 1200	QUESTIONS AND ANSWERS	Raynato Kasilag, MD <i>Moderator</i>
1200 – 1330	GASTRONOMIC INTERLUDE VISIT THE EXHIBITS LUNCH ENTERTAINMENT – “MUSIC TO STRESS DOWNLOAD THE HEART”  FLEHD Prayer (“A Prayer To Serve”) The Philippine National Anthem FLEHD Hymn (“Save Them We All Must Go”)  Part I – FLEHD GOT TALENTS “It’s A Wonderful World” “Dream” “So In Love” “I Dreamed A Dream” “Stars” “To All The Girls I’ve Loved Before” “When I Dream” “Somewhere My Love” “My Funny Valentine” “Time To Say Goodbye”	Ramon Gonzalez, MD (Cagayan) Mohammad Abedin, MD (Lanao del Sur) Enrique del Fuerte, MD (Laguna) Ma. Luisa Sarbues, MD (Capiz) Romulo del Rosario, MD (Albay) Alberto Atilano, MD (Manila) Cesar Yap, MD (Capiz) Leandro Bongosia, MD (Manila) Geoffrey Lopeccillo, MD (Albay) Rommel Mosquete, MD (Capiz)
	Part II – THE BEST OF THE UP CONCERT CHORUS (Grand Prix International Choral Competition In Krakow, Poland winning pieces)	Jai Sabas Aracama ( <i>Director</i> )

**SESSION 3      SYMPOSIUM ON COMMON CARIOVASCULAR DISEASES IN THE ELDERLY (B)**

1330 – 1400	Diastolic Heart Failure (etiology, clinical presentations, echocardiographic features, differences in prognosis and management)	Sharon Lacson, MD
1400 – 1430	Degenerative diseases of the aortic and mitral valves (Etiology, pathology, clinical features, and surgical management)	Edwin Wenceslao, MD
1430 – 1500	Echocardiographic features of calcific aortic and calcific mitral valve diseases)	Adoracion Nambayan-Abad, MD
1500 – 1530	Cardiomyopathies (dilated, hypertrophic, restrictive – their clinical presentation; clinical outcome; management)	Ken Villanueva, MD
1530 – 1600	Echocardiographic features of the different Cardiomyopathies	Clavel Makalintal, MD

**SESSION 4**      **SPECIAL LECTURE AND COMMENTARY**

1600 – 1700	“Nuances and Pitfalls in Electrocardiographic interpretation re “myocardial Ischemia”; and “LVH by voltage”	Adolfo Bellosillo, MD
1700 – 1730	QUESTIONS AND ANSWERS	Juan Dionisio Foronda, MD
1630 – 1700	OPEN FORUM VISIT THE EXHIBITS	

**Day 2**  
**January 30, 2015**  
**Saturday**

0800 – 0830	REGISTRATION VISIT THE EXHIBITS	
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**SESSION 5**      **ISSUES AND CONCERNS IN CARDIOGERIATRICS (A)**

0830 – 0900	Cardiovascular pharmacotherapy for the geriatrics (principles, drug resistance, reactions and interactions)	Eleanor Lopez, MD
0900 – 0930	Peripheral Vascular Disease (incidence, diagnostic tests, management)	Melisa Bernardo, MD
0930 – 1000	Resynchronization Therapy (historical background, rationale and applications, success rates, causes for failure)	Paul Quetua, MD

**SESSION 6**      **ISSUES AND CONCERNS IN CARDIOGERIATRICS (B)**

1000 – 1030	Cardiac Rehabilitation for the Cardiogeriatrics at Makati Medical Center	Enrique del Fuerte, MD
1030 – 1100	The Optimal Aging Center of Makati Medical Center	Ramona Ozaeta, MD
1100 – 1130	Atrial fibrillation in the elderly (etiology, clinical consequences, sinus conversion versus rate control, management)	Vincent Valencia, MD
1130 – 1200	QUESTIONS AND ANSWERS	Angelita Aguirre, MD
1200 – 1330	GASTRONOMIC INTERLUDE VISIT THE EXHIBITS	
1330 – 1530	SENIOR CITIZENS HEART FORUM  FLEHD Prayer (“A Prayer To Serve”) The Philippine National Anthem FLEHD Hymn (“Save them We All Must Go”)	

Welcome Remarks	Ramona Ozaeta, MD <i>Director, Optimal Aging Center, MMC</i>
Introductory Remarks	Adolfo Bellosillo, MD <i>Founding President, FLEHD</i>

"Know Your Heart And How It Works"	Enrique del Fuerte, MD
"How Do I Know I Am Having A Heart Attack"	Michael Rome, MD
"Cholesterol: The Good, The Bad, And The Ugly"	Joseph Cuaresma, MD
"Hypertension: The Silent Killer"	Ryan Andal, MD
"Sex And The Heart: Separating Fact From Fiction"	Adolfo Bellosillo, MD

OPEN FORUM	Angelita Aguirre, MD
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1530

MUSIC TO STRESS DOWNLOAD THE HEART OF THE GERIATRICS

*Featuring:* Jai Sabas Aracama, mezzo soprano, Director, UP Concert Chorus  
Ramon Acoymo, tenor, former Dean, UP College of Music  
Ervin Lumauag, tenor, Philippine Madrigal Singers (Ret.)

"Another Opening, Another Show"	Aracama, Acoymo, Lumauag
"Those Were The Days"	Aracama, Acoymo, Lumauag, SENIOR CITIZENS
"Lover Come Back To Me"	Ramon Acoymo
"Silver Threads Among The Gold"	Ervin Lumauag
"My Favorite Things (A Parody)"	Jai Sabas Aracama
"And This Is My Beloved"	Ramon Acoymo
"Hello Dolly"	Aracama, Acoymo, Lumauag, SENIOR CITIZENS
"Once Upon A Time"	Ervin Lumauag
"One Alone"	Jai Sabas Aracama
"Memory" (A Parody)	Ramon Acoymo
"Les Feuilles Muertes"	Ervin Lumauag
"Master Of the House"	Aracama, Acoymo
"Anniversary Song" (A Parody)	Aracama, Acoymo, Lumauag
"Auld Lang Syne"	Aracama, Acoymo, Lumauag, SENIOR CITIZENS