

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

**18<sup>h</sup> NATIONAL ANNUAL CONVENTION ON PREVENTIVE CARDIOLOGY  
FOR PHYSICIANS**

**January 22-23, 2018**  
Auditorium, Tower 2 Makati Medical Center

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

**DAY 1**  
**January 22, 2018**  
**Monday**

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  
*Chair, Section of Cardiology, MMC*

Introduction of the Course

Adolfo Bellosillo, MD  
*President, Foundation for Lay Education on Heart Diseases, Inc.*

**SESSION I      UPDATES ON THE EXPANDING ROLE OF CARDIAC REHABILITATION IN  
CARDIAC AND NON CARDIAC CASES**

Session Chair:    Eduardo Yambao, MD

0900 – 0930      Improving the functional capacity of patients with  
                         congestive heart failure through cardiac rehabilitation

Carlos Esguerra, MD

0930 – 1000      Cardiac rehabilitation in end stage congestive experience  
                         heart failure with left ventricular assist device:  
                         the Makati Medical Center experience

Enrique del Fuerte, MD

1000 – 1030      Cardiac Rehabilitation program for athletes after  
                         myocardial infarction

Alex Junia, MD

1030 – 1100	Protecting and improving cardiovascular function in patients with chronic renal disease through cardiac rehabilitation	Edgardo Ebba, MD
1100 – 1130	The role cardiac rehabilitation plays in oncology patients	Ivy Joyce Kong-Parcon, MD
1130 – 1200	Moving those muscles can be fun for the elderly: A special cardiac rehabilitation program for the senior citizens	Rosan Trani, MD
1200 – 1230	QUESTIONS AND ANSWERS  Moderator: Benjamin Quito, MD	
1230 – 1300	GASTRONOMIC DELIGHT	

## **SESSION II PUBLIC SERVICE – Issues and Concerns in Preventive Cardiology**

Session Chair: Chad Chacon, MD

1300 – 1320	Heart attack that is silent	Leandro Bongosia, MD
1320 – 1340	The fetus and atherosclerosis	Ken Villanueva, MD
1340 – 1400	The French Paradox: Red wine and atherosclerosis	Alejandro Prieto, MD
1400 – 1420	The circadian variation in cardiovascular events (The need to taking cardiovascular medications at the proper time of day)	Adolfo Bellosillo, MD
1420 – 1440	The arguments for and against sexual intercourse as a good form of conditioning exercise for the heart	Alberto Atilano, MD
1440 – 1500	QUESTIONS AND ANSWERS Gastronomic Interlude  Moderator: Angelita Aguirre, MD	

1500 **“HOW TO REMAIN YOUNG AT HEART: THE MUSICAL”**

Music by: Jeremiah Calisang  
Lyrics and Libretto by: Adolfo Bellosillo, MD

**Featuring:**

U.P. Prof. Ramon Acoymo (tenor), *former dean, U.P. College of Music*  
U.P. Prof. Janet Aracama (mezzo soprano), *directress, U.P. Concert Chorus*  
*Jeconiah Retulla, bass baritone*  
Khevin Scott Almario, *tenor*  
Ma. Luisa Sarbues, MD; Rommel Mosquete, MD; Cesar Yap, MD  
Rosario Neri, MD; Chad Chacon, MD; Patrick Lim, MD

**DAY 2**  
**January 23, 2018**  
**Tuesday**

0800 – 0830 REGISTRATION  
VISIT THE EXHIBITS

0830 – 0900 SPECIAL LECTURE: “Pitfalls in the Diagnosis and Management of Patients Presenting in the Emergency Room with Chest Pain” Noel Rosas, MD

**SESSION III RISK FACTORS FOR ATHEROSCLEROSIS REVISITED**

Session Chair: Jose Armando Diaz, MD

0900 – 0930 Risk factors for atherosclerosis: Vincent Valencia, MD  
Looking beyond the NCEP ATP III

0930 – 1000 The role of inflammatory process in cardiovascular disease: Edwin Wenceslao, MD  
The HS-CRP as a biomarker for atherosclerosis

1000 – 1030 The ankle-brachial index: as a biomarker for coronary Melissa Bernardo, MD  
and cerebral atherosclerosis

1030 – 1100 Fibrinogen – the final stage in blood clotting leading Mariano Lopez, MD  
to acute myocardial infarction

1100 – 1130	Vitamin D deficiency and excess iron intake as an emerging risk factor in atherosclerosis	Aileen Divinagracia-Alban, MD
1130 – 1200	Homcysteine: its devastating effect on the Cardiovascular system	Adolfo Bellosillo, MD
1200 – 1230	QUESTIONS AND ANSWERS  Moderator: Adoracion Nambayan-Abad, MD	
1230 – 1330	GASTRONOMIC INTERLUDE VISIT THE EXHIBITS	
1330 - 1430	MUSIC TO STRESS DOWNLOAD THE HEART  <b>“LOVE CONQUERS ALL”</b>	
	Another Opening, Another Show	Ma. Luisa Sarbues, MD Rommel Mosquete MD, Cesar Yap, MD <i>FLEHD Capiz Chapter</i>
	Love is a many splendored thing	Ramon Gonzalez, MD <i>FLEHD Cagayan Chapter</i>
	Historia de un amor	Geoffrey Lopeillo, MD <i>FLEHD Albay Chapter</i>
	If I Loved You	Rommel Mosquete, MD <i>FLEHD Capiz Chapter</i>
	Loveliest Night of the Year	Leandro Bongosia, MD <i>Manila</i>
	Chanson D’Amour	Ma. Luisa Sarbues, MD <i>FLEHD Capiz Chapter</i>
	Autumn Leaves	Mohammad Abedin, MD <i>Mindanao</i>
	Eternally	Enrique del Fuerte, MD <i>Manila</i>
	You’re my everything	Alberto Atilano, MD <i>Manila</i>
	Besame Mucho	Cesar Yap, MD <i>FLEHD Capiz Chapter</i>
	All I ask of you	Romulo del Rosario, MD <i>FLEHD Albay Chapter</i>

We are the world

ENSEMBLE AND AUDIENCE

**SESSION IV** **UPDATES ON ECHOCARDIOGRAPHY**  
**The Many Hats The Technology Wears**

Session Chair: Rosario Neri, MD

1430 – 1500	Transesophageal Echocardiography in the Operating Room	Eleanor Lopez, MD
1500 – 1530	Adding more dimension to echocardiography: The 3-dimensional echocardiography story	Valerie Zarza-Geron, MD
1530 – 1600	The need for Echocardiography for critically ill patients	Clavel Macalintal, MD
1600 – 1630	Echocardiography in the safe conduct of pregnancy	Raul Lapitan, MD
1630 – 1700	Early detection of myocardial dysfunction in cancer patients undergoing chemotherapy through strain imaging echocardiography	Edwin Tucay, MD
1700 – 1730	QUESTIONS AND ANSWERS	
	Moderator: Ramon Francisco, MD	