University of Cebu
School of Medicine
Driven to Excel, Driven to Serve

The Serviant

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1st Runner Up: UC Med Students Beat 38 Teams in APMC National Medical Quiz Bee



By: **Nneka Brigit Dueñas**



UCSM ranks 1st in Regional Medical Quiz Bee (*Photo taken by Photographer Name*)

Known in the school's community as the "Big Three", Cy Johann Kent Romuga, Miles Cortes, and Jason Bansuela once again proved that their excellence is not only confined to the corners of the classroom but extends as far as the national level as they bagged 1st Runner Up during the 8th National Medical Quiz Bee held last February 10, 2019 at De La Salle Medical and Health Sciences Institute, Dasmariñas City, Cavite.

Medical schools from all over the country convene every year as Association of Philippine Medical

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Caption (*Photo taken by Photographer Name*)

UCSM IN ACTION: MEDLYMPICS 2019

By: **Mikhael Jeff T. Yamit**

The University of Cebu – School of Medicine once again participated in one of the most coveted events of APMC-SN Visayas, the annual Medlympics 2019, held last January 26-27 at the Sacred Heart School – Ateneo de Cebu grounds.

This years' Medlympics was hosted by Matias H. Aznar Memorial College of Medicine (MHAM-CM) and

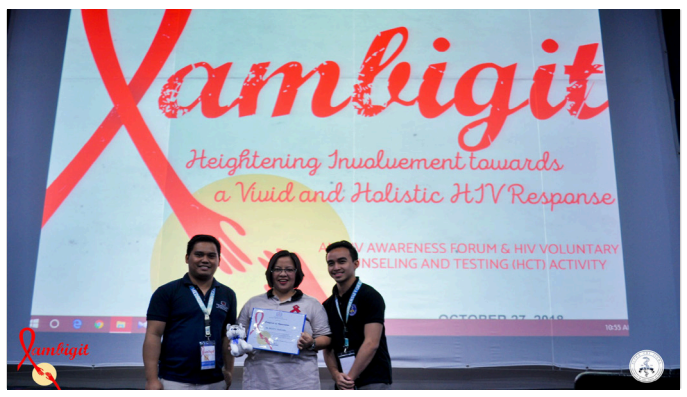
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Students Bag Awards in Dugtong: 7th APMC-SN Regional Convention

By: **Marie Louise Jumawan**

The University of Cebu College of Medicine Foundation Inc. (UCCMFI) participated for the first time and brought home awards in the Regional Medical Students Research Competition (Visayas) and in the Regional Clinico-Pathologic Conference (CPC) Competition during the 7th APMC-SN Regional Convention

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UCSM on Lambigit: HIV Forum Seminar

By: **Quennie Nikki Paring**

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UCSM: Taking the First Step to the Contemporary Tradition

By: **Camille Apostol**

The white coat ceremony is an academic world tradition that began in 1993 at the Columbia University College of Physicians and Surgeons in New York. This ceremony was created by Dr. Arnold Gold, and has been made a tradition gradually, globally, since then.

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1st Runner Up: UC Med Students Beat 38 Teams in APMC National Medical Quiz Bee

Colleges - Student Network holds its National Convention in different medical colleges. For this year's 52nd National Convention, the host school was De La Salle Health and Medical Sciences Institute with the theme "Adlaw: Fostering Mental Health in Medical Education". The current APMC-SN president, Christopher Balicanta, welcomed medical students, leaders, faculty, and academic contestants to the two-day event and remarked the event as culmination of all their advocacies and campaigns for the past year which focused on Mental Health.

Dr. Maria Rosario S. Vergeire, MPH, CESO IV, Assistant Secretary of Health, the key speaker of the event, emphasized the importance of mental health not just in other people but most especially to us as frontlines in the profession of medical health.

The UP College of Medicine steals the championship by a point to UCCMFI. Second runner up was grabbed by Cebu Institute of Medicine.

The Translational Research Competition was participated by the school represented by Aaliah Marie Dy and Nneka Brigit Dueñas. The school's APMC Representative, Maureen Angela Codilla, also represented the school in the different seminars and election during the said event.

The National Convention also awarded Ten Outstanding Medical Student Organizations (TOMSO) from different participating schools. Meanwhile, the 4th Clinico - Pathologic Conference was also participated by other schools around the country.

UCSM IN ACTION: MEDLYMPICS 2019

marched with the theme "TAKDO: Onward Together, One Medicine, One Central Visayas to celebrate camaraderie, sportsmanship, and unity in the light of sports". UCSM was one of the 6 schools that participated in the said event.

The two-day affair kicked off with the Oath of Sportsmanship lead by Ms. Katherine Jumapao, a well-known Cebuana triathlete, together with each school's representative. The rest of the opening ceremony went on with a speech from MHAM-CM's Dean and Student Council to start the sporting occasion.

UCSM first graced the event with its own version of a yell that displayed their energy and creativity. The following games were participated by UCSM athletes as they fought through tough competition: basketball men, volleyball men and race, DOTA, and Ultimate Frisbee. Medlympics 2019 was also incorporated with non-sporting events such as the Quiz Bowl and the anticipated Mr. and Ms. APMC-SN 2018-2019, which was held at the last day of the event followed by the awarding ceremony.

UCSM placed 6th in the overall ranking, with Cebu Doctor's University bagging the championship. However, the battle cry "Better every day" will still run through the minds of its students as they seek redemption in next year's Medlympics. Overall, this experience served its purpose well and also gave a platform for the howls of the Dire Wolves to be heard.

UCSM on Lambigit: HIV Forum Seminar

UCSM, in coordination with the Student Council, and Alpha Chi Sigma organized Lambigit, an HIV awareness forum last September 27, 2018 at the school's amphitheater.

It was the second time the school had participated in this annually-held seminar. The joint forces of DOH R7, Vicente Sotto Memorial Medical Center, Mandaue City Social Hygiene Clinic, AIDvocates, Cebu Plus Association, Inc., and Transgender COLORS, Inc. aim to spread awareness of the current status of HIV in the country with the theme: Heightening Involvement towards a Vivid and Holistic HIV Response. An HIV voluntary screening in the afternoon was made to the students and faculty for free.

The forum started off with NASCP (National AIDS and STDs Control Program) representative Mr. Francis Irvin Baring's overview on the recent statistics of HIV in the Philippines. According to their Asia-Pacific study, Philippines is at 3rd place with an estimate of 140% increase of HIV cases dating back 2010. As of August 2018, there are 58,181 cases, majority of which comprised of 15-34 age bracket. Major cited causes were from sex without condoms, sharing of needles, and refusal of victims to undergo treatment due to stigma forbearing the disease.

Ms. Francheska Dabon of Transgender COLORS (Coalition for the Liberation of the Reassigned Sex), Inc. discussed the different gender identities, their expression and preferences. She also reiterated on the discrimination and stigma the members of SOGIE received every day. She further added that one's individuality is "everyone's job but not everyone's business".

The last speakers were Dr. Helen Madamba and Dr. Chamberlain Agtuca from VSMMC who emphasized the importance of abstinence and/or safe sex. They also encouraged the participants for an HIV screening on the same day in the afternoon. To end, they assured that HIV is a preventable condition and there is life beyond the disease.

Students Bag Awards in Dugtong: 7th APMC-SN Regional Convention

held in Silliman University, Dumaguete City on November 16-17, 2018.

An entry for the Translational Research Category titled, "Ethical Breaches on Social Media (Facebook) Among Healthcare Professionals", presented by Aaliah Dy and Mitchell Murallon bagged 1st runner up during the research competition and were qualified for the nationals. For the CPC, the school was represented by European Henley Sanchez, Miles Cortes, Goldie G. Pogosa, and Rene Kosel Dan Castillo and placed 3rd out of 11 teams in the competition, an amazing feat for first timers.

Three entries from the school made it to the top 5 – two entries for the Translational Research Category and one entry for the Basic Research Category. Batch Primoris' Cy Johann Kent Romuga also made the school proud for being the highest scorer in the Preliminary Elimination Round of the Medical Quiz Bee Competition which was a 100 item examination taken within two hours and covered subjects from 1st year to 3rd year. This is the second time Cy Johann Romuga won the award since last year's competition. Other students teamed up with Romuga for the easy, average, and difficult rounds of the Quiz Bee namely, Jason Bansuela, Anthony Acenas, and Rene Dan Castillo.

With the theme, "DUGTONG: Dialogue of Transformation Beyond Connectivity and Partnership", APMC-SN has once again paved a way for medical students in the region to solidify their connections and partnerships that were built over time by the organization.

Part of the organization's goal is to create platforms and niches where medical students can put their talents, skills, and leadership capabilities best to create networks and promote transformation while being active learners in the field. Guest speakers from varying fields in medicine were invited to give talks during the different Breakout Sessions. Plenary Sessions which featured talks from the nation's leading experts and practitioners also served as an avenue for addressing latest innovations and breakthrough in the field of Medicine, as well as give way for some students to voice out their questions and problems.

The school's APMC representative, Maureen Angela Codilla, also participated and bore the flag of the school in the said event. Bagging multiple awards as newbies in the said field just goes to show that being first timers is not a hindrance to success and UCCMFI has set the bars up high for future participants.



UCSM: Taking the First Step to the Contemporary Tradition

The vision was to establish defined guidlines regarding the expectations and responsibilities appropriate for the medical profession before the students begin their clerkship. The white coat, and the ceremony of presenting it to students, became the symbol of desire to do right by patients and by the profession.

As for the University of Cebu School of Medicine's first batch of incoming graduates, their white coat ceremony has been nothing short of momentous. The pioneering batch of medical students, Batch Primoris, celebrated their white coat ceremony in the 6th floor's conference room of the UC Medical Center. It was held on a glorious Friday morning, the 1st of June, 2018. The event started at 8 AM, and ended at 11 AM for brunch.

The event was graced with the presence of the university's chancellor, administrators, and the school of medicine's faculty, spearheaded by the dean, Dr. Ma. Melfer R. Montoya

UCCMFI Bags 1st place in CMS Quiz Bee



By: Allanys Joy Q. Pino

University of Cebu College of Medicine Foundation, Inc. once again proved that' although labelled as dwarves, we are dwarves that can stand head to head with giants as we excelled, bested 5 other schools, and garnered first place in the 1st Cebu Medical Society Quiz Bowl which happened last September 28, 2018 at the CMS Building, Banilad, Cebu City.

The event was done in conjunction of the Medicine Week celebration by the joint partnership of Philippine Medical Association and Cebu Medical Society held last September 23-29, 2018.

Seven student representatives were chosen from the different batches to represent the school in the said quiz bowl-Syrum Joseph Quinto, and Chelsea Calano from Invictus; Anthony Acenas, and Thirdy Louise Kong from Tritonos; Jason Bansuela, and Rayn Jezreel Romero from Concordia; and Cy Johann Kent Romuga from Primoris. The core group was represented by Romuga, Bansuela, Acenas, and Quinto.

Six medical schools based in Cebu participated in the event namely Cebu Doctors' University, Cebu Institute of Medicine, Matias H. Aznar Memorial College of Medicine, Southwestern Univeristy-PHINMA, University of Cebu College of Medicine Foundation Inc., and University of the Visayas Gullas College of Medicine.

UCCMFI bagged the first place, UV Gullas ranked second place, and third place was secured by CIM.

"We answered test questions as a team. The why's and how's behind them were also discussed. It sort of created a successful mindset as a way of building up confidence and trust with one another for the competition," Kong stated when asked about their experience during the competition.

The quiz bowl questions were lifted from the 12 medical board exam subjects. There are three rounds-easy, average, and difficult, with 10 questions asked in each round. Hesitant on the easy round at first, the team easily treaded the average and difficult round.

Against All Odds

A Hail Mary Pass to Becoming Doctor



By: Mark Cuyos

Abraham Lincoln once told the world that the best way to predict the future is to create it. Despite how easy and how feasible as it may sound, creating one's future is truly unpredictable – many individuals tried to create their ideal life by taking action every day with hard work and sacrifices, but in this society where the crippling terror of the economic supremacy controls the fully manifested realities of how the world lives, some of these hardworking dreamers don't succeed because not all of us have the same opportunities and wealth in life. For medical students whose parents have stable jobs or being supported by relatives, they are blessed enough to have the chance to pursue their chosen profession, but knowing some friends who gave up their dreams of becoming a doctor and decided to work in this unpleasant economy, I think to myself: how about these determined and hardworking souls that want to make their far-fetched dream a reality, but the only thing they have is the dream itself? There's no getting around the fact that medical school is expensive. One may be determined to become a doctor, but you can't overlook at the looming weight of the expenses you have to pay every semester.

For the freshman medical student Raphaela "Ela" Jurilla, a 26 years old stunner who's still battling for her lifelong dream to become a doctor, getting into medical school has never been a plain sailing for her. With financial instability and debts to pay but with genuine heart to serve, she helped communities and worked for international humanitarian aid agencies. "One disaster response after another, I saw for myself the plight of the poor. Their vulnerability multiplies after a disaster and access to health needs was scarce, if not non-existent. I have decided to level up my goal to become a doctor to the barrios." With the salary she earned working for five years, not only she was able to help her mother pay off her debt, she also saved money enough for two school years in medicine. Approaching the future with a forward-focused and vigilant mindset, she narrowed down her medical school selections and listed their respective pros and cons, including the tuition fees and cost of living in those areas. "*I got a scholarship in one of the medical schools in Manila. After realizing that the cost of living in Manila will be higher than in Cebu, I declined. My mother and I also went to government officials hoping that they have scholarships available, but there was none. I asked for support from my relatives from overseas, but they too backed out.*"



Despite her circumstances in life, she didn't give up, and with the combined prayers from family and friends, University of Cebu - School of Medicine (UCMed) saw her determination and accepted her as one of the students of batch Invictus. This opportunity is not about luck, but it is about her perseverance in working for her dreams amidst the financial crisis and her vision and goal that pulled her into this school.

When some strangers know you are studying medicine, they instantly think of the triad "well-to-do", "intelligent", and "studious", and you're even lucky enough if you are all these three. For Ela who can only finance herself for two school years, I asked her, "how about the succeeding years?" Is this creating her future, or predicting for the next years to come? While the cost of medical school itself is certainly high, she believes that the true cost of becoming a doctor is in years and years of her life. That's why for her, every minute counts while she's in



UCMed. She maximizes the latter two qualities of the triad – she reviews a lot, reads and memorizes lessons, and keeps herself intact with the demanding routine of being a medical student. She aims to do good this school year and hopes to be qualified for any scholarship program available. With the support of her mother, Ela is hopeful that they can find a way to help herself get through until graduation.

When asked how she's been handling everything since Day One as a medical student, Ela shared: "I remind myself constantly to still deliberately connect with family and friends to keep me sane and well balanced. I also make sure that I have time for church and have fellowship." "Juggling all these and deciding which to prioritize or to let go is a daily challenge," she added, "but my health will always be on top of my list because I know that if I get sick, all of my plans will just go to waste."

"What will you advice to UCMed students like you?"

"I would want to encourage students like me that are financially challenged: be frugal and count your blessings. Do not envy those who have nothing to worry about their tuition and expenses. I believe that this is part of a future doctor's training: to make do with what you have and to become resourceful for what is lacking."

Indeed, whatever challenges that come into our life, if we have that one dream, and even if we don't have anything but only have that dream,



pursue it. Do not quit, try as many times as you need to, and with all those efforts and sacrifices, you are going to make it. Do not let the currency in your pocket dictate what your future will be, and just like Ela, go forth with what you have and make use of it. In the end, your own happiness is the real goal, whatever your dreams are. Once again, according to Lincoln "that some achieve great success is proof to all that others can achieve it as well."

2018: AXE ENDING THE YEAR WITH GRATITUDE



By: Mark Cuyos

Living the teachings and values of service above self, University of Cebu's Alpha Chi Sigma (AXE), in partnership with the Children of the Coast Foundation, had a different kind of party after the bimonthlies and drove all the way to the South to spent the entire day with the children of Brgy. Matutinao, Badian Cebu.

Ending 2018 with a bang of fun and grace, the members of the AXE not only hosted a mini-Christmas party celebration, but also a program geared towards the promotion of health and well-being of more than 70 children of Matutinao Elementary School on December 16, 2018. They were taught the proper nutrition – the Go, Grow, and Glow food, the Food Pyramid, and their value in selecting the right and



nutritious meal for a healthy lifestyle; a demonstration of proper handwashing, as well as proper brushing of teeth, which the children had the chance to perform themselves; and, a comical yet educational acting presentation by the AXE members in identifying possible Dengue Fever and the preventive measures they can do in their surroundings.





AXE had a chance to converse with the enthusiastic children one-by-one, addressing them as "ate's & kuya's" while telling a bit of their stories and simple aspirations like becoming a "bus driver", a "bus conductor", or even a "tanod". While most modern age kids scream for the latest gadgets or the shoes for Christmas, these kids in Brgy. Matutinao never even mentioned one. In fact, most of them hesitated to ask for any. Some kids just want school supplies, pad papers, school bag, a grocery, or something not for themselves, but for their family or siblings. That which could melt but also break one's heart.

After the program, the children were then given gifts of handy drawstring bags with loads of school supplies such as notebooks and pencils, a water bottle, as well as a dental hygiene kit. As a way of saying "thank you", the children prepared and presented Christmas songs for the guests – a simple, yet very special, rendition of songs of the infamous voice of Filipino Christmas, Jose Mari Chan, and the all-time favorite ABS-CBN's Christmas Station IDs "Star ng Pasko" and "Just Love". It was in this season that love and happiness filled the hearts of these children, shaping smiles in their faces as it did with the young aspiring physicians.

This gift-giving project was realized with the support from the following: Mayor Carmencita Lumain, Mr. Noel and Mrs Rose Ybañez, Dr. Alexander A. Estrera & Ma. Angelica P. Estrera, Angelo Herzon P. Estrera, Mr. Fidel & Mrs. Mary Amor Cascabel, Mr. Richard & Mrs. Jane Bayale, Dr. Dexter Andales, Dr. Shanida Camomot, Dr. Sheila Santillan, Dr. Junjie Zuasula, Dr. James Maratas, Dr. Michael Shane Damaso.

Indeed, 2018 was a productive year for the organization. In addition to the Christmas outreach program AXE has been able to mobilize other health outreaches and medical missions throughout Cebu including: Pedro S. Romanos 10th Annual Surgical and Dental Mission, together with

Dr. Ulysses Rallon, on May 20, 2018 at Alcoy, Cebu; Relief Operations and Medical Missions for the victims of the Naga Landslide, together with Dr. Dexter Andales and Dr. Jun-Jet Berdin, on September 29 and on October 14, 2018 at the designated evacuation centers in Naga, Cebu (Naga Sentral School, Apo Cement Covered Court, and Enan Chiong Activity Center).

For 2019, AXE, in the commitment to give excellent service and reaching out the needs of the community, hopes to expand the milestones the organization achieved last year and extend more the capability to bring health oriented programs and health promotion to the beneficiaries for all the years to come.



Driven (A Long Way) to Serve.

By Emir Norolaji Usman

The Fuel

The arduous journey through the #RoadtoMD entails a plethora of daunting responsibilities. This essentially include mastery of the constellation of various complementary fields of medicine, be it smoothly establishing rapport through eloquent therapeutic communication or execute the necessary hospital procedures with grace and precision. All for the sake of the patients that will soon be placed in our care. One of these vital tasks, albeit not the most popular, is care outside of the hospital, care for the very roots of our society, --care for our community.

As part of the institution's mission and in line with the nation's goal of advancement in public health care, UC School of Medicine, collaborated with Barangay Garing of Mandaue City, Cebu as partner for this cause. The resilient batch of Primoris, as the pioneering batch for the mentioned program, have had their immersions in the Barangay and had brought home with them fruitful experiences of lessons as well as fond memories. To paint the picture more vividly, Louie Arizobal, member of the batch shared a glimpse on how they tried to make the best out of this unique opportunity.

The Trip's Itinerary

Before anything else, the senior clerks are to meet the goals that have been set for their respective community rotation. They have to fulfil several tasks as functional members of the health care team involved in community health care. This includes helping the Barangay Health Center in the implementation of existing health programs. They also receive consults, from which they formulate their own impression of the disease in order to make their own therapeutic plan. All under the eyes of the supervising consultant. They also meticulously plan a community health promotion program based from the previously identified health problems that need addressing. After Dr. Junjie Zuasula's approval of the plan, it is then consequently implemented through phases which will be continued by succeeding groups to be assigned in the area. Lastly, the group would choose one case for the family case presentation, to culminate their whole community exposure.

The Bumps and Sights along the Way

Going through this road is certainly not a smooth ride. Louie shares with us the bumps that he had encountered along the way.

"The most difficult part was having to deal with patients who do not have the financial means to get the appropriate medical attention they deserve. It's so frustrating how easily manageable cases could be compromised because the patients couldn't afford the laboratory examinations you requested and medications you prescribed."

Contrary to this, an upside is also in order as he describes when asked about the best part of the rotation:

"*I guess having an impression of the condition of the patient or diagnosing their disease after a few minutes of history taking and physical examination, deciding what medications to give and writing it on the prescription pad with your name and signature on it, and doing this with as few supervision as possible has got to be my favorite part. It allowed me to look back and recount the close to four years of my life I willingly offered to medical school and see how far I have come, and to say, at least at that point, that it was all worth it.*"

The Arrival

To wrap up their close to one month stay, many adjectives are there to aid in one's accurate description. One of them would be, as Louie would put it, "Rewarding". A fitting answer for arguably one of the most fulfilling part of the internship. He also continued that it is that way since "*It's a culmination of sorts of 3 years of med school plus, in our case, 9 months of internship. It reflected how much we've worked to gain the amount of knowledge we have to manage our patients, and it showed us a glimpse of how we will fare in the real world.*"

The Road Ahead

Medicine is a profession built on human relationships and empathetic connections. As the anecdote that goes "Bloom where you are planted" we, as the beacon of vigor and optimism, are conditioned from day one to care for, help, and empower the circles around us. In God's will, it won't be long until we are obligated to accomplish this noble duty that will put into our very hands; and in these hands, despite our seemingly insignificant wingspan, will embrace the oath to heal be it for the sick individual, the family, or even the society as the patient.









Hitting the Atlas



By: Kim Jean Canin

Sitting, Reading, Highlighting, and Studying, the time is running for the next chapters to be read and examinations to be answered. Maybe you exhaust yourself in studying and your brain is not cooperating because it desires for some other things that may give you motivation and relaxation. It's a long weekend and the sun is up and here you are sitting in front of your books reading and doing the same stuff and yet still not hitting your goal. Maybe you lack life's encouragement and wisdom. Maybe you need a break and you need to uncover your atlas and hit the adventure that lies beyond.

Some say it's a blessing, some say it's a teacher, and some say it's an escape. It may be a life lesson or maybe an antidote for healing. For some they define it as the endorphin that act as their natural pain killers, others as serotonin that boost their mood, dopamine for motivation and pleasure and, sometimes becomes the oxytocin to build love and trust. In summary, it goes down to the bottom-line, it gives us happiness and satisfaction and a hard reset. That's what travelling is like.

In medicine, our enemy is time. We have so many things to do, so many readings to keep up, so many exams to fail or pass, so many books and papers to read and to color or, shall I say, highlight. Much as we wanted to travel, but where and when can we insert travelling, when travelling needs enough time, effort and money? Yes, it needs money, time, effort and energy if you travel unprepared. Fortunately, your travel doesn't need these much inconvenience if you follow these tips:

1. CHOOSE THE RIGHT PEOPLE OR COMPANY.

In travelling you need courage, and the heart and willingness to travel. Evaluate your peers thoroughly, because a lot of travellers are just "good at the beginning and planning part" and ghost you later. Choose the right people that desire the same way you desire to travel. Choose people with same interest, vibes and energy. You need to choose the right people because if you don't, your planned travel will remain as a plan, canvas and a dream. If you're having a hard time in choosing, you have plan B, which is to travel alone. Travelling alone gives self-security, teaches you to become independent, buys you time for self-meditation, boosts your confidence, and promotes self-love. Always remember, you don't need a lot of people to make your travel fun, memorable and meaningful. It's better to travel alone than to be with so many people that will just give you more stress.

2. START PLANNING.

"Do not plan your travel, because most planned travels are often postponed." This myth is so legendary but it's just a myth. Travelling needs interest and just like love, travelling is a choice. The more you plan your travel, the more it will be colourful and less stressful. You set time for planning the whole trip from budgeting to itinerary. You decide where to go, what to do and what do you want to happen and experience. It helps you prepare for what may happen. Planning will help you give room for inconvenience and you can assume unpleasant things that may happen during the trip.

3. BUDGET WISE.

Nowadays, money is the great hindrance in travelling. A lot of people have the interest and heart to travel but do not have the enough budget to travel-- more so because our parents have to allocate a huge budget in our tuition fees. In travelling, the cheaper it is the more it is achievable. Even if you have the luxury to travel, it is more satisfying to try travel with a small amount of expense, aside from the fact that your actually saving yourself from being broke after the travel, it also give you a little bit of spice and challenging task of self -control. It gives you a chance to experience things you haven't experienced before. Way to go out of your comfort zone!

4. DESTINATION AND ACTIVITIES.

Conflicts occur in planning on where to go and what to do. Rule 102 in travelling, find all of the travellers interest and find the common denominator on what kind of adventure are you up. Choose a destination that offers a lot of activities and places to go or choose a destination where municipality are close to each other and offer a variety of adventure. If you are planning to travel for just one day, choose not so far places. A maximum of 4hrs travel is fine already. For activities, a medical student needs to walk away from the toxicity and burn out, so a good detox would be keeping our self busy in hiking, swimming, camping, waterfalls trek and hopping, island hopping.

5. CHOOSE A SCENT AND TRAVEL SONG PLAYLIST.

Aside from the fact that you don't want to smell bad while travelling, scent can trigger a memory. It is kind of weird, but yes it can. In addition, choosing a good travel song will also trigger your memory, because every time you listen to that song in your travel, it's just like creating a summary video in your brain about your travel and when the songs play it creates a short flashback about the travel. This one is not compulsory though. Choosing a perfect scent and travel song may give more hype and excitement while travelling.

6. STAY AWAY FROM SOCIAL MEDIA.

Remember you are travelling for peace of mind. You can't experience the word travelling if you keep yourself indulged in social media. There is so much toxicity in the world of Medicine, might as well free and save yourself from the toxicity of social media. Detox yourself from it and try living in the past era where communicating in person is better than texting, posting etc. Experience travelling by reconnecting to the real world.

7. TRAVEL WITH A PURPOSE.

In every travel you make, you should have your purpose. Travelling is more meaningful if you try to engage yourself with the culture, socialize with the locals and experience the things that are unique to the place. Each place has unique things to unravel that are up to you to discover. In every place, there is something that is worth coming back for

8. LEAVE NO TRACE.

Throw your garbage properly, observe proper waste management.

9. BE THE SOURCE OF HAPPINESS AND BE A BLESSING TO OTHERS.

Socialize, share your smile and greetings to every person you encounter in your travel. You can share time with the locals, eat with them, talk to them and you can actually try experiencing their daily live. The most important word here is ENGAGE.

Sometimes travelling is not always happy memories, some are also sad. Sometimes it hurt or even break your heart, or some people travel because they want to find their selves, some because they want to heal from a tragic experience, or some are just sad. Whatever the purpose is, travelling is just a way in achieving peace, happiness or whatever comes to mind. But, always remember that it is not the solution but just a means. The journey changes you, and it should change you. Travelling is not just showing the world your memories and stories, it should encourage others to live and breathe. Travelling shows the world the color that it needs. True places are not found listed in your map, it is found in the hearts renewed, refreshed and relationships built along the trail. It is better to experience it once than hearing it a thousand times. Med school fill our dreams and passion to serve, but travelling fills the soul. You can always choose to be like Atlas, the greek god who literally eternally carries the burdens of the world, or also take a time off and become the adventurer who hits the atlas and explore world.

Dealing with a Broken Heart as a Medical Student



By: Camille C. Apostol

Heartbreak is a feeling more excruciating than anything else. It's synonymous to being severely homesick, except, it can't be remedied by a flight home because the disconnect you felt wasn't from a specific place- it was from a specific person.

A person who suspiciously sneaked his way of creeping you're your personal orbit right as you were looking in the other direction, in fact, as you weren't even looking at all. A person whose soul has intertwined with your. A person who isn't ever going to be in your life the same way ever again.

It's at par with grieving a death or losing a limb. One of the few people who curled through the steel bars through your heart, and has actually taken a residence there is suddenly gone. It felt like your heart physically broke into a million pieces- as impossible as it may sound, right? You doubt everything, and every little thing you felt change. However, there was one thing you are still 100% sure of- every piece of your broken heart still yearns to be a doctor.

Broken hearts can honestly take a toll on every aspect of your life- studies, friendships, and most importantly, self-esteem. All the while it can be an opportunity for growth, reflection and self-awareness. However, being a medical student doesn't always give you the luxury to take your sweet time in going through the steps of moving on from a relationship thoroughly.

So, here are some tips to those walking through the fire of heartache as a medical student:

1. Block them on social media. In this day and age, getting over a break up is tougher than it used to due to the ease of information access brought by social media. The temptation to see what they're up to, and to keep checking whether they've seen your Insta-stories is just way too strong. Time and space are the two most essential things you will need to heal. Seeing your ex pop up in your Instagram stories and Facebook feed can be triggering and send you into a spiral of obsessively stalking him, wondering how he can be moving on, or even looking for the new person in his life to compare yourself to. Besides, you can always unblock them when you're ready to platonically welcome them back into your life when you're ready.

2. Create an ex-free environment. Avoid places you know he'll be hanging out at. When you're heartbroken over a person, chances are, you've been together for a good chunk of your life, or that you've shared a lot of yourselves with each other. Meaning, you'll know what he likes to eat and when he wants to eat them. You'll know where his/her favorite study spots are, and you'll know which parts of the day he'll be at specific places. Don't be there, and stay focused on your goals; to be a doctor, and to get over him. Keep in mind that when he/she's out of sight, he/she's out of your mind.

3. Reappraise your ex. This tip is to soften the blow of the pain of bring done with a person who used to mean the world to you. Since, no person is imperfect, and your ex will have qualities you don't particularly like, focus on them. Take note that this isn't always a good thing to do as the Man Up There doesn't want us to think ill of our brothers and sisters. But, this tip will keep you from continuously falling for an ex who is obviously up on their feet again. Remember, when you're not constantly thinking and feeling the love you used to for the person, it will be easier to pick up that book, and start studying for the next exam.

4. Relish this period of your life to save. Save energy, save time, and save resources. Being in a relationship with someone inevitably makes us spend resources more than when we're single. We all already know how costly studying medicine is; the tuition fees, the books, and the need to study outside of your dorm or your house require funds. So, use this time to take the chance to help your parents- even in the smallest ways possible. You saved yourself from a bad relationship, might as well save some cash!

5. Invest in yourself. This can never be stressed out enough. See the positive light in everything regardless of how difficult it is! Never stop trying. Take this opportunity to better yourself. Improve your study habits, and try that studying strategy you never had enough time to try cause Saturday night was a 'date night'.

6. Pray for your ex. This tip doesn't even have to be explained. Whether he did you wrong, or it was a mutual decision to break up, thank the Lord for the person's life. It won't be easy after a recent break up when all the wounds are fresh, but believe me when I say you'll someday be thankful for all the times the person made you happy. You may have wronged each other at one point, but try to remind yourself of all the times he/she was there for you. All the times he/she helped you pray for upcoming exams, and all the times he/she was understanding when you were having tantrums cause of that table in Biochemistry you took three hours to understand. Ultimately, thank the Lord for allowing your ex to be a part of your life and one of the reasons you're a stronger person than you were yesterday.

Batobalani sa Gugma



By: Gretchen D. Garcia



The Sinulog Fiesta is popular with a lot of things: the 9-day novena, the Fluvial Parade in the north, the religious processions in Magallanes, the grand parade and street parties in highways, and the hyena tattoos that would soon outline smiles on Sunday. The devotees would fill Cebu with chants of "Pit Senior!" for the entire week of festivities. But among all these, a song would stand out. Batobalani sa Gugma, an anthem of love and faith.

Attending the novena and being part of the chorus of people singing this song is nothing short of amazing and spiritual experience. I admit I didn't totally

understand the meaning of the song and the need to wave our arms up except that it completes the novena experience. And maybe I am not the only one who is unknowingly arrested by crowd psychology.

Before Batobalani sa Gugma was institutionalized as an official part of the week-long celebration, devotees would leave right after the mass and dancers with their candles were the only one who performed for their petitions. People were more excited with the parties they would attend soon after the mass ended. In the strive to make the celebration more religiously meaningful, the Archdiocese of Cebu agreed to make the Batobalani sa Gugma a ritual and enlisted the participation of devotees by the waving of hands as they sung the gozo in 1985. And it has since been part of the novena that we celebrate annually.

Batobalani sa Gugma literally means Magnet of Love. It is a song of thanksgiving and supplication as meant by "panggilaba". Panggilaba in original text is said to mean a profound prayer that the supplicant is almost in tears in expressing for his or her petition to cope with current and future problems. The song is written in a very deep and old Cebuano dialect and it traces the history of faith of Cebuanos to Sto. Nino as far back as the travel of Legazpi.

As abstract as faith could be, we are chanced with special moments where faith takes a physical form and this short 7-minute song is one of those. It is a lullaby song to a child. It is a thread we always try to weave to connect our faith to our God. This song is ground zero.

So, when the first note drops, the pilgrim would fall into companionable silence. Devotees wait for the infamous chorus by counting heartbeats. The excitement rises up as the song inches closer to their favorite part. 'Batobalani sa Gugma,' the lead chorale would sing. Instincts take over as thousands of hands shoot up like choreograph and the devotees sing in response, 'Kanamo malooy ka unta, nga kanimo naggilaba,' Everyone has their eyes close and a hand in their heart. The beautiful replicas of the Holy Child Jesus dance along to hands that sway like water in air. By this time, contentment envelopes the entire pilgrim. Music seep through walls and souls. And as the song draws towards its conclusion, the devotees would for the last time harmonize like practice and sing, 'Kay sa tanang kinahanglan, ikaw ang among dalangpan' because faith, indeed, is what makes humanity more resilient, surviving life's trials, even thriving.



SANTA IN DISGUISE



By: Kim Jean Canin

Christmas is the season of happiness and enjoyment, of love, forgiveness, and gift-giving. The season of all season. It is one of the most awaited events every year. During this time, all you can see and hear is, well, bimonthly exams, and vacation, travel, food and a perfect time to spread love and spend quality time with family, friends, loved-ones and even to oneself. It is also known to be the season of forgiving and most of all giving. For kids it is a day for making wish list for santa, but for some it is just an ordinary day. As the cold breeze enter the walls of University of Cebu, students, faculty and staff are also excited for the Christmas break to come. The nearer the days for the holiday the colder it becomes but not in UC. Because a Santa is given to warm the heart of the people and the season.

In the era where social media is the centre of communication, a post last December 9,2018 went viral when the heiress and only child of the school's founding president, Ms. Candice Go, extended her enthusiasm and generosity to the UC community. The post hit thousands of comments with a hashtag #UCMakeAWish. Some wish granted are: motorcycle wish for David Obcial a criminology student for his father who is a habal-habal driver that cannot afford to rent for a motorcycle anymore; homecoming wish for Melvin Monton's father who work in Singapore for years; free dialysis treatment and Myoma Surgery for some students' parents; medical assistance; tuition fee discounts and scholarship grants.

As Ms. Candice was quoted, "I wanted to do something special for the UC community especially as it was Christmas. A lot of students are from the lower socioeconomic segment and I knew it would mean something to them, the faculty and staff. It was also an enjoyable way of getting to know the needs and concerns of our community." This activity initiated by Ms. Candice was a pure blessing for the people of University of Cebu. It gave hope to people and even encouraged people to give in any means they can to make the season meaningful and special.

For some, Christmas is just a day to celebrate with people who we know but for the people of University of Cebu it was memorable and even got extended to people who are strangers to us. Santa is not the only one that can give during Christmas, Santa do not always live in North Pole and rides with his open sleigh and gallant reindeers, because Santa can be found also in UC—some in disguise, some we already know. Being a Santa is a choice, because Christmas is not just a day but Christmas must be a fire that warms the season with love and generosity, not just by giving material things but also love, kindness, and help to each and everyone, especially those who need it.

THE ROAD TO MOTHERHOOD:

GRACEFULLY TREADING MEDICAL SCHOOL WHILE BEING A MOM



By: Andrea Shanna O. Compay



Like every other medical student, Mona has her share of struggles. Little did she know, she was about to be given a responsibility most medical students would be unable to carry: the safekeeping of a new life. Mona, a second-year medical student, was about to become a mother.

She had missed 2-3 months of menses. Noticing that something was wrong, she decided to give her Ob-Gyn a visit. Having been diagnosed with Polycystic Ovarian Syndrome (PCOS) a few years prior, she was not too worried, thinking that it was all normal for someone with PCOS. She scoffed at the possibility of being pregnant. It had never even occurred to her, until her doctor jokingly told her that there was a chance she might be. Challenging her doctor and hoping to prove herself wrong, she decided to take a pregnancy test (PT). Surprisingly, all it took to decide her fate were two, small, parallel lines. The test came back positive. To make sure of the results, she took another PT test, but that gave her the same result. Overwhelmed with torrent of emotions, worrying thoughts began to surface on her mind. "What will my parents say? How will this impact my studies? Will I be able to handle it?" Burdened by the weight of her emotions, she failed an exam that day. But then, realizing the beauty and opportunities a new life can bring, she came to terms with it, sparking a feeling of courage and excitement in her that made her say "I'm ready for this."

Sadly, some magical moments come with a price. After mustering up the courage, she eventually told her partner and her family, but they didn't fully accept the fact. Her mother, in particular, felt a mixture of disappointment and dismay. Fueled by this, Mona strove harder to gain back their trust. She put in the extra work on her studies, doubling her efforts, burning the midnight oil. Not long after, the student body gradually became aware of Mona's pregnancy. They became her companions, and from them she received the security and support that she sorely needed. After her ultrasound, she nicknamed her baby "Peanut", since the image of her unborn son resembled one. Since then, everybody started to call her son baby Peanut. Fellow students would always ask how she was, rub her belly, gave her notes-enabling her to catch up on the lectures, or let her cut the line during the daily queues. Sympathetic, the teachers were kind enough to let her take any missed exams. It was the simple, everyday things they did that she appreciated the most. "No man is an island", she said. From her, we learn that there will always be times when we will need to reach out to people, especially when we become aware of our limits. Throughout all her experiences, she has always kept the belief that it's never wrong to ask for help.

Fortunately, little Peanut was due only days before Christmas vacation. During the holidays, it was easier to balance the responsibilities between being a student and a mother. It was not until then that she came to good terms with her family. For the yuletide season, Peanut was indeed, the best gift she could have received. When January came, however, she found that she could no longer follow her usual schedule. With Peanut around, she needed to find a new way to study. Away from home, her thoughts were often drawn to Peanut. The stress that came with studying compounded with the stress of motherhood, and at this point in time, everything was trial-and-error. This time, however, her family was there for her. They took turns taking care of Peanut, and the family, alongside her partner, gave her financial assistance and took over babysitting duties. With the support of her family, friends, and partner, she could forward to the future. Little by little, things were getting better, and the coming days have never looked brighter.

"We all have our own struggles. I cannot say what I have been through is more difficult than others. It just boils down to us-- to our own decisions and how we should handle whatever situation we are in. I could never have done this without my friends-- Sharmaine, Nino, Aubrey, Batch Tritonos, Batch Tricordia, my partner and my family. We should do whatever we can to survive but you cannot succeed in life without help, as well. That is the most important thing I learned through this journey and I hope others could learn from this, too," Mona gracefully noted.

Up for Apps: Be app-dated!



By: Ann Jennifer Alvez

It's a great time to be a student, don't you think?

The advent of technology has made life easier. Have something to search for? Go to Google. Want to keep track of all your events? There's an app for calendars and notes. Want to feel motivated? The Play Store says "Hi". There are so many apps that you could choose from. Praise God for the great minds behind technology! So, are you up for some useful applications for Medical School?

1. Khan Academy

Want to learn anything for FREE? Khan is the man! There is a wide variety of videos at your disposal. This app offers courses ranging from Math to Arts and Humanities to Economics and Finance. And yes, definitely Science courses - Anatomy, Physiology, and Biochemistry. This is the answer to our confusions and problems. Thank Khan he's alive.

2. Teach Me Anatomy

Imagine yourself waking up late for an anatomy pre/post test and you have not reviewed. Que horror! Lucky for you, Teach Me Anatomy is here to save the day. This app contains a comprehensive anatomy reference with pictures that could help you learn and even recall the topics previously discussed. Plus, there are quizzes that check whether you really learned or not. Really convenient.

3. Adobe Acrobat Reader

You want to study, but you don't have your book? One word: PDF. We all know nothing beats the smell and the texture of every page in the book, but a PDF copy can help when you only have your gadgets with you. Adobe Acrobat Reader is a handy friend that helps you view your book's soft copy, highlight important parts, and add notes and comments! Such a great friend, right?

4. CamScanner

Isn't a mobile scanner just convenient? When you want to compile photos and scan notes, CamScanner is your go-to person! Anywhere and anytime, you can scan, save, and send your files. It also has an auto-enhancing condition that makes your files clear. Scanning has never been easy.

5. Google Keep - Notes and Lists

Notes, notes, and notes. We all take down notes. We want to write and keep a copy of our ideas and thought processes. With technology, our notebooks already have digital counterparts - note-taking apps. Keep Notes is a great help in capturing your thoughts and jotting down reminders and records. What a handy, dandy, note-app!



6. Forest - Stay Focused!

Plant a tree and stay focused. Forest helps you be productive in your work by plating seeds. Whenever you want to focus for a specific time, you plant a tree. While you work, your tree grows. But the tree will be killed if you leave Forest and open other apps. An interesting way to speed up productivity, right? Use this app to build your forest and develop your study pattern without being distracted by other matters. Save your trees and stay focused, friends!



7. Headspace: Meditation and Sleep

When you're going through a med-life crisis, you just want to sit back, relax, and be away from all the words and paragraphs about topics such as digestive and renal systems. Headspace is your companion in meditating and staying calm. It helps in giving you a peace of mind, bringing balance and wellness in a life that battles with stress and anxiety. Have a well-rested day as you give space and be away from all negativity in your head.



8. Make Tusok The Fishball

Do you wanna tusok the fishball?
This is a fun gaming app you can play during your study breaks (that are longer than your actual study sessions). Have fun in collecting street food - kwek-kwek, kikiam, fishball, name it! Make kolekta the paninda na, beshywaps.

WHAT'S IN THEIR BAG?

EVERY BAG HAS A STORY TO TELL

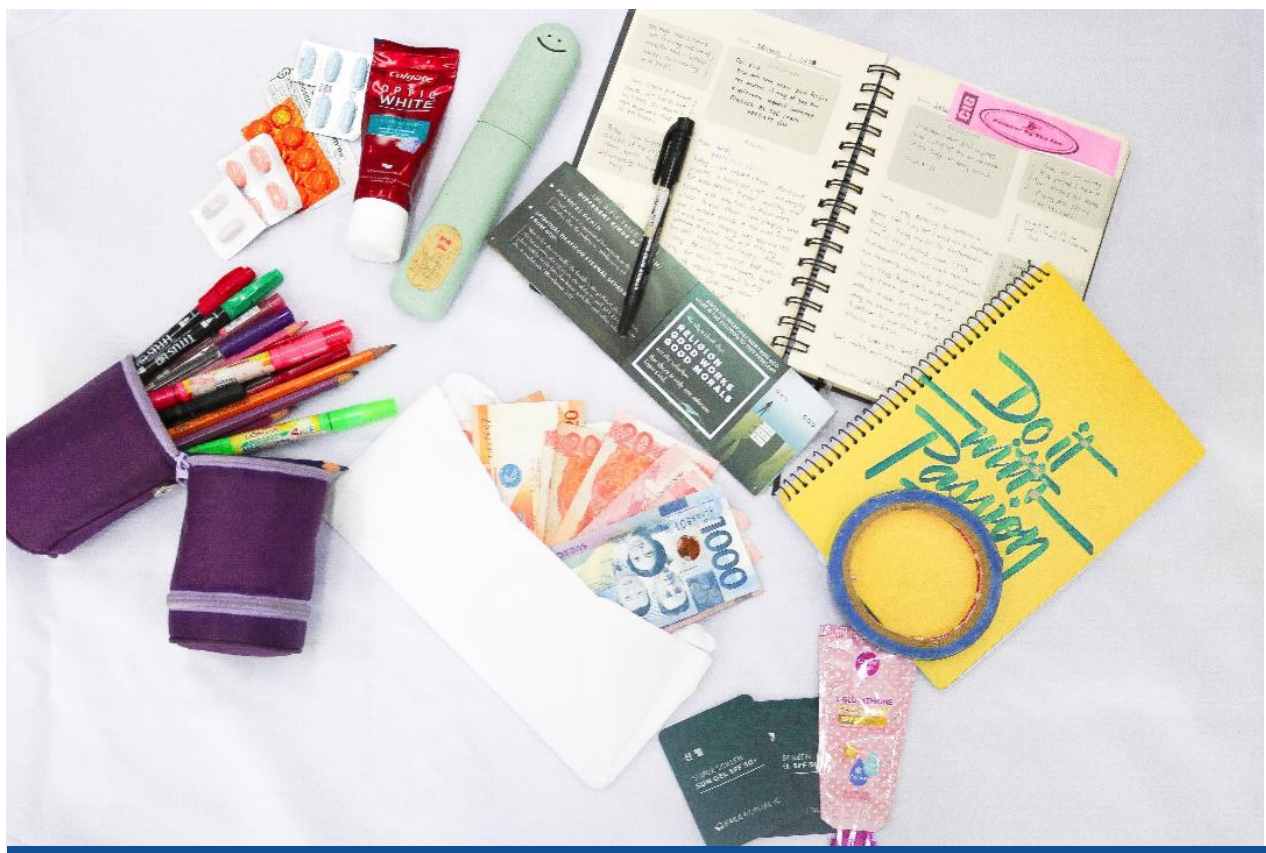


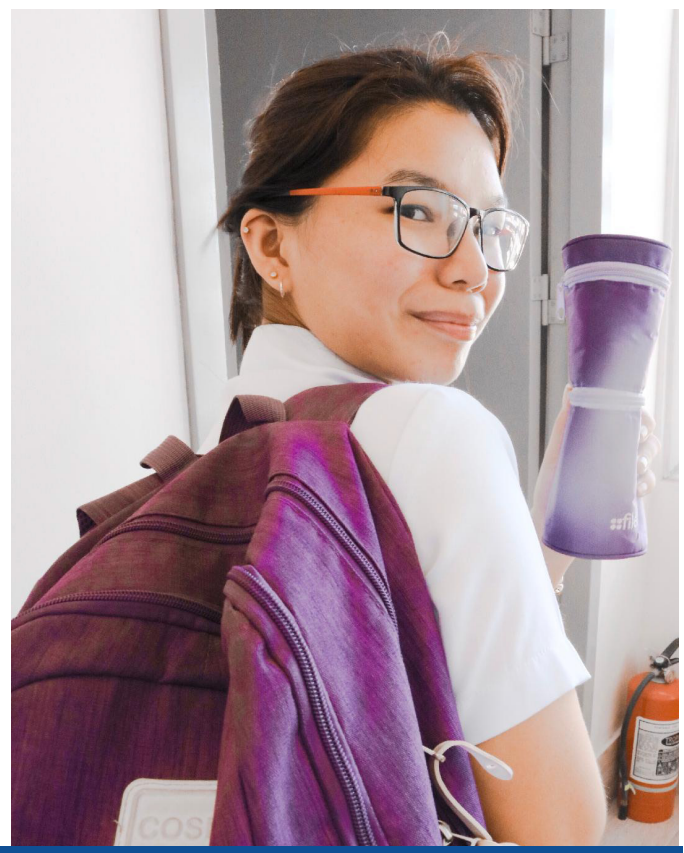
By: Marvin Roi D. Lapasa

Bags are like best friends to us, they never leave our side, nor do they let us down, and most importantly, they always got our back. It comes in various types; a backpack where you can just throw in all your stuff, a hand bag for when you're feeling a little fancy, or perhaps a tiny sling bag to solely carry the essentials and skip the heavy books, thanks to your locker.

Nevertheless, it's not how it looks, but, it's what's inside that really matters. Bags can be reflections of our personalities and preferences. That being said, have you ever been curious about what other people keep in their bags? Don't fret, I got you! Take a little break and join me as I rummage through the bags of some medical students. Let's hear their bag stories, and maybe learn some tips.

1. REMAELACHY CUI





She carries with her a purple backpack that she bought out of her own savings. However, she explains that purple isn't her favorite color and she unintentionally ended up with a lot of purple colored essentials to match the bag.

Toothbrush - staying late in school to study doesn't have to make you forget about hygiene. Rem keeps a handy toothbrush with her always.

Sunscreens - as taught by her best friend,

Rem makes it a point to keep her skin well moisturized, she says, "It'll keep my face fresh despite all the stress".

Masking Tapes - She uses it in an unusually innovative way as a tag or bookmark for every chapter of the book, different colors per bimonthly. It makes looking for the chapters easy, especially during major exams when the coverage is long and topics are not really arranged as it is on the book.

Devotional notebook - Rem always try to spend some time to write her feelings, her wishes, as well as her gratefulness to the lord for all her blessings through a devotional notebook. This is her way of communicating with God. She says "No matter how busy you get, always have time for the lord".

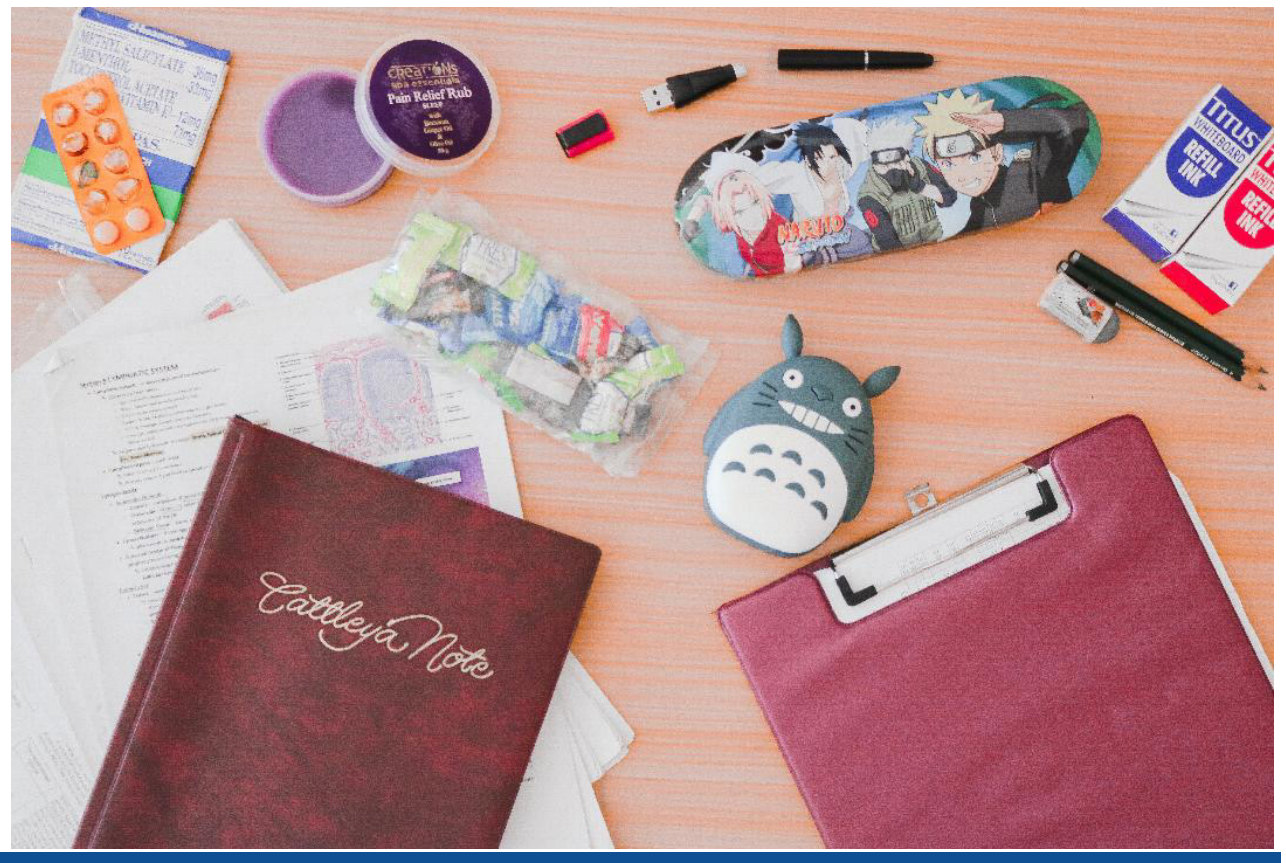
Notebook - Rem keeps a handy notebook where she writes all her notes every lecture. She calls this notebook her "raw notebook" which means that the final notes are transferred and written in a different notebook per subject. This way, she can keep her notes neat.

Fruit - yes, there was a spotted "orange" in Rem's bag, she explains that it was given by her mom. She then reminds us to always have something healthy in our diet.

Council Documents - we did this bag raid after the Medlympics so I spotted an envelope in her bag that contains some cash and receipts of the expenses during the said event.

2. KIM LEORAG





The excitement in showing me her bag was really evident on Kim, especially because she happened to be using one of her favorite bags. As a self-proclaimed "Otaku", a term for anime lovers, Kim carries a Naruto backpack that she says she only uses on special days. She discovered her love for anime when she was on the 3rd grade..

Highlighters & Text liners - she only sticks with one highlighter brand. For text liners on the other hand, she prefers to use red, "Red catches my attention easily when reviewing", she explained.

Multi-functional Pen - she also brings a pen that can be converted to an adaptor for android gadgets, a stylus for tablets, and a wiper to clean the screens. A real innovation.

Pens & Pencils - Kim uses three pencils, one for writing on books and the other two for exams. As for pens, she keeps a few in her pencil case and more on a separate compartment in her bag, she explains "when I put it all in a pencil case, I feel like I slowly loose it one by one for some reason"

Lab Manuals - she says "I always carry both, the Histology and the Neuroanatomy laboratory manuals so that I can read whenever I have free time". She definitely knows how to make use of her extra time wisely.

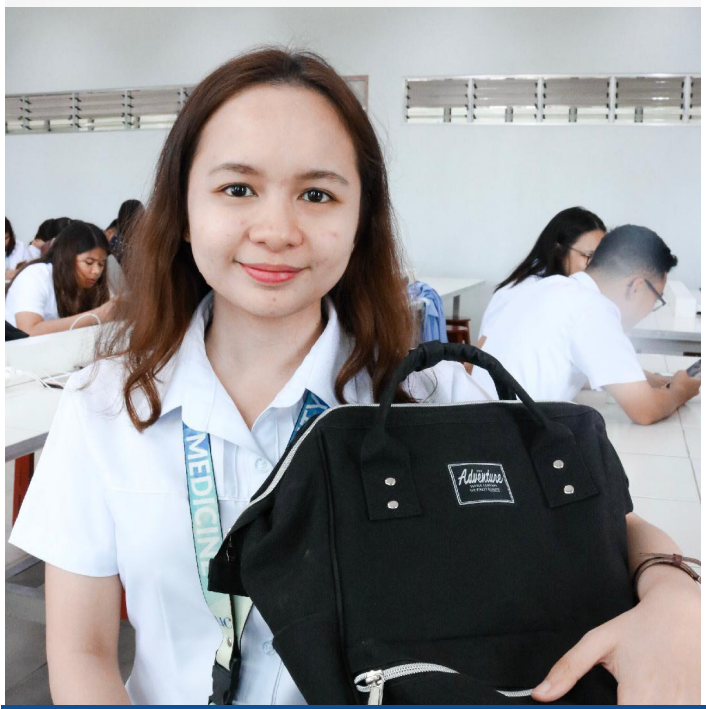
Certificate for being top 10 - I asked why she didn't display this at home which is what people usually do with their achievements and she said, "I feel uncomfortable and awkward when people notice my achievements". This humility traces back to her college years where she almost didn't tell her mom that she was graduating as cum laude because she doesn't want to be praised for it. She's the type of person who just works hard and skips the bragging part.

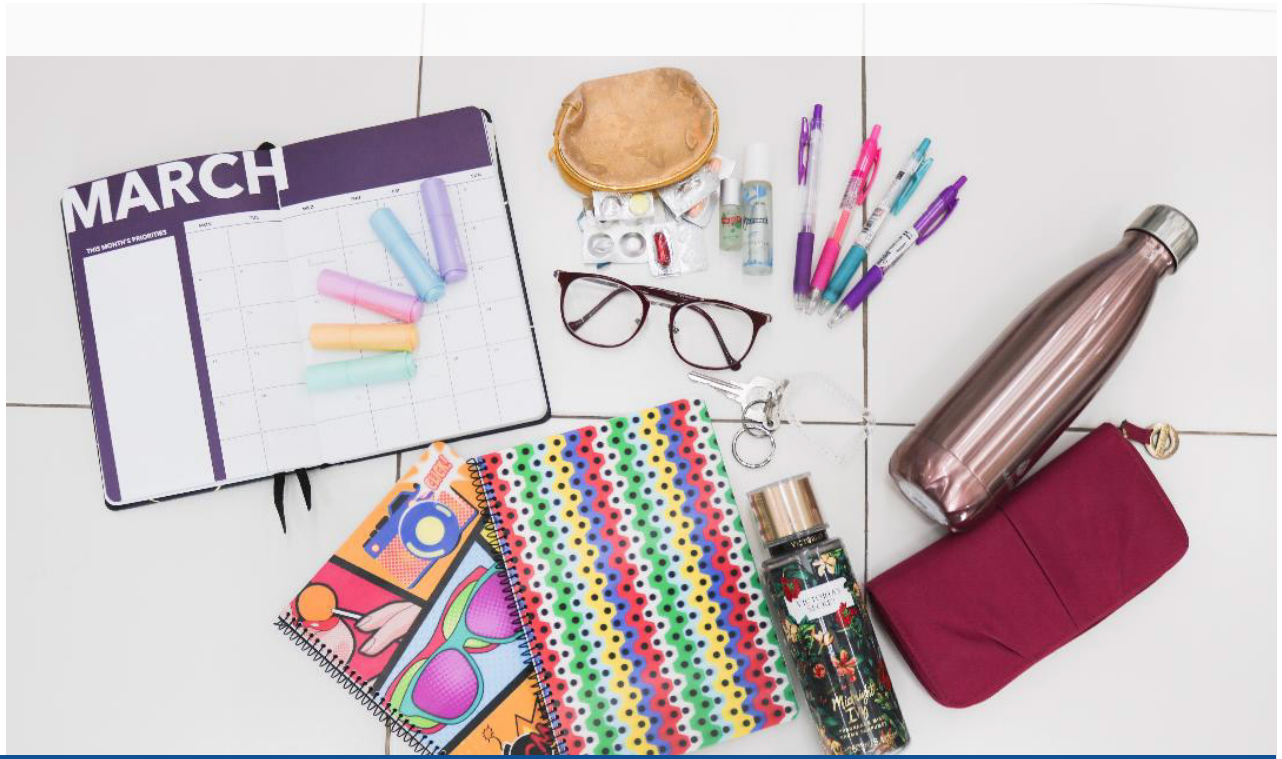
Notes - Kim carries tons of notes. Nonetheless, she reminds us that "it's always better to read the book, I only use notes for cramming"

Topical Pain relief patches - she keeps some in her bag because sometimes when she studies, her nape starts to sore probably because of spending so much time reading, facing down at her book.

Pain Relief Rub - At this point in our lives, we get this "Tita moments" when we start to long for "Tita items" like relaxing oils, vapor rubs, etc. We may use to find their smell nasty but you have to admit that you feel the calm it brings to your mind now. Especially after a stressful day at school. Kim got hers from an online shop and she uses it to relax & calm her mind whenever she feels tired.

3. CHELSEA CALANO





Chelsea was always observed to be using a shoulder bag. However, as the school year went on, she started bringing more stuff for school that eventually didn't fit her bag anymore, that's when she decided to get another one, a backpack this time. It's a change for her but a change she is willing to adopt "to be more functional for school" she said. Other than this, we can all agree that the backpack on her gives her a more youthful aura.

Notebooks - she's fond of vibrant-colored notebooks which she uses during lectures to take down information that doctors mention and isn't on the book. Nonetheless, Chelsea is more of an auditory learner, so she just supplements her listening with writing notes. Now that's a tip from a student from the top 10.

Printed book PDF - she prefers a printed copy of the chapters to study or to be discussed because she doesn't want to bring her books nor does she find it comfortable to study on a tablet. "A good printer is a good investment in med school".

Perfume - Chelsea's choice of scent is a mix of floral and sweet infusion. It means a lot to her because it was given by her dad and wearing the perfume makes her feel like she's constantly with her family.

Highlighters - Chelsea uses tiny highlighters instead of the regular-sized ones. She likes them because they're handy and doesn't occupy so much space. Perfect for study outs.

4. LJ BALISAGA





LJ's bag could be one of the most unique ones out there. It has all the compartments for gadgets and even small zipped opening for wires to pass through. It looks very modern- designed to keep up with technology. He says he got it from an online shopping application. "I bought this bag on impulse, I was feeling down at the time and I just installed the app, so I bought it", Wish we could all do the same when we feel down, right?

Folder for pad papers - He keeps his pad papers in a folder, "I love organizing and sorting" he explains. This is a good practice because we all hate it when our pad paper gets crumpled up in our bags, right?

Dental kit - given by his dentist, it comes with a tooth brush, tooth paste, floss, it even has a dental mirror in it. LJ takes care of his teeth seriously that he even uses an interdental brush. Almost all of it comes in the shade of green.

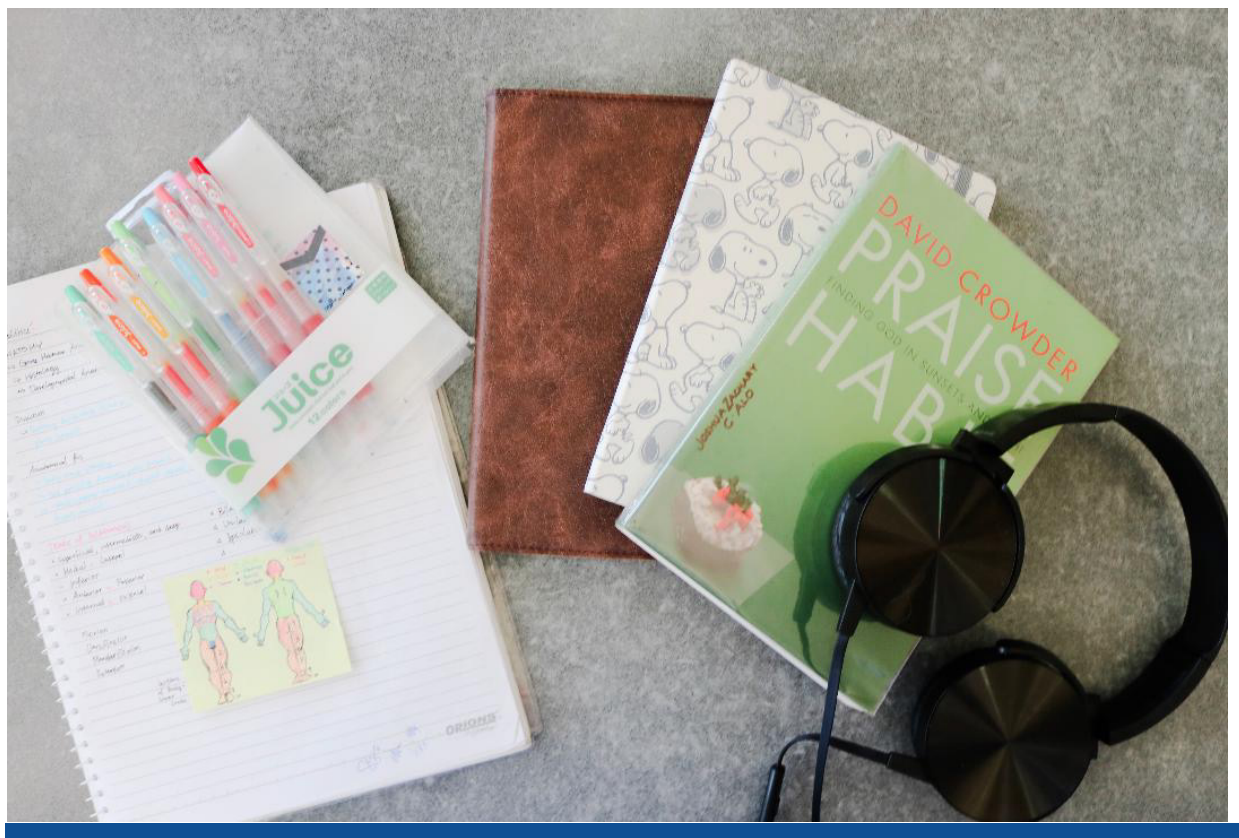
Pocket wifi - Today, we rely so much on the internet in almost everything we do; so, it's almost an essential to always be connected, that's why LJ always brings his pocket wifi and also because he finds using the mobile data is battery draining. So he connects his phone to his own wifi instead.

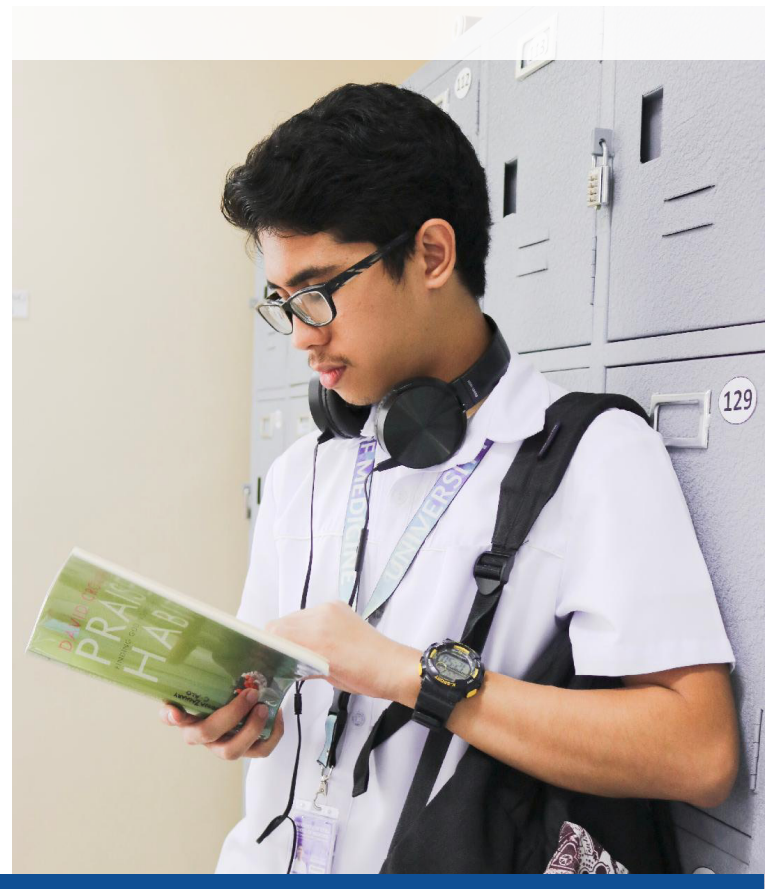
Mechanical Pencil - he prefers using a mechanical pencil over the conventional one. He finds it more convenient than repeatedly having to sharpen a pencil.

Powerbank - We do so much with our phones and tablets and we can't afford to run out of power especially in a middle of doing something important. Thus, LJ always makes sure that all his gadgets don't run out of power wherever he is by bringing a power bank. Plus, it saves him the inconvenience of having to look for an electrical outlet.

Flash Drive - a lot of the documents that are important to us nowadays are most likely in the soft copy format, and what better place to store it than a flash drive? LJ always bring his flash drive always ready whenever the need arises.

5. ZACHARY ALO





Zac has been using the same bag ever since second year college yet it still looks new. This only shows how good he takes care of his things. He likes his bag because its durable and says it's the perfect size for most occasions he goes to. "Small enough that it's easy to carry on the jeep or bus and large enough to fit papers and extra stuff I may need", he explained.

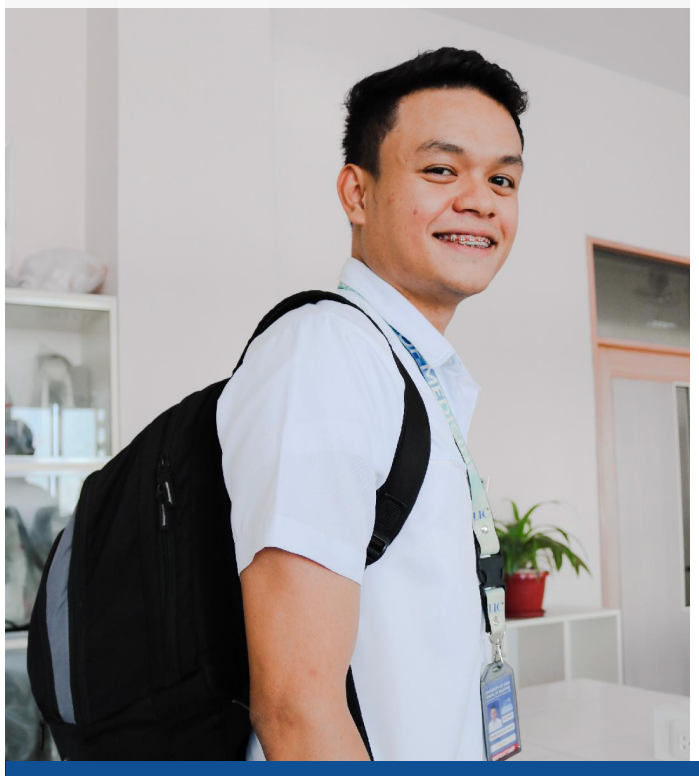
Umbrella - our weather is unpredictable- it could be extremely hot in the morning, and extremely rainy int he afternoon.Worse when it rains hard the entire day. Thus, Zac always brings an umbrella to keep him dry when it rains or to protect him from the scorching heat of the sun.

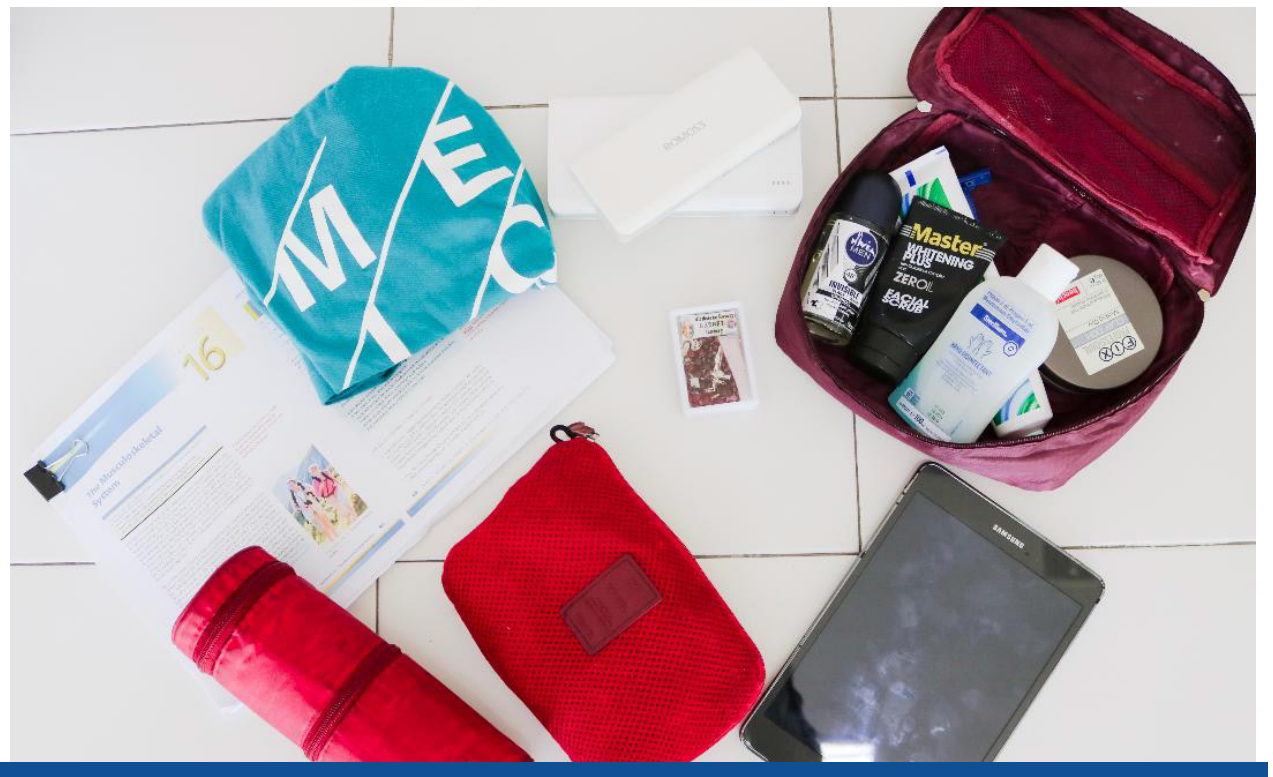
Coloring materials - some subjects require him to bring coloring materials like histology and anatomy so Zac sure is always ready to shade those muscles and cells.

Gums - Zac always keeps a small jar of gums in his bag because he says "chewing helps with my memory". This only shows that people have various ways of studying. I personally find this better because some may find solace in eating a lot more than just a gum.

Notebook - solely for anatomy, Zac showed how artistic he is with all the drawings and diagrams here. However, page after page of things to study started piling up and drawing a perfect anatomy study material had become hard to do. "It's really nice in the beginning and then it gets really…. You start losing the effort".

6. MARK DUAVIS





It was only a week before school started when he found out he's got into he DOH scholarship program, "Everything came in so fast" he says, finding the perfect bag was the last of his problems. He just wanted something inexpensive but durable and can carry a lot of stuff. "I had a five-minute time interval from seeing that bag in the rack to deciding that it would be my official daily med school buddy" he explains.

Extra shirt - some students, like Mark, prefer staying late at school to study, that's why he always keeps a comfortable shirt to change into.

Hygiene kit - a red travel pouch that contains his hygiene essentials like his toothbrush, toothpaste, facial wash etc.

Red pouch - this is where he keeps all the cables from chargers to earphones and yes, it's in red again. So, if anyone's planning to give him a present, they know what color to get.

Rosary - Mark told me that he used to have a rosary given by his grandma. But, he unfortunately lost it during college, jokingly predicting that "Maybe because that was the time I started being naughty". Now, he's got this red rosary that he always has in his bag.

Calling cards - Having to work in the department of health, he sure needs to exchange numbers with some key people he meets, so he always brings his calling cards that he still has now.

Pocket flashlight - back in his days at work, they would often go into mountainous barangays which may not have adequate electric supply for lighting so he's got this pocket flashlight always ready. So if he ever got caught in a black out, he's ready.

7. REY ELLYSON SORRONDA





Rey, more commonly known as "Butchok" by his friends, carries a floral backpack given to him by his mom. In addition, he always brings his laptop in a separate laptop bag.

Spare nameplate - admit it, we all once lost our nameplates, or at least most of us did. No matter how safe we try to keep it, our business makes it inevitable for us to lose a few things- or maybe just nameplates. Some eventually found theirs. But some of the more unfortunate ones just really have to bid their owners goodbye. Well, Butchok is just another victim of a vanishing nameplate, and to make sure he never runs out of it, he keeps a spare one in his bag.

Spare ID pictures - you never know when you'll need it, so Butchok thinks it's a good idea to keep copies of ID pictures with him always.

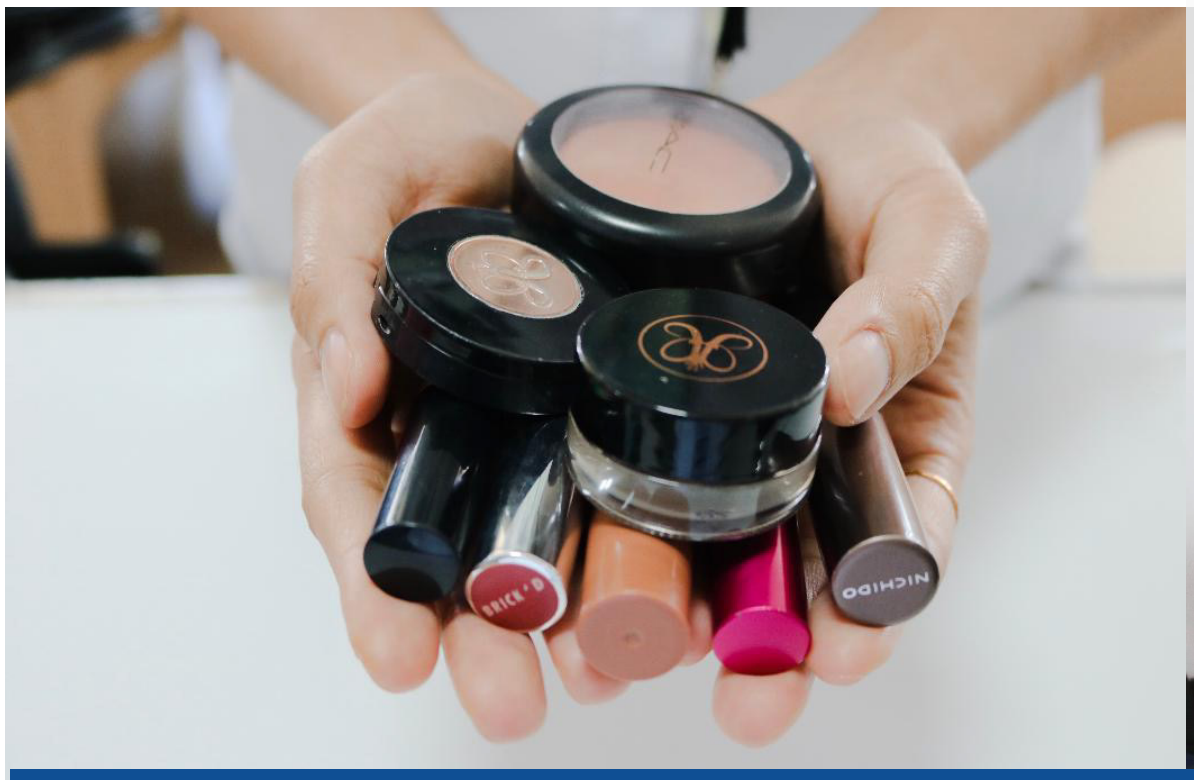
Pulse Oximeter - something he uses during his pre-med days as a PT student. He still keeps it in his bag ready for whenever occasion he may need it.

Laptop - Butchok maybe be one of the few who prefers laptop over tablet in studying, that's why he always brings his laptop in school.

Glucometer - having been diagnosed a year ago with diabetes mellitus, Butchok uses a glucometer to monitor his blood sugar regularly. Now, this is real adulting right here.

Pen light - he says he's got one ready for whenever someone faints.

8. KALILAH ESCARDA





Kalillah, or more fondly called "Kalils" by her friends, carries a cute little backpack to school, enough to stuff in her essentials which includes make up of course. "It's small enough to not make me look like a ninja turtle but big enough to hold all of my stuff. It also has lots of compartments which is a big plus for me since I like to keep my bag organized", she explained.

Beauty kit - a pouch containing all her make-up and other essentials. Kalilah's bag is basically telling us that the busy med life doesn't have to be a hindrance in keeping yourself well made up and staying pretty.

Sleeping St. Joseph - Given by her mom, this small image of St. Joseph is believed to grant wishes and petitions. So, Kalilah keeps a small piece of paper containing all her intentions and puts it under the sleeping image in the hopes of it being granted. She said, she would attest to it since she was able to reach second year, which is something she would always be grateful for.

Tablet - another reason why she doesn't bring a bigger bag is because she also prefers using the PDF versions of the books. This way, she gets to save precious space in her bag as well as the hassle of carrying so much stuff.

9. RAYN JEZREEL ROMERO





Rayn's bag is a fruit of her labor. A few days before the start of med school, she got to work at a Japanese company for five days and the first thing she bought with her salary was this bag. She carries a blue floral bag which she really likes because its neutral and it has just the right touch of femininity. She says "I'm a pants and sneaker kind of girl, really more into comfort and efficiency so I'm naturally inclined to backpacks more than shoulder bags".

Pencil pouch - a hand-me-down from her sister, this cute hippo pouch has been with her since first year, "It's almost graduating" she jokingly said. She has three highlighters, "I use one for the heading, one for the subheading and one for important details" she explained. She also has some colored pens which she uses to mark important words and information within the questions during exams.

Beauty kit - this is where she puts all her beauty essentials, as well as her lotion which is something she never forgets, it's a must have for her since she doesn't feel comfortable without applying some. She alos loves it because its organic.

Files for clinics - a folder containing all her paper works for clinics, a sneak-peak of her life as third year med student.

Food - of all the bags I've raided, Rayn's has the most amount of food. From chocolates to biscuits, candies and more. She sure has got it all. We we're laughing when she tried to defend herself by saying, "it keeps me awake when studying". You guys now know who to befriend when you get hungry.

A bottle of water - she drinks a lot of water. She says she gets to refill her one litter bottle around three times a day.

Small notepad - like a typical organized student, Rayn writes down her reminders on a to-do check-list. This is also where she plots her study schedule.

DOCTOR BOOKWORM

BEYOND THE MEDICAL BOOKS



By: Stephanie B. Dorog

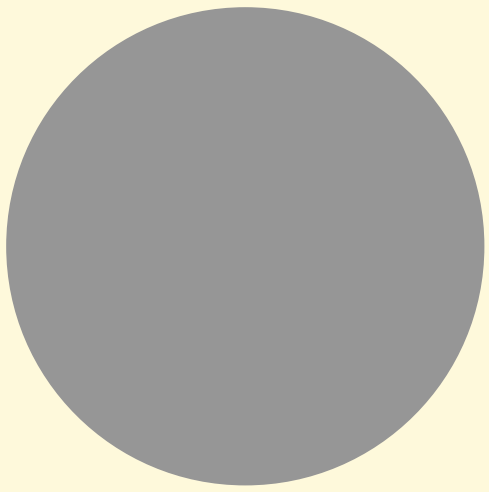
According to Mark Twain, good friends, good books, and a sleepy conscience, is the ideal life. For Groucho Marx, he finds television very educating. Every time somebody turns on the set, he goes into the other room and reads a book! As for Ernest Hemingway, there is no friend as loyal as a book.

It's no secret that books provide numerous benefits. For example, books give us knowledge since books are a rich source of information. I'm sure, as medical students we can all agree to this statement. After reading, "Guyton and Hall Textbook of Medical Physiology," or "Goodman & Gilman's The Pharmacological Basis of Therapeutics," or "Harrison's Principles of Internal Medicine," or any medical book for that matter, we pause and take a deep breath and say, "Ayoko na, information overload!"



Dr. Michael Shane Damazo

Reading has a positive effect on the body as well. It can relieve stress. According to studies, those who read more tend to have lower stress levels. This is the reason why Dr. Michael Shane Damazo, who is a fan of fantasy-fictional books, enjoys to read. One of his recommended books would have to be American Gods (2001) by the English author Neil Gaiman. It is a book with various strands of ancient and modern mythology. He narrates that there is a conflict between the old gods and the new gods. The old gods were being ignored and were slowly losing their power since fewer humans worshiped them. The more people who worship them, the more power they have. That's where the conflict rises. Fascinating, isn't it? Though he only recommends you read it if you have the time, since due to time constraints one can never really finish reading a novel.



Dr. Florentino Berdin

A book that made a huge impact on Dr. Florentino Berdin's life would have to be ***Tuesday's with Morrie*** by Mitch Albom. He said that the book helped him deal with the passing of his parents. Though he has read it years prior, it still reminds him of the passing of his parents. The book is based on fourteen Tuesdays of the author, Mitch Albom, and his 78-year-old former Sociology professor, Morrie Schwartz, who was dying from Amyotrophic Lateral Sclerosis (ALS), at Brandeis University. The book includes Schwartz's lectures and life experiences and interposed with flashbacks and allusions to contemporary events. He also adds ***Chicken Soup For The Soul*** and ***The Kite Runner*** by Khaled Hosseini on his list of must-read inspirational books.



Dr. Niño Michael Inting

Harper's Illustrated Biochemistry is not the only book Dr. Niño Michael Inting has read. Considering himself a wide reader, the young stylish au courant physician reads almost anything. From science fiction novels by Isaac Asimov to romance novels by Judith Mcnaught and Julie Garwood to religion, suspense and classical novels by Sidney Sheldon to fantasy novels by David Eddings, Terry Brooks and Robert Jordan, you name it and he has probably read it. His favorite novel is The Saga of Recluce by L.E. Modesitt Jr. It is about a fight between order and chaos and has an interesting and nice plot. It is the first series he finished back in high school. A book that has also inspired him is The Little Flowers of St. Francis de Asisi. In his opinion, it revolutionized how Christians should live, how the saint lived, how St. Francis lived in poverty and the numerous miracles he performed. When asked what book he recommends the students in our school should read, he said to give Nothing Last Forever by Sidney Sheldon a shot. "The characters are doctors, so maybe the students could relate to it. After reading this book for entertainment purposes, memorize your lessons!"



Dr. Francisco Tan Jr.

Reading books keep us occupied and take us to a different world and allow us to relax and rejuvenate. Doctor Francisco Tan Jr. wasn't sociable as a child, so he spent most of his days reading novels. He highly recommends books written by Dale Carnegie. For students who are worriers, he recommends the novel How To Stop Worrying And Start Living by Dale Carnegie and as for those who lack friends, he recommends the book How To Win Friends And Influence People by Dale Carnegie. He is also a big fan of poetry. One of his favourite pastimes was quoting the lines from a particular poem (or novel) and asking his close friends to name the poet (or author). He quotes Sonnet 116 from Shakespeare, saying "Let me not to the marriage of true minds, admit impediments. Love is not love which alters when it alteration finds, or bends with the remover to remove." He also eagerly quoted Ben Jonson's Drink To Me Only With Thine Eyes and says, "Drink to me only with thine eyes, and I will pledge with mine."

Books truly are gifts from heaven and finding a good one is a blessing. The thing about books is that they allow our minds to travel without us moving an inch. Entertaining yet budget friendly. Addictive yet beneficial.

The Kind of Doctor I want to Be



By: Camille C. Apostol

Whenever people asked me what I did after college, and they figured out that I had gone into medical school, one of the most common questions I get asked is "What kind of doctor do you want to be? What specialization do you want to pursue after medical school?" And truth be told, I don't have an absolute answer for that.

Some children have known that they were going to be doctors in the future ever since they picked up their first toy stethoscope. Others get the singular catalytic event that sparked a change in their career goals forever. The origins of my own burning desire to be a physician, to me, are less dramatic, but equally sound.

As a child, I've always dreamed of becoming a lot of things in the future, including teacher, singer, chef, private investigator, CIA agent, a spy for a famous company, paint mixer, a professional bus driver, lawyer, and of course, doctor. The most appealing option to me as a child was to be a lawyer. For some reason, I had always pictured myself to be standing in front of one of those Department of Justice podiums, fighting for whatever it was I believed in. Being a doctor seemed like an ordinary job to me as I was in the hospital setting everyday as my mom is a nurse. And when your mom is a nurse, you develop hate towards all the doctors that give your mom so many things to carry out in an 8-hour shift.

As I grew older, and obviously as I started to think of thoughts that made more sense, I learned to appreciate the things that doctors do- they discovered new treatments, and dispensed old remedies. They eased the dying process, even occasionally pulling patients back from the dead- and to be honest, it seemed like they could do just about anything.

Through the years, I gained experience that shaped this childhood assessment of a doctor's job into a more realistic perspective. I learned to respect the profession as I witnessed doctors giving the patient and the family the sense of security when they call the illness curable, the smiles doctors bring to the families after hours of waiting for a surgical result, and most importantly, the hard work they put into every single patient to make sure that no erroneous diagnosis is given. The number of hours a doctor spends away from their families to make sure other people can go home safely to their respective families.

That ultimately was the foundation of my careful deliberation into pursuing this path. As lawyers get to fight and defend their clients, they don't always have the choice to fight for what is right, as their clients may not always be the justifiable side of the beam. But, a doctor, a doctor always fights for the lives of the patients under his care. A doctor will always tirelessly work through the diagnosis to make sure his patient gets home free of illness. Being a doctor requires more self-sacrifice than necessary as other people's lives start to matter more than yours. What's a few months of sleepless nights when you help a patient feel better in the future?

Going back to the question of what kind of doctor I want to be; I have no specific answer on what type of physician I wanted to become in the sense of how I provided care in the future. I do, however know what I would value as most important, and the qualities I hope to exhibit as a future physician. To me, this was something we don't often think about as there is so much going on in our textbooks that it becomes easy to forget the humanistic aspect of the care we are learning to provide. We can become inundated with showing up in class everyday, passing all of our examinations, and then moving up a year higher to repeat it all over again in a more difficult setting that we can forget that behind all of this learning is a person with thoughts and feelings and loved ones that have faith in the system that we are a part of.

I, firstly, want to be a doctor who finishes in this university as I want to be intellectually competent as I am clinically. I want to be the kind of doctor who empathizes with her patients- one who gives the type of care that one wishes for her loved ones. I want to be the one who isn't discouraged by a number of failed exams- one who remembers daily that God allows these failures to happen so I never depreciate the true value of learning that we're all supposed to earn from all this studying. I want to be the one who works hard so that in the future, when the only ones between a patient and the grave is God's ultimate judgment and my skills as a medical practitioner, I have what it takes to help preserve lives.

The Sound of Stigmatization: The Battle of People Living With HIV



By: Camille C. Apostol

The stigma is loud; the cries of help are silent.

I remember coming across pictures of the Hugs for HIV+ movement in social media. People living with HIV (PLWH) hold placards and encourage passersby to hug them. I first witnessed it personally back in college when an organization did this project. It was heartwarming and heartbreaking at the same time.

People living with HIV cry for help since these people are shunned away from the society because of HIV-related stigma and discrimination. Every day, they are faced with negative attitude and discriminatory reactions. They are imprisoned in shame brought by words of prejudice and humiliation. They are boxed within loud stereotypes and drowned in labels of disgrace and worthlessness. To add, HIV-related stigma transcends verbal remarks. Disappointing gazes, accusing looks, turning away, and excluding them are part of the movement in discrimination. They are ostracized due to the fear of acquiring HIV, affecting their mental well-being in return. They then internalize the stigma they experience, developing negative self-image and low self-esteem which altogether prevents them from getting tested and treated, silencing them in the long run.

It cannot be denied that the world is full of judgmental beings. People are afraid of getting tested since they are immediately judged with looks of contempt and whispers of biases. These actions may be faint and soundless, but they are loud enough to affect the self-worth of those who may have HIV and those already living with HIV.

One of the major roots of this stigma is the lack of awareness on HIV and its mode of transmission. Many believe that the virus can be transmitted through hugs and even mere touch, but in reality, HIV can only be transmitted through unprotected penetrative sexual intercourse, sharing of needles, and mother-to-child transmission. Misconceptions are implanted in the minds of the people due to the lack of proper dissemination of information.

As human beings and future doctors who aim to promote health and prevent disease, we should be at the forefront in eradicating stigma and discrimination. We should work hand-in-hand in spreading awareness and encouraging people to get tested and adhere to medication. Diagnosis and testing are gateways to prevention and management. I remember a family picture shown during the Lambigit, an HIV awareness forum. The father was HIV positive while the mother and the children were HIV negative. This goes to show that people living with HIV can live normal lives and have tomorrows with their loved ones. We should not be scared of them as they are still human beings worthy of respect, acceptance, and care. We should be with them in their battle.

Shame and embarrassment being attached to people with HIV is almost a lost cause. It is with acceptance and respect that we can win this battle. Let us silence the stigma and raise the voices of help and acceptance.

Pabaya: A Patient Compliance and Health Responsibility



By: Quennie Nikki Paring

Capable of thinking and drawing our own choices, we, humans, are the primary enablers of our lives. Before I start voicing my unpopular opinion, let me present the following cases I have encountered:

Case 1: Ana was diagnosed with hyperthyroidism after the doctors found a toxic goiter. She was advised not to get pregnant as this would harm her health and her baby. However, she got pregnant. Her case got complicated and she died with her baby being born premature and died three days after. Her daughter told me that the nurse was negligent of not being alarmed when she reported that her mother's hands got cold.

Case 2: Ben, diagnosed hypertensive, died because of unhealthy lifestyle and not taking the proper medicine maintenance. The night before he was rushed to the hospital due to passing out, he was drinking and smoking (which had been going on for months even after his diagnosis).

Case 3: Paul, an aspiring scholar student, was diagnosed by tuberculosis. He hid it from his family at first and went to a local government medical center for a check-up. He was prescribed with anti-TB medications. The doctor instructed him to take the medicine for a week and observe his condition. If he does not feel any positive effects, he was advised not to continue it. After taking the medication for a week, he noticed that his condition got worse. In the hopes to make his condition better, he kept on taking the medicine. His complication got worse thus his friends sent him to hospital. His family knew everything a little late when he already had liver intoxication. He succumbed to death due to pneumonia. When I visited him (the day before he died), all his mother and sister could say is that it was because of the doctor's fault of prescribing the medication.

They were lives of people close to me and I lost two of them just last year. Unfortunate as it may sound, but this personal hugot may come off somewhat different, that even I am also guilty. Yes, I could probably say the first reason of their death is poverty because they did not expect their disease to worsen and we could all just sigh at the end of the day and wished that if only the government staff were at least attentive, or the facilities were better or maybe they could have afforded a better second opinion, then they would probably, survive.

But hear me out, how about this idea: the fact that we tend to shrug things off until something gets worse, or yet, when the problem is actually visibly slapping on our faces, only then we start to change our ways. We only care about something if those things start to happen to us. Else, we'll just go on our lives and say "bahala na" – word used out of Bathala Na by our ancestors when we they refuse to take responsibility of their actions, letting fate or their God take charge for it. I guess, same with our ancestors, everything seem to repeat itself.

Perhaps in our current age of accessible (though not free) internet, we could somehow make our meagre research of the things that are new to us - like what the doctor said or that certain tablet we've been told to drink at least three times a day for a week. Educating ourselves in our own little way is a responsibility after all, if we actually want to make our health better. This might be not enough, but let me present another case of a breast cancer patient:

She was told 4 years ago that she would not reached a year. Up until now, she is still fighting. 8 years ago, she had aneurysm, last December she survived pneumonia, and right now, she's onto process of healing after sustaining broken ribs. Her case got me because I, too, grew up in a not well off family, thinking that quality health care is expensive. It surely is. But in here is a case of someone who experiences the same problem like most of us, poverty. Knowing this is her situation and her eagerness to live, she appealed to government institutions, asked help to friends and family and obediently taking note of the doctor's instructions to her. Simply, she made herself involved in her healing.

Now, by any means, I do not mean to discount the pain and struggle on how a death of a loved one affect the lives of a family or significant other. It's just that sometimes, we get blinded so much by our own emotions and entitlement as the 'patient' – being the 'victim' - to such injustice which is beyond our control. Because we sometimes like to pin the responsibility of our lives to other people instead of owing up to our mistakes. That once in our lives, when our family members were alive, we let them be - we stopped hoping for them to change their ways and let them continue with their drinking, smoking or eating habits. Or even yet, our loved ones themselves forgot to pay attention to their bodily needs.

Until then, let us stay vigilant and govern our own lives. Let us not give up on it by taking care of ourselves by educating and asking questions. Let us be in control of or own health and lifestyle. Let us not be "pabaya".

Conquering Adversity Are We in the Right Place?



By: Zachary Joshua Alo

One of the first questions I was asked in my entrance interview was something along the lines of, "Are you sure you're ready to deal with all the stress and pressure that going into medicine will bring?" And of course, like the naive and starry-eyed dreamer I was at the time, I said, "I won't know until I try!"

Boy oh boy, did I try.

Chapters upon chapters to be read, quizzes to prepare for nearly every day, being coated in eau-de-formalin every other day, near sleepless nights being a common occurrence, highlighting, re-writing, studying, realizing that it's the end of the week and barely registering that fact as you head into the next one - all of this, and it's just the first couple of months of my first year.

If there's anything to be said about Medicine, is that adversity is definitely going to be one of my closest bunkmates for the next couple of years. However, like a mean (but fair) teacher that put you through the wringer with crazy tests and quizzes, I've come to find that adversity is often where you learn the most important lessons. So far the lessons that I've learned are many, and still piling on. That said, one of the more pressing ones I've learned is that it's important to live one a day at a time. Too often I find myself getting caught up in what exams, tests, reports, and assignments are due in the next days, weeks, or months that all the time spent that could have been used to actually prepare or them is lost to worry and doubt. While it is prudent to plan ahead, it's important to be reminded not to get caught up in the what-if's and the maybe's to the point where your present time is being spent in the future. Trust me, it's a waste of time.

One of the things that helps re-center my head when it comes to studying and the like is who I look up to. Mainly, to doctors who go out into the field to treat those who ordinarily cannot come to the doctors. From historical doctors like David Livingstones, to those of the Red Cross, or those who go to the remote tribes of the mountainous regions the Philippines. They've always embodied the image of doctors that I admire - that they live not for themselves but for the sake of others.

That being said, I'd be lying if I said I believed that I've gotten this far in my life on my own power. I firmly believe that I stand where I am because of God. As you can probably tell, spirituality is quite an integral part of my life. Through what I've seen, heard, and experienced, the spiritual aspect of my life is integral to my physical aspect of life; they aren't mutually exclusive. My relationship with God has kept me grounded, sane, and most of all at peace in the storms that have come knocking on my door on a nearly daily basis. When the stress threatens to overwhelm me, He reminds me with the words that I need to hear the most and when they're needed the most. I know that I need not worry about tomorrow, because He's already there and knows what's going to happen before it even happens.

So, hold on. Because in case you are wondering, you are in the right place.

GOING FOR THE KILL



By: Mikhael Jeff T. Yamit

In addition to the numerous campaign strategies spearheaded by the Department of Health against smoking and liquor, the President approves on yet another bill raising taxes on the nation's favorite vices.

House Bill 8677, which seeks to raise tobacco excise taxes, and House Bill 8618, which seeks to increase alcohol excise taxes, are expected to be implemented this 2019 with a high expectancy of lowering smoking and liquor prevalence from high 21.6% to a target 15.7%.

With the house of representatives going straight to the jugular and putting up a bill, yet again, against common vices of the Filipino people, this puts a strain on tobacco and liquor companies by an eventual decrease in purchase of their products. This could mean loss of jobs for the employees in the tobacco and liquor industry, a sacrifice the government is ready to face.



Clearly targeting the marginalized sector who are the main patrons of the vices, the Department of Health deems this one as the "most cost effective" in lowering cigarette smoking and alcohol usage. Raising prices to an amount even the rich would think twice of buying. Establishing the notion that when money is involved, things will change inevitably.

The government has been adamant on its position against smoking and alcoholic liquor and they have not been shy with their ways of informing the public about this. Nationwide smoking ban with hefty penalties, the SIN tax, even going out of their way and having graphic images of people suffering from cigarette associated complications stamped on cigarette packs all have one common goal. And that is to end diseases caused by these products. They are putting out the message clearly with bold intentions. The passing of this bill in to a law is just another boulder to the tower that would discourage the Filipino masses to stop the patronizing of cigarette and alcoholic liquor and start living healthy lives.

For us, this initiative is geared to a positive direction knowing full well the consequences of having an addiction with liquor and cigarettes. And as students of Medicine we should also be unyielding and fervent in this campaign, assisting in any way we can in our localities. This is a win for the medical community and when all of this goes well, this will also be a win for the Filipino people.

An Appeal To Citizens Giving the Earth It's Last Straw



By: Anthony Araneta
& Nneka Brigit Dueñas

"The last straw," people say this a lot, often with a sigh, trying to give one last final chance, one last hope to any difficulty we have faced as humanity-- the idiom that has become more significant today than yesterday. But what really is the importance of straws and what transpired the use of it?

In history, the first patented straw was made out of paper when one guy, Marvin Stone, wrapped a pencil with a paper and glued it together making an efficient straw for drinking colas, tea and even water but paper straws were not that durable yet also not harmful to the environment.

In the 1900's, our paper friend evolved synthetically. It became more durable, cheaper and much more efficient than the paper ones because it doesn't fall apart. Companies sold thousands or even millions of these once harmless tubes not knowing the future impact the innovation possessed. After a century, this seemingly insignificant piece of item made a breakthrough by killing sea creatures, creating pollution everywhere, and destroying Mother Nature, as we speak. A report notes that approximately 8 million tons of plastics are being thrown out into the oceans per year while straws contribute only 0.025%.

Despite the small percentage, people have been complaining and passing bills to ban plastic straws and to totally wipe it out over the past years. The idiom now isn't just a figure of speech anymore-- it has become a cry for help, to totally ban and extinguish the last plastic straw.

The movement may have started to gain a surge of popularity in the Internet two years ago, when a video circulated on social media featuring a male Olive Ridley, an endangered species of turtle, with a straw in its nostril and mouth that caught more than 6 million viewers globally. In the year 2018, Seattle enacted the first ever banning of straws, even airlines and food establishments, like McDonalds in U.K., are now trying to eradicate the use such thing.

Another alternative that has stepped into the limelight are the use of metal straws. Metal straws have gained popularity for a number of advantages it present. It is reusable, aesthetically appealing and provides a sense of morality of personally trying to save the Earth but along its advantages raised the debate over the harmful effects of its production.

Thousands of netizens also debate, why use straws at all? If saving the environment is the goal then why not, for majority of us abled-persons, make the slightest yet drastic change in behaviour of drinking straight from the glass or cup?

The economic cost and millions of cash that will be lost by giant corporations may be huge but is the price of saving the only inhabitable planet for us even worth more?

Another relevant question is, are we able to eradicate the relevant changing of our climate by means of eradicating plastic straws? Will it be enough? It may be quite as hard as turning the wheel of our fate in bringing back the planet we once had, but if we start with little efforts in making it possible for our future, then I guess it will. Of course it will not make the biggest impact but it can still make a difference.

Everything has its own consequences, we may eradiate the use of plastic straws and make a new world out of metal straws or no straws at all, but with lack of discipline and responsibility, this trend of ours might be the cause of something else, who knows? Just like the plastic straws did.

GO GREEN, MAKE IT GREEN



By: Kim Jean Canin

Can you feel the sweat flowing through your body? Can you imagine yourself living a day without using the air condition or electric fan? Can you survive a day without drinking a very cold ice-filled glass of water? Well, that's some of the questions we tend to ask because we tend to feel it as the days grow hotter and hotter. A serious change we are forced to face today is not just a change we humans encounter. But a change every living organism also deals with. The struggles of unpredictable calamities are already rising, giving us disasters and crises. This is the reality of climate change.

Increasing air and ocean temperature, rising sea levels due to melting of Ice bergs in the north, unpredictable change of seasons, increasing frequency and intensity of some weather events, are some of the impacts of climate change. We are experiencing a hard time in dealing with climate change because the problem has progressed over time. The government and other NGOs are doing their best to remedy the situation. But it would be more efficient if we engage ourselves in the small steps against climate change. Besides, the world can't improve solely depending on the leaders- we, the bulk of the population are the key to actual progress.

Cliche as it sounds, but the 3Rs(reduce, reuse and recycle) is still of the most effective weapons in this battle against climate change.

• **REDUCE.** Reducing our use of plastics, consumption of water, electricity, and cutting trees would be of great help. Instead of using plastic straws, spoons and forks, and even plastic tumblers. One of the trends nowadays is the use of metal straws, spoons and forks, and tumblers. Conserving water and electricity are of great help for sustainable supply of energy. Engage yourself and encourage other people in activities like tree planting and cleaning drive to help reduce the impact of vast deforestation and wastes in the ocean.

• **REUSE.** Try to borrow things you need for a short time instead of buying a new one. You can donate unused clothes and other stuff to charity and other people who need it. You may use reusable bags, and containers when you go shopping so grocery clerks won't need to opt for giving you the plastic bag.

• **RECYCLE.** Things you initially see as garbage are not entirely waste. Paper, plastic, Newspaper, glass, cans and even plastic bottles are still usable. Turning these things into new stuff like, toys, home decorations, organizers, racks, flower pots and etc. Recycling household wastes will save kilograms of carbon daily and may decrease waste in our surrounding. As much as possible, choose products that are made of recyclable materials rather than stuff that are hard to recycle.

There are lots of ways to help our environment in this battle against climate change. Above all these tips, organizations and activities, the most effective way to reduce the impact of climate change is the fourth "R" which stands for RESPOND. Everything starts within ourselves, and the solution for climate change will start with our respond. The only effective way to battle it is to respond in the call of help. The future lies within our hands. Be the person that chooses to respond rather than a person who waits for an outcome. The hardest part is in the question "WHERE TO START" but the easiest part is in the little things. Pete Segeer once said, "If there's a world here in a hundred years, it's going to be saved by tens of millions of little things." Everything starts with a small step, go green and make the world green.

Medical Breakthrough: Potential Pathogen Found in Alzheimer's Disease Brains



By: Janice Ann C. Laluna

One known notorious disease in the world---Alzheimer's disease-- is degenerating disorder affecting millions of individuals globally whose primary origin is still quite unknown and seemed too elusive to our scientists until recently.

"A prospective observational study of AD [Alzheimer's Disease] patients with active CP [Chronic Periodontitis] reported a notable decline in cognition over a 6-month period compared to AD patients without active CP." This observation raised essential questions that greatly initiated a purpose for conducting a certain research study concerning Alzheimer's disease. From this, certain discoveries might shed light in the pursuit of determining indispensible treatments for the said disease.

A recent study revealed evidence that Porphyromonas gingivalis can be a potential agent for causing this type of dementia. The subjects are quite interesting. Let's go back to our books and recall some basic information about this organism. P. gingivalis is a non-motile, Gram-negative, rod-shaped, anaerobic bacterium. Furthermore, it is said to be invasive and is considered to be the keystone pathogen in chronic periodontitis. Bacteremia caused by P. gingivalis could actually occur during brushing, flossing, and chewing— these are activities we do in a daily basis but don't fret because the infection does not really last long. Contributing to its virulence, it produces factors called as "gingipains". Molecularly speaking, gingipains are cysteine proteases which are composed of lysine-gingipain (Kgp), arginine-gingipain A (RgpA), and arginine-gingipain B (RgpB). Now, here's what makes it more interesting, aside from its role in bacterial survival and known pathogenicity, gingipains are putatively said to promote neuronal damage, leading to its role in Alzheimer's disease pathogenesis.

Scientists have identified gingipain loads from brain tissue samples of patients diagnosed with AD through immunohistochemical staining methods. "Our identification of gingipain antigens in the brains of individuals with AD and also with AD pathology but no diagnosis of dementia argues that brain infection with P. gingivalis is not a result of poor dental care following the onset of dementia or a consequence of late-stage disease, but is an early event that can explain the pathology found in middle-aged individuals before cognitive decline", they added.

Tau tangles are hallmarks for cognitive impairment and diagnosis of AD and this has been shown to correlate with the presence of positive gingipain loads in AD patients. Because of this, scientists became more interested on the role of gingipain proteolysis in tau protein fragmentation. Using tau-5-epitope antibody probes, Western Blot analysis revealed that gingipain was responsible in the disappearance of tau-5-epitopes. Because of this, they have further characterized cleavage sites of tau accountable for this activity. This greatly suggests that any morphological changes observed were due to the proteolytic or cytotoxic activity of gingipain.

It has been shown that P. gingivalis may access the brain once it infects the oral cavity. This spread may include a number of pathways: by infecting monocytes that is recruited into the brain, direct damage and infection of the endothelium of the blood-brain barrier, and infection and spread via cranial nerves (e.g., olfactory and trigeminal).

Furthermore, the study has significantly suggested that small-molecule gingipain inhibitors, like iodoacetamide, are neuroprotective by preventing its aggregation. They have demonstrated well that orally-administered Kgp inhibitors are much more effective in clearing P. gingivalis infection in the brain.

The occurrence of this discovery is an exemplar of the continuing desire in medical research to vital knowledge of medicine. This suggests broad possibilities in the course of understanding important diseases known in the field. Who could have known that poor dental health might lead to a brain-degenerating disease? One could only rethink their oral hygiene habits.

For the Brainiacs: #OneMinuteBrain

By: Raven Patrick Najeal

With an increasing use of social media for sharing information, it would come to no surprise that teachers would now use these platforms as well to reach out and teach those especially hard to get topics such as Physics, Chemistry, Mathematics and now, voila, Neuroanatomy.

Neuroanatomy is the brainchild of Anatomy, Physiology with a little of Biochemistry. Dreaded by a lot of students whenever exams come up and they are presented with a case of hemiplegia with sensory loss and they have to find where that lesion situated itself. All those pathways you have to memorize and trace, those anatomical structures pinpointed and their functions, and even the molecules that in excess or in inadequacy, would cause a variety of syndromes. These and more make even the smartest shudder at the thought of Neuroanatomy.

Enter Dr. Ronnie Baticulon, a popular professor among medical students not just in UP College of Medicine and who got his training in Pediatric Neurosurgery at the Royal Children's Hospital in Melbourne, Australia, a 2018 Palance Awardee in Writing, and is currently practicing in Philippine General Hospital, and his brainchild on Twitter and Instagram for training your brain about the brain, #Oneminutebrain. Every now and then he would post a picture of a certain neuroanatomic structure, whether it be a cerebellum, a cross section of the cerebrum, or the circle of Willis. He would then ask what the pointed structures are and what symptoms would develop should a lesion occur. Talk about taking practicals outside the classroom! His questions teach and challenge students new to the subject, those reviewing for the PLE, and practicing doctors looking to hone their skills. Although not an extensive review, #Oneminutebrain provides medical students tidbits of need to know information or a chance to study common clinical cases encountered.

This allows students a regular break from hitting the books while still continuing learning in social media platforms, that's definitely a win-win situation. To participate in the mini quizzes you can access them via Instagram/@neurosurgeonph or https://Twitter/neurosurgeonph. What are you waiting for? Time to devour some brains!

TAKE THE EDGE OFF



By: Jessa May D. Pepito

Probably not all, but for a lot of us are already aware by now, that stress is always a part of our lives. Our heavy and hectic lifestyle makes us more prone to stress than anyone else on the planet. And believe it or not, it can take a toll into our health more than we ever want to admit. It can affect our body, thoughts and feelings, and behavior. What can separate us from the rest, however, is how we deal with it. We have our own way to keeping stress down to a minimum but sometimes, it gets the best of us.

There are a lot of ways to manage stress. There are even probably more than a hundred thousand search results when you key in "how to manage stress" in Google. Listening to a relaxing or calm music, taking a deep breath, exercise (a short walk will do!), talking to a friend, talking calmly to yourself (we are all guilty of this sometimes, right?), sleeping better, ergo, enough sleep (we find it hard to do but the most effective stress buster ever), and undeniably, food.

Do you ever feel like you're hungry as a horse when you're drained mentally and physically? That's called stress eating — something that a lot of people tend to do in order to feel better. However, we forget to eat well and resort to the wrong comfort foods can actually make the situation worse.

Stress levels and a proper diet are closely related. If you find yourself feeling tense all the time, or you know that your emotions are running wild because of stress, here are a few food suggestions that you should take into consideration.

- Avocados and berries contain lots of glutathione, a really powerful antioxidant (just consume these fruits in moderation and you're good).
- Want something a little salty? Cashews contain healthy fats and zinc! Also, nuts like almonds is packed full of vitamins, healthy oils, and minerals.
- A healthy snack that can boost the brain's serotonin levels? A piece of banana! Oatmeal and Milk, too.
- Something that can enhance your immune system and lift your mood because of its smell? Go for oranges.
- Chocolates actually help combat stress and is considered a brain food. However, make sure that you go for dark chocolate and remember to consume it in moderation.
- Sweet and very much satisfying? Experts say that raisins can help normalize blood pressure, one which when increased could actually be due to chronic stress.
- Tuna sandwich really is a brain food! It has lots of healthy omega-3 fatty acid.
- Right before hopping into bed, have a cup of freshly-brewed chamomile tea which can soothe your stressed mind and body, thus allowing you to have a much-needed good night's sleep.
- Vegetables, like spinach is rich in Vitamins A, B, and C that are essential to overall health. It also contains potassium, calcium and magnesium that reduce stress hormones.

These foods are but a few options for you to consider when it comes to dealing with stress. Adding them to your diet can give you the tools you need to fight off the effects of stress. If you're going to eat your stress away, at least stress-eat it the right way.

Project Armageddon: Earth Status Report



By: Raven Patrick Najeal

The machinations of man's great industrial wheel have yielded the most advancement in technology for the past century. All over the world, mega cities are being built, concrete landscapes for humans to dwell in and live comfortably. We have traveled to the moon, built giant rockets to send our probes into deep space. We have built machines capable of carrying people over great distances in just a short span of time. We've built devices and infrastructures that allow us to communicate to someone on the other side of the world without delay. And yet we yearn for more, we want to seek out other hospitable planets, or to explore the deepest oceans. All to find more resources, and to quench humanity's desire for longevity, knowledge, and technology, but at what cost?

Ever since the industrial revolution, carbon dioxide levels have sharply increased to up to 130% in just a span of a few decades. This coupled with the heat trapping nature of carbon dioxide causes the Earth to be warmer, and our oceans are bearing the brunt of the this warming. Aside from that, our oceans also absorb about a quarter of carbon dioxide in our atmosphere. All the while, the continual increase in human activities also causes an increase in carbon dioxide absorbed by this water form, causing a rise in acidity of about 30% of our oceans, and slowly killing corals, shellfishes and planktons. The decrease in the population of these organisms also affects organisms higher up in the food chain. Ultimately, this inevitably disturbs balance among humans too, as seafood is a major protein source for about a billion of us.

According to Living Planet Report 2018 of WWF, over the past 40 years, populations of wild animals have declined by up to 60%. Cities built over forests housing diver. One out of three wild fish populations have reached critical levels that cannot sustain the needs of our growing population.

Last December 2018, the global average land and sea temperature increase was set at 0.85 C higher than pre-industrialization levels in 1880-1900. Scientists have predicted in climate models that an increase in up to 1.5 C can have drastic effects all over the world. This would increase death of coral population by up to 70%, speed up melting of ice caps, increase the likelihood of exposing people to extremes in environments such as heat waves and polar vortices. An increase in temperature would also make Earth inhospitable for certain fauna, especially plants and insects. All of these would lead to a vicious cycle of natural disasters, one worse than the previous one, that would slowly eliminate species one by one.

We have also been experiencing more intense heat waves and colder polar vortices in the last few decades. And researchers have predicted that the likelihood of these events happening will increase as global temperature increases.

Typhoons are getting stronger each year. Just six years ago, the Philippines woke up to a ravaging storm, Typhoon Haiyan, bringing with him wind speeds up to 315 km/hour and storm surges of up to 5-6 meters. This record was then easily beat two years later by Hurricane Patricia, clocking in wind speeds of up to 360km/hr.

Finally, out of five major extinction events that happened millions of years ago, four of them were suspected to be caused by climate change. These extinction events wiped out approximately 50% up to 96% of the population inhabiting Earth at that period. We are on the brink of a 6th extinction event. Although there is a lot of dissent on this statement, we could wait and find out if what we are doing is really causing Earth to die out, or we could act now and preserve both ourselves and our planet.

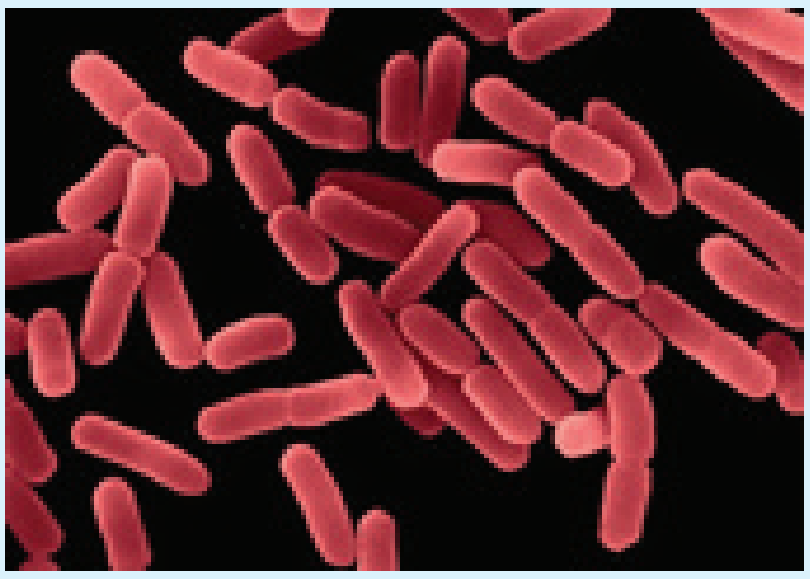
MEDIFACTS CORNER: ALL THINGS MEDICAL YOU OUGHT TO KNOW



By: Marvin Lapasa

The vast world of medicine has always been progressive and innovative throughout the years, things we once thought impossible, now actually made possible. Thought you already know all things medicine? Maybe not. Time to geek out!

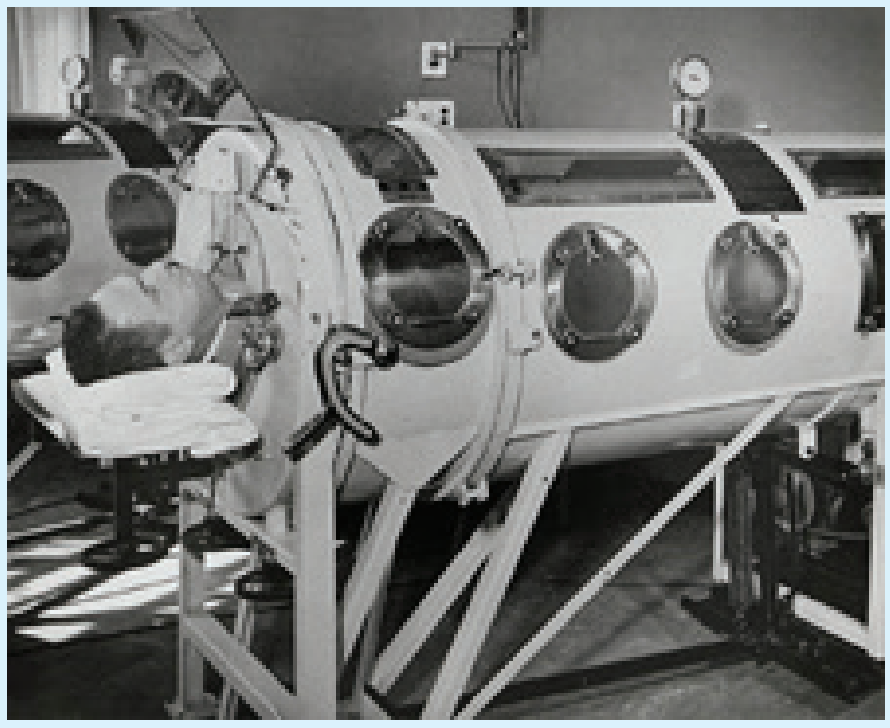
1. The Bacitracin Girl



You've probably heard this antibiotic's name for countless times but did you know that it was actually discovered from an infected wound of a girl named Margaret Treacy? Doctors examined organisms from Treacy's wound under the microscope and noticed that some staphylococcus bacteria are being killed by a strain of Bacillus subtilis, a common soil bacterium. It was later discovered that the bacillus from Treacy's wound produces an "antibiotic substance". Hence the name Bacitracin from "Bacillus" and "Treacy".

Source: *https://www.smithsonianmag.com/science-nature/one-girl-mishap-creation-antibiotic-bacitracin-180963236/*

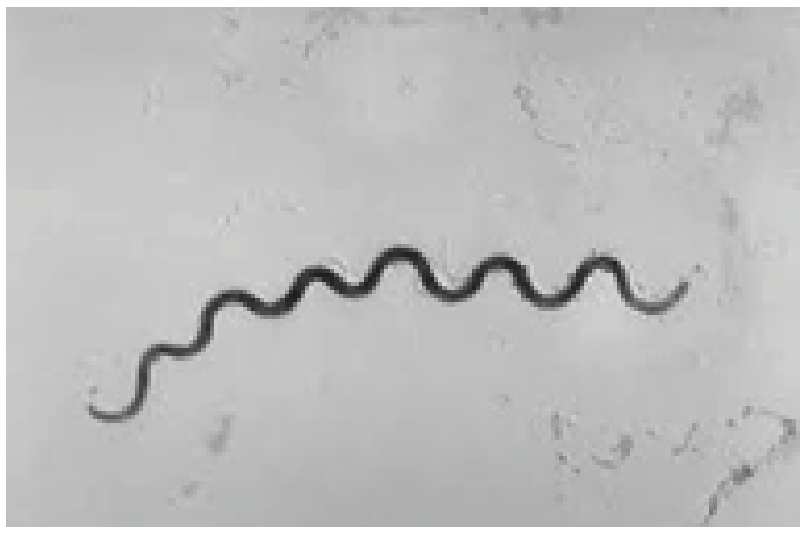
2. The Iron Lung



No, it doesn't have anything to do with your favorite marvel superhero. However, it is a hero by itself. This machine is a negative pressure ventilator that saved thousands of lives during the Polio Outbreak in the 1930s where infected patients experienced muscle paralysis that included the muscles of respiration, making breathing hard for them. The machine works by mimicking the mechanism on how the lungs move air in and out of the body.

Source: *https://gizmodo.com/the-last-of-the-iron-lungs-1819079169*

3. Malariotherapy



In the early 20th century, when Penicillin wasn't discovered yet, an unusual treatment was discovered to treat the sexually transmitted disease, Syphilis. This involves deliberately infecting patients with malaria to induce fever. The fever will eventually kill the Treponema bacteria. Subsequently, Quinine drug is administered to eliminate the malaria. This treatment was called "Malariotherapy".

Source: *https://jamanetwork.com/journals/jama/article-abstract/1155177*

4. Some familiar scents



Did you know that your sense of smell can actually detect approximately one trillion different scents? In contrast to your tongue which can only differentiate five different kinds of tastes. From you friend's perfume that would let you now that she's somewhere near you without even seeing her, to the calming aroma of your favorite essential oil, to the relaxing scent of coffee when you study late at night. You may not notice it consciously but you actually identify a lot of different scents everyday. So, what else you think your nose can remember and identify?

Source: *https://www.bbc.com/news/health-26638085*

5. Human Banana



Humans share 60% same DNA with that of bananas. Which means, genetically speaking, we are 60% similar to a banana. Maybe that's how our favorite children show came about? However, we still have a closer relationship to the ever so cute chimpanzees whom we share 96% identical DNA. This fact might make some people cringe, but I'm curious, Had the odds changed, which do you prefer to become? The one that eats banana? Or the one eaten by a chimpanzee?

Source: *https://www.getscience.com/biology-explained/how-genetically-related-are-we-bananas*

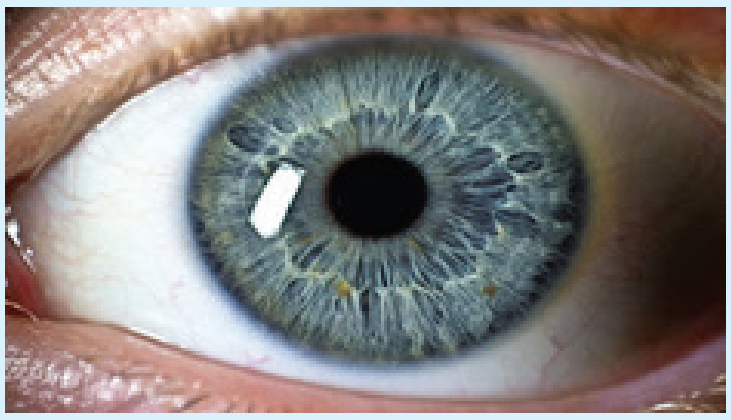
6. Tongue print



Like the thumb and the iris, human tongues are also distinct from one another hence a biometric technology utilizing tongue-prints is now in the pipeline. Yep, talk about licking for biometrics! This innovation can be used for security purposes or even as a forensic tool. One day, you may need to stick out your tongue to enter a door for added security

Source: *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5210096/*

7. The Perfect Camera



If the human eye was a camera and able to take a picture, it could have a power of as much as 576 megapixels, that would've given us a very great quality for a photo. However, the eyes contain even more complex different features that enhances our vision which still makes it way better than a camera.

Source: *https://art-sheep.com/the-resolution-of-the-human-eye-is-576-megapixels/*

8. Powerful Acid



Studies have shown that gastric acids are strong enough to dissolve, at least partially, a razor blade. But then again why would anyone put a razor blade in their stomach? .

Source: *https://www.ncbi.nlm.nih.gov/pubmed/9283866*

9. The Lady Doctor



Back in the time when Medicine was dominated by men, one woman in the country was brave enough to step up and proved everyone that women can become doctors too. Dr. Maria Paz Mendoza Guazon, a native of Pandacan in Manila, became the first Filipina doctor who graduated from the University of the Philippines Medical school.

Source: *http://spheres.dost.gov.ph/sci-profile.php?i=001008*

10. Insensitive to pain



It may sound ironic but the brain, which receives all stimuli from the peripheral body, actually cannot feel any pain. The brain is the main reason why we perceive stimuli as painful or not, however, the brain itself doesn't have any pain receptors which literally doesn't make it feel pain. But you're probably wondering why you feel headaches. Some parts of your cranium other than the brain already have pain receptors like the meninges and the bone of the skull.

Source: *https://www.brainline.org/author/brian-greenwald/qa/-can-brain-itself-feel-pain*

THE STAFF



NNEKA BRIGIT DUEÑAS
Editor-in-Chief

A girl who grew up borrowing books about the misfortunes of the Baudelaire siblings into avidly turning pages for the mysteries of Dan Brown's novels, she's a 20-something who resorted into becoming a doctor because she still hasn't received her Hogwarts letter.



CAMILLE APOSTOL
Assistant Editors

Camille is a 22 year old medical school freshman who loves roadtrips and superheroes. Her hobbies include driving, eating, and playing video games. She spends most of her free time talking to her dad on the phone.



ANDREA SHANNA ONG COMPAY
Assistant Editors

Shanna loves travelling and adventure with artistic interests in calligraphy. She finds beauty in everything with a positive attitude in the hopes of radiating the same to other people.



ALLANYS JOY PINO
News Editor

Her interests include reading novels; binge watching movies, anime, and TV series; and fangirl-ing on different boy and girl groups. She loves to travel and try to do new and interesting things. She is mostly seen inside the study lounge.



RAVEN PATRICK NAJEAL
Science Page Editor

Asimov, Gaiman, and Brooks are just but a few of the authors he would more than eagerly share stories about. He also likes to listen to classical music and would willingly throw us back into the 70s and 80s with his choice of songs, while making us drool while he serves us his delicious expertise dish-tuna sandwich.



MARK CUYOS
Feature Editor

Caption here.



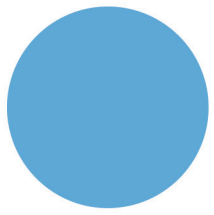
MIKHAEL JEFF YAMIT
Editorial Columnists

He likes to think he's a visionary but the reality is he's just an ordinary man with dreams that are out of his reach. But regardless, he pushes through.



QUENNIE NIKKI PARING
Editorial Columnists

Always the weird one – you can talk to her about everything that comes to your mind. She promises she won't judge. ;)



ANTHONY ARANETA
Editorial Columnists

Caption here.



ANN JENNIFER ALVEZ
Editorial Columnists

She's always been the kind of girl that hid her face, so afraid to tell the world what she's got to say. But she has this dream right inside of her. She dreams of the moon and the stars, and believes in the magic of the universe, trusting that everything will fall perfectly into place. In God's perfect time.



ZACAHARY JOSHUA ALO
Editorial Columnists

Zach enjoys comics, corny jokes, dancing when no one's looking, and making people laugh. If you happen to have a good pun up your sleeve, be sure to shoot it his way, he's always on the lookout for new material.



PHOEBE KATES MONTERDE
Editorial Cartoonists

Caption this.

EDITOR'S NOTES

Dear readers,

A physician's duty starts not when he gets to hold his professional license but on the day he has entered medical school. No matter the doctor's walk in life, every one in the profession was once a student. Before handling obligations inherent to his job, he has once handled the responsibilities of being a student. But what are these responsibilities, really?

A student's journey is spent mostly in the classroom. Spending most of the time dwelling in hundreds of pages of medical information and practices, and listening to first hand experiences by lecturers, a medical student's day is nothing short of a walk in the park. Sacrifices after sacrifices, yet we still often feel the need to know more, learn more, and become more than the person we were before. We commit to spending more time achieving our dreams, answering one exam after another, barely taking enough bathroom breaks in between. For it is in being responsible in the search and equipping ourselves with enough knowledge that we will be able to fulfill our duties in the future. But is it enough? Do our responsibilities end there?

We might want to remember that before we were students, we are also citizens of this archipelago. That we also have social responsibilities before, now, and much so in the future. We may become too busy devouring every information we can, we sometimes forget that the world does not stop around us. The world especially needs saving now even before we get the license to save lives. Climate change, natural calamities, political wars, extrajudicial killings, corruption, hunger and malnutrition, job contractualization, burgeoning traffic burden, increasing rate of suicide, the battle of stigma against HIV, and economic stagnation are but a few of the concerns the society is continually facing. Concerns which we should not exempt ourselves from. Issues that needs our timely inputs and actions.

This year The Serviant wishes to go beyond the comforts of our dear alma mater and serve as an eye-opener that when we keep ourselves relatively safe in our bubbles and use our student ID's as a free pass to bat an eye into these significant issues and forget our social responsibilities, then we may be failing in our true duties. It is here to serve as a field for creativity to be honed and showcased while keeping its audience updated with issues not just in the school but beyond it as well. It aches for a desire to build the character not just of its writers but of also its readers-- that may all become socially aware, empathetic, more selfless, and active leaders.

Lastly, it wishes to convey that achieving prestige in the field of Medicine takes not only success in our career but also by offering the best of our skills and abilities and making the world a little bit better because of it.

Sincerely,
Editor-in-Chief



ZENAICAH SY
Editorial Cartoonists

A woman with a lion's heart but with an appetite of a bear. Nevertheless, always expect a few laughs out of your mouths when you hang with this one



EMIR NOROLAJI USMAN
Literary Page Editor

Caption this.



CHRISTINE PIÑERO
Photo Journalist

Caption here.



NIKKO DAJAO
Photo Journalist

Caption here.



GRETCHEN GARCIA
Contributors

She believes Samwise Gamgee doesn't get much credit as a hero in Lord of the Rings. Frodo would not make it alone. We would not make it alone.

MARIE LOUISE JUMAWAN
Contributors

Caption here.



KIM JEAN CANIN
Contributors

Kim is a strong and independent woman with a heart full of courage, purpose, and bravery. She loves adventure, travel and music. A fun and outgoing person, she believes in YOLO and that, "The world is so wide and full of adventure, life is short, so go and make your adventure happen. Live life always as if it's your last."



STEPHANIE DOROG
Editorial Columnists

She likes to believe she's confidents. "I know my jokes aren't funny but I say them anyways," she'd exclaim. For her, confidence really is key.



JANICE ANN LALUNA
Contributors

She has a spontaneous heart and a goal-driven soul. She seeks for new sights and loves capturing moments. She undeniably loves to make life worthwhile!



MARVIN LAPASA
Editorial Columnists

A fun and outgoing person with the heart of a model. He loves to explore places he's never been, and he also loves to talk. He starts with a little chitchat and before you know it, you're already in a sit-down interview with him. He lives by the saying, "Believe in yourself, and everything is possible"



JESSA MAY PEPITO
Contributors

Perfectly resided within herself, often soaked up with solitude and poetries (aside from the endless studying). Definitely homebody but striving to be more than she has ever been. She likes to say hello to possibilities!