

Ang MaNggagamot



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PMMA holds first hybrid conference

By Dr. Simon Kung

The PMMA held its first ever hybrid annual scientific conference & meeting on Saturday, August 21, 2021. Last year, the annual meeting was converted to a virtual-only Saturday morning event. This year, with a light at the end of the COVID tunnel, we planned an in-person conference with dinner, along with an option for virtual attendance, from 12 noon to 8 pm. With all of the board members pitching in on the planning, we were able to enjoy a successful conference with the much missed socialization for our members! There were five scientific talks, one pharmaceutical display (Janssen), light moments of group picture taking, and a delicious catered Filipino buffet dinner. Approximately 40 attended in-person, 7 attended virtually, and 40 went to dinner.

The 3.25 hour CME portion consisted of five sessions. Dr. Walter Troung,

a pediatric orthopedic surgeon at Gillette Children's Hospital and Assistant Professor at the University of Minnesota, gave an excellent talk on pediatric spinal conditions, including scoliosis, kyphosis, and spondylolysis.

/ spondylolisthesis. While these terms may sound intimidating, Dr. Troung did a phenomenal job in simplifying them for non-spine specialists and more importantly explaining the principles of treatment and when to refer to a specialist.

Dr. Kristine Domingo, a neurologist and Assistant Professor at the University of Minnesota, presented clinically useful pearls on distinguishing Parkinson's, dystonic, and essential tremors, replete with videos to underscore her points. From listening to and watching her lecture, one can appreciate that she is a master educator (with her residents and with us!) and a master clinician.

Dr. Simon Kung, PMMA Vice-President and a psychiatrist at Mayo Clinic, talked about the relatively new use of low dose

ketamine, which can rapidly improve depression but with still many unknowns about long-term effects and a potential for substance dependency. Providers of both intravenous and intranasal ketamine, not necessarily psychiatrists, have already established clinics in the Twin Cities.

Dr. Noe Mateo, PMMA Secretary and an infectious diseases specialist at Sanford Health in Bismarck, gave us trusted information about COVID. He explained the variants, reminded us that the technology behind the mRNA vaccine has been worked on for years, informed us of the new recommendations of additional doses for the immunocompromised and the upcoming booster shots for all of us. He also updated us about current treatments for COVID ("It's not ivermectin!"), and raised the concerns of long COVID syndrome.

Dr. Aaron Corfield gave the Dr. Loy Trajano lecture, on such a timely and relevant topic of diversity, equity, and inclusion in the medical field. He led us through historical examples of

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Group picture of in-person attendees at the PMMA Annual Clinical Conference

Message from the President

Dear PMMA family and friends –

Thank you to all who attended and contributed to another highly successful Annual Clinical Conference, held at the Philippine Center of Minnesota on August 21, 2021 – 38 years to the day of one of the most important though tragic events in Philippine history – a flashbulb event etched in everyone's memory that most of us who were already living at that time could recall exactly where we were and what we were doing when we heard the news of Ninoy's Aquino's assassination. But I digress (something that usually happens when I start writing on my laptop – I blame it on aging). Staying on topic, I would like to give a big kudos to the planning committee: Simon Kung who put together the scientific program; Cherry Bucu and Janice Go for the table decorations and for the regular email invitations; Noe Mateo for handling payments; Puring Lucas for conducting his usual one-man phone brigade to encourage people to attend, and for coordinating food preparations; Dan Trajano for the CME credits; and to the rest of the officers and board. We would also like to thank our lone table sponsor Janssen Pharmaceuticals; the PCM headed by Darwin Yasis and Dodge Flores for being such an excellent and accommodating partner; and Roy Larazi for providing the sumptuous dinner and snacks. Please read Dr. Kung's front page article for more details regarding the conference!

I will preface what I'm going to write about next by saying that I have the blessing of my good friend Ramces Francisco, an orthopedic surgeon at the VA Medical Center and PMMA member, to share his story. Last July, he played at the Filipino-

Minnesotan Association (FMA) annual basketball tournament at the Minneapolis Sports Center. Ramces, who had been hooping all his life including playing high school varsity basketball in the Philippines for the powerhouse San Beda Red Lions, was having a good game when he suffered a heart attack and suddenly collapsed on the court. Fortunately, his teammate Ed Santos, spine surgeon and PMMA board member, was able to administer prompt CPR, aided by a couple of nurses, whose names I do not have but were definitely heaven sent and deserve our thanks. They were able to use the facility's AED to administer shocks. By the time the paramedics arrived, Ramces had been revived and was responsive. Within few minutes he was wheeled into the cardiac cath lab at Hennepin County Medical Center, and subsequently had a stent placed for near-total blockage of the left anterior descending artery. By the following day he was out of the ICU, and after 3 days was discharged to home.

Rams and I have known each other for almost 30 years, having been classmates in medical school, co-residents in orthopedic surgery, and teammates in basketball. Through those years, we had won and lost many games together – celebrated glorious victories and consoled each other in defeat. Although we saw less of each other in subsequent years, we were reunited last year when Ramces accepted a position as staff orthopedic surgery at the Minneapolis VA. Since then, we have been playing tennis almost every weekend, together with the rest of our Philippine General Hospital Orthopedic family – Ed Santos, Jet Luna, and my wife Sharon Yson.

This incident obviously left us all shaken and at the same time very thankful, knowing that things could very well have turned out differently. Pondering on this has taught me some lessons which I would like to share:

- It can happen to anyone. For those among us who have been fortunate not to have experienced such a personal tragic event, it is tempting to think that these only happen to others, and perhaps only to those who are obviously unhealthy and basically 'have it coming'. However, Ramces was perhaps fitter than any of us, played sports regularly, was not overweight, and prior to this event was not even on any maintenance medication.

- Take BLS (Basic Life Support) and ACLS (Advanced Cardiac Life Support) classes seriously. They are not merely boxes to be checked for hospital accreditation. I myself am guilty of having gone to these classes only to get things over with, thinking that there always would be more qualified specialists (internists, anesthesiologists) who would conduct CPR when needed in the hospital. However, this experience showed us that in an emergency we may find ourselves to be the only person with training to administer life-saving measures.

- Take care of your health. Good health is easily taken for granted in youth. Rams is very fortunate to have been given a second chance in life. For some people, the first significant health event may turn out to also be their last. Moreover, staying healthy is a responsibility we have to our family, who stand to suffer financially and emotionally.

"Take care of your health. Good health is easily taken for granted in youth. Rams is very fortunate to have been given a second chance in life."

Having said that, however, we know that despite our best efforts at staying healthy, in the end no one lives forever (remember the saying about death and taxes?). Whether it is by disease, accident or something else, all of us will one day leave this world. Thus, in addition to taking care of our physical health, it is also important that we prepare for this eventuality, both spiritual/emotional and financial/legal. Whether we believe in heaven and hell, life everlasting, reincarnation, something else or nothing at all, it would be best to be at peace with having led a life well lived when it is time to go. And since we never know for sure when that would be, there never is a better time than now to bury the hatchet with the people we are at odds with, and express our love and gratitude to those who are special to us. It is also good to settle our legal affairs and make provisions to make sure our families are cared for financially should something happen to us. I am very happy to share that Ramces is now doing very well, and has even returned to the tennis court (see attached picture)! Through it all, his positive outlook and determination to get better, and the steadfast support of his family (wife Charlyn and children Martina and Ramon) serve as an inspiration to all of us. May we all find the

same strength and resilience as their family had shown when big challenges come our way.

Jonathan N. Sembrano
Jonj Sembrano



Selfie with Rams at recent Tennis Social at Woodbury HS on 9/11/21

To get to know Dr. Ramces Francisco and his family more, please see "In the Spotlight" on page 9.

Congratulations

Filipino Docs Featured!

We would like to congratulate the following physicians included in the 2021 list of Top Doctors by Minneapolis-St. Paul Magazine and/or Minnesota Monthly Magazine:

- Dr. Lissa Chipeco – Geriatric Medicine, HealthPartners Como Clinic
- Dr. Charles Crutchfield III (speaker, 2016) – Dermatology, Crutchfield Clinic
- Dr. Rufino Festin – Cardiology, Park Nicollet Clinic
- Dr. Tara Gustilo – Obstetrics/Gynecology, Hennepin Healthcare
- Dr. Nadine Maurer – Physical Medicine & Rehabilitation, TRIA Orthopedic Center
- Dr. David Polly Jr. (speaker, 2021) – Orthopedic Surgery, Shriners Children's Twin Cities
- Dr. Bernard Quebral (former PMMA President) – Internal Medicine, HealthPartners Woodbury Clinic
- Dr. Edward Santos (current PMMA Board Member) – Orthopedic Surgery, Summit Orthopedics
- Dr. Warren Schubert (Mission participant) – Plastic Surgery, HealthPartners Specialty Center
- Dr. David Thao (speaker, 2019) – Plastic Surgery, Woodbury Plastic Surgery
- Dr. Walter Truong (speaker, 2021) – Orthopedic Surgery, Gillette Children's Specialty Healthcare
- Dr. Orvin Visaya – Nephrology, Kidney Specialists of Minnesota

New 2021-23 PMMA Officers and Board Members!

The PMMA held its bi-annual elections on August 21, 2021. Please welcome new board members Drs. Jonathan Olivas and David Ong! Dr. Olivas is a psychiatrist and Inpatient Medical Director for Sanford Health in Fargo, ND. Dr. Ong is a dentist (Silver Lake Smiles Family Dentistry), and is past President of the Fil-Minnesotan Association (FMA) and Philippine Center of Minnesota (PCM).

We would also like to say a big Thank You to our outgoing board members Drs. Sigrid Precilla and Laura Hong, whose services have been invaluable and deeply appreciated.

Continued from page 1: Hybrid Conference

racial bias in health care and society, which has contemporary ramifications on patient care for marginalized populations. He also gave examples of how to practically respond to disparaging comments made by patients. He challenged our unconscious biases, noting that he was surprised at his own biases which he uncovered by using the implicit.harvard.edu test. At the end of his talk, he recommended the book "Blindspot: Hidden Biases

of Good People" by Mahzarin R. Banaji and Anthony G. Greenwald, which should be an eye-opening read.

All in all, it was a very successful conference. There were some aspects of the virtual feed, which could be improved upon. We hope that by next year's conference in August, we can return to completely in-person meetings. If not, we will find a way to keep the conference going! See you next year!

DR. RENE V. DAWIS:

LIFE ADVENTURES NEAR THE CENTURY MARK

By Dr. Purisimo Lucas

Endowed with good genetic-make up, and good blessings from the above, Dr. Rene Villanueva Dawis is almost there to achieve the pinnacle of the century mark at the age of ninety-two. He is presently in good health, very active in his daily activities, and living a very comfortable life with very close family around him, including seven children, seventeen grandchildren, and six great grandchildren. He is very thankful to be able to reach a very respectable age with eight years more to achieve the century mark.

The march of life for Dr. Dawis started in Los Banos, Laguna where he spent his childhood days until he moved to Manila for high school. When WWII broke in 1941, he was confronted with a life-threatening situation that he barely escaped to safety.

He graduated with Bachelor of Arts majoring in Psychology in 1951 at the University of the Philippines. He first came to the United States of America in 1953 as a Fellow in Applied Psychology at the University of

Minnesota. He came with his wife and first son. He returned to the Philippines in 1956 after he got his PhD from the same university. After a year in the Philippines, in 1957, he returned to Minnesota and was offered a research project in vocational rehabilitation at the University. He later joined the faculty as Professor in Psychology and Industrial Relations. He retired in 1997.

After retirement, he kept himself busy with family activities like birthdays, weddings, anniversaries, baptisms, confirmations, and others. He joined some Filipino groups like the University of the Philippines Alumni Minnesota (UPAM).

He travelled to Europe and the Philippines several times. After his 80th birthday, he shifted his interest to local activities like concerts, operas, plays at the Guthrie and Chanhassen. Then he developed other hobbies like watching TV movies, Met Opera Live in HD. Then he changed gears to Sports TV - football, basketball, tennis, golf, boxing including Manny Pacquiao fights.

He reads books especially about WWII, American



Rene and Lydia Dawis

History, Philosophy and Theology. He also enjoys board games like crossword puzzles, and sudoku. It is surprising that he did not develop any interest in mahjong or the casinos.

He is not choosy about food; he eats anything that is tasty, more 'gourmand' than gourmet. He enjoys eating Filipino food like adobo, pancit, lumpia (egg roll), lechon, 'ballot', escabeche, kare-kare, and 'dinuguan' or chocolate meat. He enjoys red wine with dinner.

According to him, "I am enjoying retirement with my family tremendously. I became closer to them and appreciate their individuality even more. The theory I have learned in psychology, I am now seeing more clearly in real life, and I am learning more and more about tolerance and humility.

With a loving and caring wife, Lydia on his side, seven children, seventeen grandchildren, and six great grandchildren, a very fruitful and successful life of Dr. Rene V. Dawis will continue to grow for many more years to come.



The Dawis family. Back row, left to right, David, Rene, Lydia, Joaquin, Eugenio. Front row, left to right, Vicente, Dolores, Myriam, Stevan.

Interested in submitting an article or a letter to the editor? Care to share a story? Email Jonj Sembrano at sembroo1@umn.edu

PMMA PICKS

A new segment of *Ang MaNggagamot* where we list PMMA Officers' and Board Members' recommendations.

This installment is on Fiction Books. What is your recommendation? Let us know by emailing sembr011@umn.edu

<i>Jonj</i>	Hotel on the Corner of Bitter and Sweet by Jamie Ford – The sweetness and innocence of young love set against the bitter backdrop of the second world war and the Japanese internment camps in the US.
<i>Janice</i>	The Great Divorce by CS Lewis. An allegory on heaven and hell and how we are all invited thru God's grace to be with Him.
<i>Noe</i>	Tipping Point by Malcolm Gladwell
<i>Puring</i>	A Time for Mercy by John Grisham
<i>Cherry</i>	Joy Luck Club by Amy Tan
<i>Amy</i>	The Book of Longings by Sue Monk Kidd
<i>Laura</i>	THE SECRETS WE KEPT -by Lara Prescott. A thrilling tale of secretaries turned spies at the height of the Cold War inspired by the true story of the CIA plot to infiltrate Russia with propaganda but with the greatest love story of the 20th century, DOCTOR ZHIVAGO.
<i>Sigrid</i>	Watchers- Dean Koontz
<i>Ed</i>	Wonder by R.J. Palacio – Written for young readers, it is very touching and a great read for adults as well.
<i>Dan</i>	The Lager Queen of Minnesota by J. Ryan Stradal
<i>Monica</i>	Atlas Shrugged by Ayn Rand

I am a Polio-Survivor Physician

By Dr. Romulo Kabatay

I had polio when I was 20 months old. I am now a physician, retired. Dr. Puring Lucas considers these remarkable enough that he asked me if I could share my experiences with the PMMA. Actually, I do not entirely agree that my accomplishments despite my limited physical abilities, including my being a doctor should be considered outside of the ordinary. I personally know of several similarly afflicted persons, as well as of historical figures who have themselves become doctors or who have accomplished even greater achievements. Still, I thought it might indeed be worthwhile to share my experiences if only to acknowledge the help and support many special people provided me in my journey through life. I have decided however that it would be prudent to withhold the names of many of those people for various reasons.

My mother was a nurse who worked for the WHO in the 1950's vaccinating rural Batangas against TB. She recalled how one very angry

father with a bolo chased her team out of his village when they returned to administer the second dose. The father thought the TB vaccine caused his child's paralysis. While my mother felt bad that her work resulted in my being lame, she made sure that my condition did not hold me back any. I grew up accepting my lameness as an integral part of me. My mother talked affectionately to her friends about me as "ang aking si Pilay". And I don't recall ever feeling bitter about my condition, nor ever blaming my mother, or even God Himself. Also, I believe that I was blessed to have inherited my father's quality of being forgiving, of not holding grudges.



Dr. Kabatay and wife, Wilma

My lameness did affect my studies and career choices, but not in the usual ways. In elementary school I was usually a "teachers' pet", including the sisters' in our Catholic school. They encouraged me to be a priest. By the time I was in high school though the bishop dashed that "vocation". He explained that priests perform physically taxing tasks and needed to be in perfect health.

I therefore did not know what I wanted to be when I finished high school. My father earned a law degree from night school while he worked as a janitor at the nearby capitol building. Somehow though a law profession never appealed to me. My paternal grandfather was the son of a sharecropper. He earned an associate degree by snail mail from the US-based De La Salle University Correspondence School and eventually became the provincial bookkeeper of Batangas. I followed his advice and enrolled in commercial studies at the De La Salle College at Taft Avenue.

Like most younger siblings, I believe, I idolized my older brother. One day

he visited me in my boarding house in his medical college uniform. I thought the uniform looked good on him. Right then I decided that I was going to wear that uniform also. To my recollection even up to this day that was the very first time I considered being a doctor. And because I had earned very good grades at DLSC I thought I would be readily accepted to the UST College of Science. Instead, I was rejected.

My father had only one older brother. He was a third-year medical student at UST when the Japanese invaded the Philippines. He died during the Death March. He had a close friend and classmate, of German ethnicity whom he had brought to Batangas a few times to visit my father and grandparents. My uncle's friend joined the faculty

All throughout my student life I walked with a severe limp due to leg weakness and left foot drop. Some, perhaps many people found my gait pitiful. But I was fortunate that my



The Kabatay Family

parents and grandparents were able to provide me with a small motorcycle in high school, and a compact car in college. I resisted the advice to use a cane because it would

makeshift walking stick was to me when I made rounds of the resettled former squatters from Tondo in that hilly terrain. After I completed the rural service requirement I

underwent pan-talar arthrodesis of my left ankle and since then I have always used a cane. That decision proved fortuitous for I do not know how I could have survived Chicago and Minnesota winters without a cane.

I will never forget my mother's response when I told her that I had passed my ECFMG: "Salamat naman Utoy at hindi nasayang ang mga kalyo ko sa tuhod". She had always walked the entire length of the marble floor of our minor basilica on her knees whenever she had a major petition. I believe my mother's prayers and belief in penitential devotions, as well as her faith in me and in God's goodness helped me greatly to achieve what I did achieve.

I contacted many hospitals which participated in the US National Interns and Residents Matching

Program and completed and submitted back the few applications forms I received. None was even acknowledged. The chief resident in Ob-Gyn department at the Batangas Provincial Hospital (then) matched to a program in HI and left his application forms to Cook County Hospital to me. The first time I met the pathology department chairperson he told me bluntly that my physical condition is one of the reasons that he never approved of accepting interns without personal interviews. I felt somewhat vindicated when he called me in a few months later and expressed his satisfaction at my reports. He even dropped a hint that he might want me to help him write a book. Subsequently however it became clear that I would not be a good pathologist.

I did not realize then but my inability to form mental images likely proved to be the more significant impediment to my not being a good pathologist than my polio. Sometime during our clerkship year, I took a private course in hypnosis. It was only then that I realized that I could not visualize like most everyone else does. I could not even see my wife's and my children's faces in my mind. It was only last year that my pediatrician daughter discovered that the condition has a specific name, coined only in 2015. Aphantasia. It is a condition that is supposed to be not so rare. Some one in fifty people is supposed to have no



Kabatays and Austrias with parents in Clinton, MN 1978

after he graduated and became a close friend of the Dominican priests. He got me accepted to the College of Science. I should clarify though that I subsequently got accepted into the medical school on my own merits.

have hindered me in certain activities, like hanging on to the back of overloaded jeepneys in Dapitan. During our public health rotation in our clerkship year, we were embedded in Sapang Palay for a month. There I realized how helpful a

imagination. Literally. But I digress.

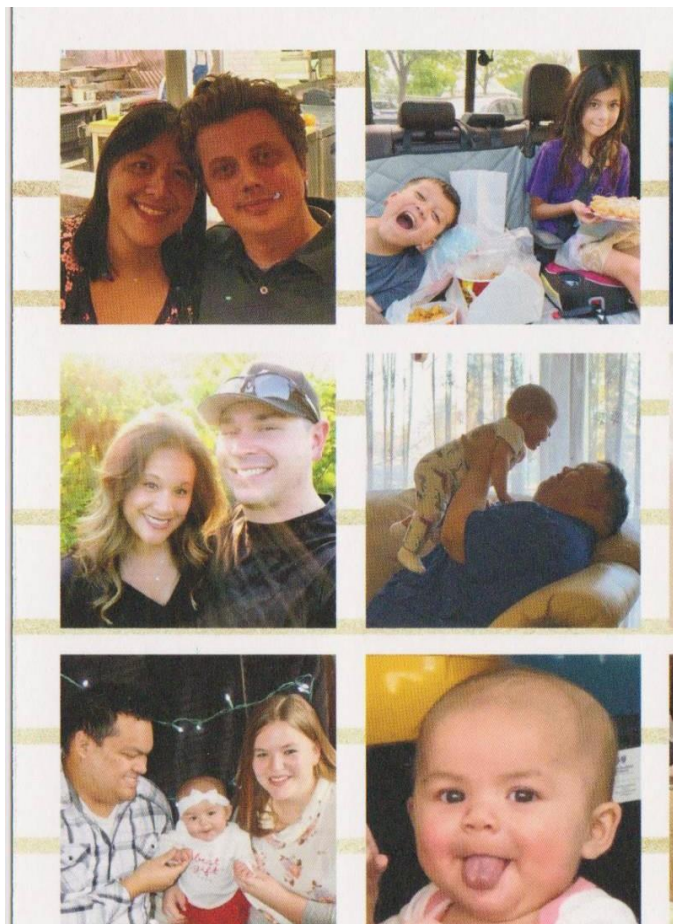
I never considered transferring to another specialty program at CCH, and it was mostly due to my physical limitations. Our work schedule was 5-1/2 days a week, from 8-5, with no night calls. Throughout my 4 years at CCH I used a bicycle to get to work and to get around the campus, including biking through the underground tunnels in the winter. I did not know of any other specialty then that would have allowed me to continue with such a light physical routine. I did perform well enough to complete the residency requirements in pathology though.

My student's visa expired in 1979 after my residency. My older brother was practicing in western MN when he learned that Appleton was searching for a physician to help their longtime doctor who had progressive Parkinsonism. He got a doctor's name and address from the Appleton directory. As we later found out that was the address of a long-deceased doctor who practiced until his mid-90's. Fortunately, his widow forwarded my letter to the city administrator. In my application letter I stated that my training was in pathology, that my wife and I had no valid visas and that I myself was lame, but I was qualified to apply for a MN license, and I did have some clinical experience in the Philippines. I believe the city council then was desperate enough to take a chance with me.

When we moved to the house we rented then, there was already an envelope in the mailbox. It was from the INS (now ICE). We were being ordered to leave the US voluntarily in 2 weeks, or else we would be deported. Appleton retained an immigration lawyer for us. At that time a couple of retired farmers from Appleton were lobbyists in D.C. Armed with a petition signed by more than 2,500 (the City of Appleton then had a population of 1,740) people the couple was able to get a MN senator to grant us a stay of deportation. And in 1983 a wise and compassionate Republican president, named Ronald Reagan granted us amnesty, followed soon after by green cards and eventually citizenships.

My wife and I were well-educated, law-abiding, productive, tax-paying illegal aliens for several years. In today's political climate we would have been considered dreamers, as in DACA. It was because of such an experience that I now feel favorably for today's dreamers.

After President Reagan granted us amnesty and we got our green cards we considered relocating. Both my wife and I decided however that my physical deficiencies would likely prevent me from thriving in bigger hospitals and cities. The physical layout of AAH was tailor-made for my physical capabilities. But more importantly the warm and unconditional acceptance of my practice



The Kabatay children and apos, spouses and partners

and of our family by the people of the Appleton area made our decision to stay really easy.

Early in my practice I relied heavily on the Current Diagnosis and Treatment manuals (Medical, Surgical, Pediatrics, and Ob-Gyn). Also, my sister-in-law was a BC FP, and she drove to Appleton from 40 miles away twice a week to help in the clinic. I was able to maintain a relatively light schedule of about 10 clinic and 3 in-patients a day, plus about 10 nursing home patients a week. Our ER coverage was every 2-4 weeknights and weekends, depending on the number of practitioners available. Over the years the average weeknight ER visits were 0-2, and weekends 4-6. I had my

share of trauma emergencies, occasionally involving multiple victims, and a couple of fatal gunshot head wounds. Retrospectively I do regret that up until the later third of my practice years our ER coverage were not reimbursed hourly like today. I did spend a relatively inordinate time dictating and documenting patient notes being that I never mastered the art of quick notes recording.

I missed my first delivery. The Appleton Hospital and Nursing Home (now called simply Appleton Area Health) building is a 2 level complex. The clinic used to be in the lower level, and I could not get to the delivery room fast enough. The senior nurse who assisted the delivery

reassured the mother that she has had to deliver babies for the other doctors also when labor and delivery progressed precipitously. I was very thankful, and surprised that the family continued to entrust me with their health care. They even became family friends, as most of my long-time patients came to be before HIPAA discouraged such familiarity. I must have delivered around a hundred babies over 25 years, until the hospital had to close its delivery services due to the retirement of experienced nurses, and inability to recruit younger nurses who were willing to do OB.

About 3 years into my practice Dr. Florante Austria joined me in Appleton. We grew up in the same neighborhood in Batangas. He was a close friend of my older brother such that I effectively grew up having the support and care of 2 older brothers. And for more than 26 years he was my partner in providing medical and surgical care to the people of Appleton. He did most of the surgeries and deliveries, including CS's. For many of those years there were only 2 of us. We covered the ER for 24 hours on alternate days and nights, and on alternate weekends. When one of us went home to the Philippines, went on vacations, or in his case went on medical missions, whoever was left behind took care of the ER up to 5 weeks at a time. The eventual availability of air ambulance service

was a great help to us. And when ACLS, ATLS, and especially CALS started including nurses in their courses it greatly reduced the stress of ER duties for me.

About 30 years into my practice, I developed a more rapidly progressive weakness of my extremities, associated with digital paresthesias. I initially assumed this to be due to the progression of my post-polio syndrome. A cervical MRI however revealed a critical degree of spinal canal stenosis. Surprisingly the neurosurgeon thought it was a congenital condition. He performed decompression and fusion of my C3-7 vertebrae. The procedure relieved the paresthesia, but the increased leg weakness persisted, and as of now is still progressing. I remained dependent on a walker after that surgery, and I needed a power wheelchair for longer distances. Six years later I needed a L5-S1 foraminotomy. I decided it was expeditious to give up my ER responsibilities after that. The hospital allowed me to work in the clinic for two more years until I retired in 2017. Overall, I consider my practice in Appleton as having been quite satisfying and comfortable, albeit not as lucrative as my big city peers'.

If I did accomplish far more than I should have given my physical limitations I believe it is because I was blessed with many special

people who provided me with the inspiration and support that only people who truly loved and cared about me could have: my mother who prayed for me constantly and was always proud of me for what I am; my father who taught me to be forgiving and to hold no grudges thus sparing me bitterness; my grandparents who helped care for and nurtured me with love; my older brother whose "modelling" of the medical student uniform inspired me to be a doctor and who later found me a practice location that was tailor-made for my personality and physical capabilities: Dr. Austria who helped me from childhood until my near-retirement age; the people of Appleton area who accepted me and my family warmly and unconditionally; but most of all I consider myself super-blessed many folds for my wife, Wilma. She provided me with unconditional love and total emotional and physical support throughout our 46 years together. She shouldered all the physical chores and burden in our household and allowed me to concentrate on my profession while at the same time sacrificing her own career and preference for the city of residence. Without her I could not have accomplished what I did accomplish. And for all these people and blessings I am eternally grateful!

Note: Dr. Kabatay has been a member of the PMMA (Philippine Minnesotan Medical Association) since the 1990's

In Memoriam

It is with profound sadness that we announce the passing of Congressman Emil Ong of Northern Samar Philippines. He was a good friend of the PMMA. He supported our medical groups' medical mission trips and other activities in Catarman and nearby locales in Northern Samar. He was a man with dignity, respect, and true care for his community, friends and family.

Our deepest condolences to Dr. David Ong and his family.

From the PMMA Family

In the Spotlight

Get to know two of our very own PMMA members/officers! Be featured by emailing sembr001@umn.edu.

Dr. Ramces Francisco

Specialization: Sports Medicine, Shoulder and Joint Replacement / Orthopedic Surgeon

Current City and State: Minnetrista, MN

Philippines? Manila

Family - spouse (Charlyn Cu-Unjieng Francisco), kids (Martina, 13 yo and Ramon, 10 yo), pets (Theo, 1 yo, Golden Doodle)

Fondest PMMA memory? The Bataan Death March testimonial meeting

How would you describe Minnesota in one word? Family-friendly

Favorite Minnesotan activity? Basketball / Tennis

Hobbies? Watching movies



Advice to other Pinoy living in MN? Take time to explore MN and welcome the opportunity to get to know the people in your community

Favorite Filipino food? Grilled seafood and vegetables

Favorite Philippine tourist destination? Palawan

Retire in warm sunny Philippines or in the four-season MN? Minnesota

What's your inspiration or life mantra? He who is not courageous enough to take risks will accomplish nothing in life (Muhammad Ali)

Any pet peeves? Messy things

What would you do if you won the lottery? Donate to Sick Children in Philippines/US

Interests? History/documentaries

What kind of music do you listen to? New Wave, 80's

If you did not have to worry about money or time, and were not working in the healthcare field, what would you be doing as a vocation? Engage in carpentry, building houses



Francisco family: Ramces, Charlyn, Martina (13 years old) Ramon (10 years old) and Theo (1 year old golden doodle). Taken April 2020.

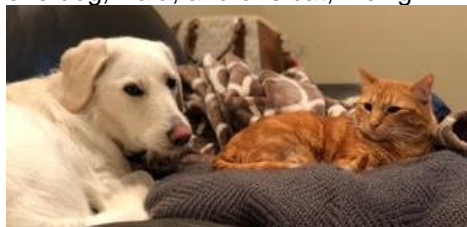
Dr. Edgar Austria

Specialization: Emergency Med with Emergency Physicians Professional Association (EPPA)

Current City and State: Eagan, MN

Philippines? Sto Tomas, Batangas

Family - My wife Rupa and I are expecting twin boys this Fall! We have one dog, Nala, and one cat, Mowgli.



Nala (a cross between a white German Shepherd and poodle) and Mowgli

Fondest PMMA memory? PMMA conference at Wisconsin Dells and meeting everyone.

Describe MN in one word? Beautiful

Favorite Minnesotan activity? Road trip along the North Shore to Lutsen Resort.

Where do you tour your friends/family visiting MN? Grand View Lodge in Nisswa, MN or the North Shore area (Duluth, Lutsen, etc)

What's your favorite season? least favorite season? Favorite is fall, least favorite are the dog days of summer

What makes MN unique? Ability to experience the beauty of all 4 seasons

Any advice to other Pinoy living in MN? There is a nice Filipino market, Phil-Oriental Foods, and a good restaurant, Manila Sizzling Wok and Grill, in St. Paul on University Avenue. It took me 7 years to figure out where to get good dinuguan or sisig when the craving hits!

What is your favorite tourist destination? I have only been back to the Philippines a handful of times since my family left when I was 2 years old and mostly just visit our family in Batangas when we do go back

Life mantra? 'In a world where you can be anything, be kind'



My wife and I on our latest trip to Duluth

What would you do if you won the lottery? Pay off my parents and siblings mortgages, donate a percentage to charity, start a small distillery or speak-easy, and live off the interest

Any pet peeves? Looking at your cellphone when someone is talking

What kind of music do you listen to? I have an eclectic playlist on Spotify I listen to while in the ER. It really depends on my mood at the time.

If you did not have to worry about money or time, what would you be doing as a vocation? Astronomy



Community Corner

Filipino community events

By Dr. Purisimo Lucas

FMA

Consular outreach: Minnesota for passports and dual citizenship.

Date: Saturday, September 18 - 8 AM -4:00 PM

PCM building, 1380 Frost Ave, Maplewood, MN 55109

Sponsor: FMA with the Chicago Consular Service.

Holiday Activities - to be announced

PCM

Ribbon Cutting and Inaguration of the Lift

Monthly Carinderia - Sunday, September 12

11 AM - 2 PM

FCC

September 19, Sunday 3:00 PM - Celebration of the Feast of our Lady of Penafrancia

St. Jerome Parrish 380 Roselawn E, Maplewood

September 26, 2021 - Feast of San Lorenzo Ruiz and Companions - Guardian Angels Church, Woodbury, MN 3 PM.

December - Simbang Gabi - December 9-17-
celebrated in different churches.

PMMA

January, 2022 - Induction of New Officers.

Time and place to be announced at a later date

CSFA - Cultural Society of Filipino Americans, PCM - Philippine Center of MN, SGM- Philippine Study Group of MN, FCC- Filipino Catholic Community, UPAM- University of the Philippines Alumni, Minnesota, FMA- Fil-Minnesotan Association , FRED - Filipino Renaissance for

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Edward 'Ed' Santos

Daniel 'Dan' Trajano

PMMA Trivia Time

Which Medical School in the Philippines has the most graduates and active practitioners in MN?

- A. University of Santo Tomas
- B. University of the East
- C. Far Eastern University
- D. University of the Philippines
- E. Cebu Institute of Medicine

Answer: D. University of the Philippines

Ang MaNggagamot Editorial Board

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Interested in submitting an article or a letter to the editor? Care to share a story? Email Jonj Sembrano at sembroo1@umn.edu

Disclaimer: The views and opinions expressed in the articles are those of the authors and do not necessarily reflect the official policy or position of the Philippine Minnesotan Medical Association.