Time flies and it flies by swiftly indeed. We are at a tipping point ready to go past the year that was and welcome the year ahead of all of us. Your PNSP Board has looked into every bolt and hinge that has held us together as a Society over the years. It was a busy two years as we oiled our machinery. It was an all systems go mode in operation. But really the work is not all done. There will always be something to do for PNSP.

We held our Management Action Planning on 21 June 2018. We gained a better perspective of the PNSP since our last MAP in 2011. The importance of all the activities we have been doing so far were affirmed and we were able to identify gaps we still need to fill in as we strive to be a relevant organization. As the year ends, we again hold 3 important activities which will be filled with learning and time to celebrate and connect with each other. We will be having our 23rd Annual Convention with the theme "Straightening Kinks, Strengthening Links" with our guest speaker Dr. Prasad Devarajan and 7th Teaching Course Module 3: Potassium, Calcium, Magnesium and Phosphorus". Let us all be there as we launch our 25th Year Silver Anniversary and all the activities to commemorate our milestone.

Let me take this opportunity to thank everyone for your support, guidance and participation in all our activities. I gained a lot of insights and appreciated PNSP even more. It was with great honor and privilege to have served you all.

Maraming, maraming salamat po!

Ma. Norma V. Zámora, MD
PRESIDENT, 2017 - 2018
The Pediatric Nephrology Society of the Philippines will be celebrating its 25th year in 2019. The Society has prepared programs and activities that will truly remind us to pave the way for the healthy Filipino children. This year’s 25th year theme is “REFLECTIONS, RELEVANCE and ASPIRATIONS”. These are the guiding forces that will help us shape the future. Reflections will enable us to look at the past and to guide and pick up the important lessons that will help us to what we want to be. Relevance will make us work not only for our own good but for the greater good of the Filipino children. This should guide us to have greater worth not only to our practice but to the upliftment of the total national kidney health goals. Aspirations is the burning desire to move on to reach our goals. We have prepared a very interesting launching program which will include the Inspirational talk of the founding president of the Society, Dr. Carmelo Alfiler. The expansion of the G5 to G10 which involves the different subspecialties who have been part in giving holistic treatment to our renal patients. It is a collaboration so that we can do better in understanding the renal patients and expand each and every member's knowledge on specific illnesses. Several publications will be introduced: the UTI consensus, and the UPEC Urinalysis Module. Upcoming by the celebratory year is the Fluid and Electrolytes primer, the coffee table book and the manual of therapeutics. The theme of the celebratory convention is "Global Insights, Philippine Perspectives". The scientific program is to be spearheaded by the UP-PGH group. We are happy to introduce also the newest members the training program which is the Southern Philippines Medical Center. The hashtag of the yearlong celebration is #pnsplak which was created by Dr. Marvin Callanta. The final part of the launching program is the commitment of the community to continuously align to the mission and vision of our Society.
The journey in coming up with the first consensus began way back 2011 when Dr. Remedios Dee Chan, then PNSP President, formed an AdHoc Committee on Urinary Tract Infection (UTI) under the Cluster on Advocacy. By the following year, the First Proposed Policy Statement on UTI was drafted. The need to further review the process in coming up with a Policy Statement necessitated more updates on pediatric UTI. Dr. Ofelia de Leon, who succeeded Dr. Dee-Chan, directed to have 2 consecutive symposia on this topic (2013 - 2014): Updates for the 50th Philippine Pediatric Society Annual Convention and presentation of the Pediatric Nephrology Society of the Philippines (PNSP) Consensus on the Definition of UTI, formulated during the 18th PNSP Annual Convention, for the 51st. The realization of developing a more comprehensive consensus which would cover the diagnosis, treatment and work-up evolved during the headship of Dr. Rosario Cruz. A collaborative effort with the four training centers: National Kidney and Transplant Institute, Philippine Children’s Medical Center, University of the Philippines-Philippine General Hospital and University of Santo Tomas Hospital summarized the essentials in diagnosing UTI in 2015. Consultative meetings with the Department of Health in 2016 recognized PNSP as one of the contributors for the National Antibiotic Guidelines 2017 which recommended antimicrobial therapy for UTI in children. And by 2017, when Dr. Ma. Norma Zamora’s began her term, series of discussion with Philippine Society of Pediatric Urology (PSPU) were conducted to agree on the recommended work-ups of pediatric patients who had UTI. As year 2018 ends and after 7 years, PNSP is proud to present the 1st PNSP Consensus in collaboration with PSPU on Urinary Tract Infection in Children.
The G5 Conference of the PNSP is a quarterly scientific forum, hosted alternately by the following training institutions: NKTI, PCMC, UP-PGH, and UST, and soon, the Southern Philippines Medical Center (SPMC) in Davao City.

The last G5 Conference was held on August 23, 2018. It was hosted by UST and was a first of its kind. Aside from a rare case of bilateral renal infarction secondary to complete renal artery occlusion presented by UST 2nd year fellow Dr. Kaye Palacpac, it was the first time the conference was broadcast live thru WEBINAR. Members of the PSNP all over the country logged in, watched, joined and participated in the activity.

This coming Annual Convention in November, the G5 will have its biggest milestone – as it steps up to a G10 Conference. G5 traditionally consisted of Nephrology, Urology, Oncology, Transplant Surgery and Pathology. As it gears up to G10, the following specialties will complete the list: Hematology, Adolescent Medicine, Pediatric Surgery, Radiology, and Rheumatology.

The G5 Conference continually expands its horizon – reaching out not only to all members of the PNSP but engaging more specialties and subspecialties. Join us this Annual Convention for the official launch of this much-anticipated G10 conference!

"Out of The Box"
March 16, 2017, Centennial Conference Room, USTH Clinical Division-UST Hospital
PRESENTER: Dr. Anna Kristina R. Chua (UST)
REACTORS: Dr. Dennis S. Flores, Dr. Melissa M. Juico

"Bursting the Bubble: A Case of Nephrotic Syndrome"
May 24, 2018, The Medical City Hospital Conference Hall
PRESENTER: Dr. Rema C. Parallag (NKTI)
REACTORS: Dr. Eric Emmanuel T. Aragon, Dr. Mae N. Ramirez-Quizon
G5 CONFERENCES 2017 - 2018

“Mercury Rising: Post-Transplant Hypertension”
June 22, 2017, Doctor’s Lounge
Diagnostic Bldg, NKTI
PRESENTOR: Dr. Maria Dalla J. Dosado (NKTI)
REACTORS: Dr. Servando Sergio D.C Simangan, Dr. Lorna Lourdes Simangan, Dr. Rachelle Angeli R. Ninalga

“Race Against the Clock: A Rare Case of Acute Kidney Injury”
August 22, 2018 Webinar at UST
PRESENTOR: Dr. Katrina B. Palcpac (UST)
REACTORS: Dr. Pio V. Purino, Jr., Dr. Roderick P. Arcinas, Dr. Anderson H. Lim, Dr. Maria Rosario F. Cabansag

“Streams of Water Through A Crisis”
September 28, 2017 at Audio Visual Room, PCMC
PRESENTOR: Dr. Irish Senen B. Chang-Arellano (PCMC)
REACTORS: Dr. Mary Anne Chiong, Dr. Sheila Masangkay, Dr. Rachelle Dela Cruz,
PNSP Teaching Course: A Success Story

Maria Rose F. Cabansag, MD

The challenge of managing fluid and electrolyte problems in pediatric patients has always been seen as daunting. This served as the impetus for the Society's resolve to provide pediatricians with basic physiologic concepts that if well understood will hopefully simplify that which is perceived as complex. A thorough understanding of how to manage fluid and electrolyte problems is important so that faced with various scenarios, one will be able to provide appropriate care to these patients. Thus, with this goal in mind, the first Teaching Course on Fluid and Electrolytes was born. It was conceived as the first of a series of modules dealing with fluids and electrolytes. It was apt to start tackling sodium and water disturbances, potassium and acid-base imbalance, first and discuss it in a workshop form. We were fortunate that the International Pediatric Nephrology Association sponsored the first course held on November 20, 2016 with Dr. Kar Hui Ng from Singapore giving a plenary lecture at the Ateneo de Manila School of Medicine and Public Health in Pasig. We held a Master's Class with 50 PNSP members in attendance and 123 non-member participants for the simultaneous workshops on Hyponatremia and Shock, Hypernatremia and Dehydration, Hypokalemia with Metabolic Alkalosis, Hyperkalemia with Metabolic Acidosis and Multiple Fluid and Electrolyte Abnormalities. It was no surprise that there was a clamor for it to be held again so we held the second run of the first module come July 23, 2017 and we had 166 attendees which included some critical care specialists. We became inspired to start another module this time dealing with Neonatal Fluid and Electrolyte problems. The different scenarios included a premature infant, asphyxiated neonate and neonate who needs surgery. With 3 neonatologists helping us, Dr. Emmanuel Esguerra, Dr. Maria Theresa Cacas and Dr. Ma. Esterlita Uy, we were able to come up with a truly interesting workshop which was held last November 19, 2017 with 177 participants including neonatologists and neonatology fellows in attendance. We again had a foreign speaker Dr. Detlef Bockenhauer sponsored by IPNA who talked about generalities in managing dysnatremias, in that module.

Cognizant of the demand from certain pediatricians who heard about the first module of the Teaching Course but weren't able to attend, the PPS Central Luzon Chapter requested that it be held at the Angeles University Foundation Sports Cultural Center, Angeles City last March 18, 2018. It was well received and so the PPS Central Visayas Chapter requested that the same module be held at the University of Cebu School of Medicine last September 30. Indeed, 2018 was our busiest year as we held a second run of the Neonatal Fluid and Electrolyte workshop again at the Ateneo de Manila School of Medicine last July 15. We are also offering a new module on the so-called less known electrolytes: Calcium, Phosphate, Magnesium and Potassium, come November 18 this time to be held at the University of the East Ramon Magsaysay Memorial Medical Center. We have another foreign speaker, Dr. Prasad Devarajan who will speak on Potassium and Magnesium Physiology, together with locally invited speakers Dr. Estellita Nolasco and Dr. Wilson Cua helping Dr. Zenaida Antonio and Dr. Doctor discuss Calcium and Phosphate Handling in the Body. We are excited as we hope to continue to help pediatricians gain better understanding of fluid and electrolyte management in pediatric patients. Helping produce physicians who are astute in handling fluid and electrolyte problems will be our legacy for the next generation and as long as there are people who put a premium on excellent pediatric care, this legacy will live
Teaching Courses 2017 - 2018

2nd PNSP Teaching Course on Fluid & Electrolytes Module 1
July 23, 2017, Ateneo de Manila University School of Medicine & Public Health

3rd PNSP Teaching Course on Neonatal Fluid and Electrolytes Module 2
November 19, 2017, Ateneo de Manila University School of Medicine & Public Health

4th PNSP Teaching Course on Fluid and Electrolytes Module 1
March 18, 2018, Angeles University Foundation Sports Cultural Center

5th PNSP Teaching Course on Neonatal Fluid and Electrolytes Module 2
July 15, 2018, Ateneo de Manila University School of Medicine & Public Health

6th PNSP Teaching Course on Fluid and Electrolytes Module 1
September 30, 2018, University of Cebu School of Medicine
The PNSP Educational Seminar was launched in August 2014 under the Cluster on Training and Continuing Medical Education. It was a goal pursued by then PNSP President, Dr. Ofelia R. De Leon who believed that learning and development should be a continuous process for the members of PNSP. It was created to be an additional venue for members to keep current with the medical trends and innovations concerning kidney diseases in children.

Since its conception, nine seminars have already been held with topics ranging from Basic Sciences, Renal Immunology, Immunosuppressive Drugs, PD First Policies, Strategies to Improve PD adequacy, Prescription and optimization of hemodialysis, Hemodialysis access problems, Continuous Renal Replacement Therapy and Kidney Transplantation. Speakers who generously graced these educational seminars were Prof. Pedro Jose, Dr. Jeannette Borgonia, Dr. Ana Rose Dy-Vicente, Dr. Arlene Lamban, Dr. Lourdes Paula Resontoc, Dr. Eric Emmanuel Aragon, Dr. Rachelle Dela Cruz, Dr. Coe dela Sena, and Dr. Zenaida L. Antonio.

This year, the seminar was held in August 30, 2018 with back-to-back lectures on Hypertension which was held at Alex III, Restaurant. The speakers were Dr. Dolores D. Bonzon and Dr. Rachelle Dela Cruz who gave lectures on Updates on Childhood Hypertension and Basics of Ambulatory Blood Pressure Monitoring respectively. Both lectures were enriching and relevant. The seminar was well attended by 33 pediatric nephrologists and fellows-in-training. The event was made possible thru sponsorship from Wellness Pro Inc.

The PNSP Educational Seminar running on its fifth year, constantly pursues the thrust of the Society in updating and familiarizing members to new learnings in pediatric nephrology.

**Educational Seminars 2017 - 2018**

**Date & Venue:** April 20, 2017 at Victorino’s Restaurant, Sct. Rallos corner 11th Jamboree St.  
**Topic/Title:** Overview: Immunosuppressive Drugs for Kidney Diseases  
**Speaker:** Dr. Ana Rose Dy-Vicente

**Date & Venue:** August 24, 2017 at Alex III, Matalino St, Diliman, QC  
**Topic/Title:** Turbulent Waters: Discussing Hemodialysis Access Problems  
**Speaker:** Dr. Coe P. Dela Sena

**Date & Venue:** August 30, 2018, Alex III, Matalino St, Diliman, Quezon City  
**Topic:** 1. Updates on Childhood Hypertension  
2. Basics of Ambulatory Blood Pressure Monitoring  
**Speaker:** 1. Dr. Dolores D. Bonzon  
2. Dr. Rachelle C. Dela Cruz
Since 2015, PNSP has been sponsoring the Kidney-Friendly School Advocacy project to promote kidney health awareness and wellness among public elementary schoolchildren. This year, the Society conducted the activity in 18 schools nationwide. Basic lectures on kidney anatomy and physiology, 10 Signs of Kidney Diseases and 10 Steps to Healthy Kidneys, blood pressure, height, weight, BMI measurement and urinary dipstick screening were provided. In addition, a lecture on Leptospirosis was included. Each student was given a token of a water tumbler with PNSP logo and school supplies were awarded to winners of the question and answer portion after each lecture. As a new initiative for this activity, the teachers of two schools, namely, the T. Alonzo Elementary School in Quezon City and Lunzuran Elementary School in Zamboanga, were included upon request. The Quezon City Medical Society was invited to participate in the Advocacy starting this year. Our mother society, the Philippine Society of Nephrology, has also included this project in its Preventive Nephrology Advocacy. Eighteen (18) public elementary schools participated this year.

<table>
<thead>
<tr>
<th>LUZON</th>
<th>VISAYAS</th>
<th>MINDANAO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quezon City (2)</td>
<td>Iloilo</td>
<td>Cagayan de Oro</td>
</tr>
<tr>
<td>Manila (2)</td>
<td>Cebu City</td>
<td>Iligan City</td>
</tr>
<tr>
<td>Muntinlupa</td>
<td>Leyte</td>
<td>Digos City</td>
</tr>
<tr>
<td>Batangas (2)</td>
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<td>Davao City</td>
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<tr>
<td>Bataan</td>
<td></td>
<td>Zamboanga</td>
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<tr>
<td>Isabela</td>
<td></td>
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<tr>
<td>Baguio City</td>
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</tbody>
</table>

A total of 2,895 Grade 6 students and 24 teachers were screened. Out of this, 147 (5%) had abnormal urinalysis and elevated blood pressure. Those who were found to have abnormal findings and needed confirmation and further evaluation were advised and referred to government hospitals with pediatric nephrologists. So far, this year catered to the most number of elementary schools nationwide. Each school had a turnout of about 80-90% of its student population. Plans like inclusion of the teachers, additional lectures, inviting other government (DOH, Department of Education), non-government institutions and medical societies, are being worked out for the future activities of the Advocacy. Thank you to all PNSP members who in one way or another helped in the successful implementation of this worthwhile project. Congratulations and more power to PNSP!

T. Alonzo Elementary School, Quezon City

Old Balara Elementary School, Quezon City
Bagong Silang Elementary School, Muntinlupa

Kumintang Elementary School, Batangas City

Tanauan Elementary School, Tanauan, Batanagas

Rosario Elementary School, Isabela
Lunzuran Elementary School, Zamboanga

Dona Juana Lluch Memorial School, Iligan City

Sinayawan Hagonoy Elementary School, Digos

West City Central Elementary School, Cagayan De Oro

Dumanlas Elementary School, Davao

Cupang Elementary School, Bataan
What's NEW in NS?

- Rituximab now proven effective in SDNS and FRNS.
- Ofatumumab (humanized anti CD 20) – possible newer treatment for highly resistant NS, maybe effective in Rituximab resistant NS
- ACTHar – pediatric RCT underway
- LDL Apheresis (Liposorber) for lipid reduction, induces partial or complete remission in some SRNS

Future Treatment in Nephrotic Syndrome

- Sparsentan (endothelin receptor blocker + ARB) – RCT underway
- PPARγ Agonists (thiazolidinediones) – reduce proteinuria in rats and potentially in children
- Abatacept (CTLA-4-Ig) – exciting early result
- Lebrikizumab (anti-IL-13 mAb)
- P38 MAPK Inhibitors (Losmapimod) – trial still underway

Renal cysts

- A child is at risk if ≥1 renal cyst. with a parent with ADPKD

AAP Work-up for HPN

Children > 6 years of age do not require extensive evaluation for secondary HPN causes if:
- positive family history
- are overweight or obese and or
- do not have history of PE findings suggestive of a secondary cause

Lupus Nephritis

- Mycophenolate is among the best for preventing disease relapse during maintenance therapy while IV Cyclophosphamide is the worst.
- Meta-analysis showed that plasmapheresis conferred no additional benefit to pulse IV cyclophosphamide.
- Mycophenolate had less infectious risk than AZA and cyclophosphamide and less ovarian failure or alopecia than cyclophosphamide.
- Addition of Rituximab to MMF and steroids was more effective in inducing partial remission than MMF and steroids alone.
- Belimumab continuously being investigated for treatment of lupus nephritis

IgA Nephritis

- Long term ACEi or ARB treatment recommended when proteinuria is ≥1 g/day with up titration of drug depending on BP.
- Tonsillectomy as adjunct therapy was associated with higher odds of achieving complete remission or reduction in rate of ESRD and more frequently in complete remission of proteinuria.
- Addition of CNIs to steroids resulted more frequently in complete remissions.
- MMF + RASi lowered risk of progression to ESRD and increased likelihood of remission of proteinuria.

- Early trials with Rituximab did not significantly improved renal function or proteinuria.
Renal Nutrition Seminar Goes to RMC

Paul Joseph T. Galutira, MD

This year’s renal nutrition seminar was held at Rizal Medical Center on May 17, 2018. One of our members, Dr. Daphne T. Ranches graciously gave a lecture entitled “Renal Friendly Diets: A Must for Kidney Diseases.” The objective of this seminar is to identify the most commonly encountered pediatric renal diseases and to enumerate the proper dietary goals and practical advises that we can give to our patients and their families. This activity was attended by some of our members, pediatric consultants and residents, and other allied health professionals.

We look forward in the future activities of the Committee of Interdisciplinary Conferences as we disseminate knowledge and information on the care of patients with renal problems.

PNSP DATA

Violeta V. Meneses-Valderrama, MD

For over two decades, the Pediatric Nephrology Society of the Philippines embarked on data collection regarding the extent and distribution of pediatric renal diseases through renal census. This endeavor is participated by the four pediatric nephrology training institutions namely, the National Kidney and Transplant Institute, Philippine Children’s Medical Center, University of the Philippines-Philippine General Hospital and University of Santo Tomas. Data collection from the out-patient is arduous and challenging, hence, this renal census was based on admissions and admission referrals only. The goal of the Society was to have a comprehensive and elaborate data collection of pediatric renal diseases.

The Society further initiated registries on the following pediatric renal diseases primarily on Leptospirosis (2012), Lupus Nephritis (2014), Congenital Anomalies of the Kidneys and the Urinary Tract (CAKUT - 2016) and this year, Chronic Kidney Disease. Through the dedication and efforts of our colleagues and fellows-in-training, we have move farther from what we have started. Below are the data from 1995 to 2017.

<table>
<thead>
<tr>
<th>Renal &amp; Urologic Disorders</th>
<th>1995-2017</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Nephrotic Syndrome</td>
<td>5853</td>
<td>17</td>
</tr>
<tr>
<td>Acute Post-infectious Glomerulonephritis</td>
<td>7173</td>
<td>25</td>
</tr>
<tr>
<td>Acute &amp; Chronic Renal Failure</td>
<td>5255</td>
<td>17</td>
</tr>
<tr>
<td>Complicated &amp; Uncomplicated UTI</td>
<td>4091</td>
<td>14</td>
</tr>
<tr>
<td>Bladder Dysfunction</td>
<td>1765</td>
<td>5</td>
</tr>
<tr>
<td>Secondary Glomerulonephritis (e.g., SLE, HSP, etc.)</td>
<td>2111</td>
<td>7</td>
</tr>
<tr>
<td>Hypertension &amp; Renal Tubular Disease</td>
<td>1704</td>
<td>5</td>
</tr>
<tr>
<td>IgA Nephropathy</td>
<td>311</td>
<td>3</td>
</tr>
<tr>
<td>Congenital &amp; Inherited Diseases</td>
<td>1399</td>
<td>4</td>
</tr>
<tr>
<td>Tumors &amp; Tumor Lysis Syndrome</td>
<td>708</td>
<td>2</td>
</tr>
<tr>
<td>Urolithiasia</td>
<td>312</td>
<td>1</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>32,487</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>
For so many years, Mindanao has had a lack of subspecialists in the field of Pediatrics. It was until the early 1980’s that specialization eventually entered the arena of health care in Mindanao. The subspecialty of Pediatric Nephrology was introduced in Davao City when Dr. Michael T. Manalaysay started his practice. For more than 10 years he was the only practicing Pediatric Nephrologist in the region. In 2008 he started the Pediatric Renal Section at Southern Philippines Medical Center with 10 assigned beds.

In 2009, he invited Dr. Ma. Teresa Banes to pursue training in Pediatric Nephrology at UP-PGH which she completed in 2011. Soon after, Dr. Manalaysay and Dr. Banes formulated a Pediatric Nephrology Fellowship Program at the SPMC. This is the first Fellowship Program outside Metro Manila and the first in a non-devolved medical center of the Department of Health. Two years later, the Medical Center Chief Dr. Leopoldo Vega and the Medical Management Committee approved the program. The proposed fellowship program was likewise approved by the DOH Regional Health Director Dr. Abdullah B. Dumama Jr. With permission from the Pediatric Nephrology Society of the Philippines, the Section of Pediatric Nephrology of SPMC was ready to take on its first trainee.

Within the framework of their program, trainees handle general nephrology cases and referrals from different subspecialties of Pediatrics. The section also encourages learning beyond the scopes of textbooks with activities such as journal clubs, EBM workshops and conduct of research.

Aside from handling patients on hemodialysis and peritoneal dialysis, the trainees will attend various dialysis teaching seminars discussing basic dialysis and upcoming trends. The trainee will also attend transplant workshops, such as organ procurement, transplant conventions and pre-transplant evaluation meetings. All patients with ESRD are encouraged to undergo kidney transplantation, and the trainees will be tasked to oversee the process, from work-up to surgery to post-transplant management.

The fellowship program is still in its infantile stage. There are many aspects of the program that will need enrichment, such as a lack of a transition program for example, but under the leadership of Dr. Manalaysay, the section will adapt and evolve over time, providing better service to patients while also improving training. Currently, there is one fellow-in-training and another waiting to be accepted. Hopefully in the year 2020, the SPMC Pediatric Nephrology Fellowship Training Program will have produced its first pediatric nephrologist able to address the needs of pediatric patients with kidney disease.
PAPERLESS
PNSP SUBSPECIALTY BOARD EXAMINATION

The first paperless, electronic subspecialty board examination of the PNSP was held last August 9, 2018. Feedback was available in an instant. The first oral examination in the OSOE format was held the following day. Congratulations to our new diplomates!

- Marc Andrew O. Perez, MD (UP-PGH)
- Candice Brillante, MD (UP-PGH)
- Alona R. Arias-Briones, MD (PCMC)
- Diosemil L. Leyson-Guzman, MD (PCMC)
- Maria Socorro O. Dequito-Santican, MD (NKTI)
- Marie Michelle A. Machado-Lim, MD (NKTI)
- Maria Dalla J. Dosado, MD (NKTI)