

PGH inaugurates its new building facility

The year 2011 saw the construction and inauguration of the Ortoll Primary Reproductive Health Care Center (OPRHCC). The OPRHCC is a project of the PGH Medical Foundation Inc. for the Department of OB-GYN of the Philippine General Hospital. This undertaking was realized through the generous donation of Mr. Jorge Ortoll and Ms. Inmaculada Ortoll-Mutuc. The two storey project stands in a 600 square meter area within the PGH Compound and will be a Birthing Center that would admit obstetrical patients for normal delivery within a short stay of not more than 24 hours. The overall objective of the project is to accommodate the increasing number of normal delivery admissions which, at present, is limited since abnormal cases are prioritized by the Dept. of OB-GYN in its admission policy. Hence, several uncomplicated ... *Cont. on Page 4*



Facade of the Ortoll Primary Reproductive Health Care Center

DR. EMILIO YAP RECEIVES THE 1st PGHMF HUMANITARIAN AWARD



PHILIPPINE GENERAL HOSPITAL MEDICAL FOUNDATION INC. (PGHMF) HONORS MANILA BULLETIN CHAIRMAN DR. EMILIO T. YAP WITH THE PGHMF HUMANITARIAN AWARD 'FOR HIS EXEMPLARY CONTRIBUTION TO THE SOCIAL WELFARE OF THE FILIPINOS' ON OCTOBER 27, 2011 — Photo shows PGHMF Chairman Dr. Telesforo E. Gana Jr. (4th from left) and President Dr. Gregorio T. Alviar Jr. (3rd from right) presenting the Award to the Honoree (4th from right) during their courtesy call at the Manila Bulletin Head Office, Intramuros, Manila. Others in picture (from left) are PGHMF Auditor Dr. Edward C. Tordesillas, Board of Trustee Member Dr. Alfonso A. Doloroso, Treasurer Agnes Essem B. Perez, Corporate Secretary Lolita Escobar Mirpuri, and Board of Trustee Member Sally B. Mailuanag. (Photo by Jeffrey C. Lim)

Dr. Emilio T. Yap, Chairman of the Manila Bulletin and an acknowledged civic and business leader was bestowed the PGH Medical Foundation Inc. First Humanitarian Award on October 27, 2011.

This award was presented in recognition of Dr. Yap's invaluable service to the nation through his civic and charity work. Part of Dr. Yap's charity efforts include a donation of Php 500,000.00 to PGH Medical Foundation which has been earmarked for its endowment fund.

This award was presented to Dr. Yap in a simple yet meaningful ceremony by the officers of the foundation led by its President Dr. Gregorio T. Alviar Jr and Dr. Telesforo E. Gana, Chairman of the Board of Trustees. The award was given at the Manila Bulletin office. *(Photo has been published at Manila Bulletin last 30 October 2011)*

From the President



Christmas, the holiest of Christian holidays, is a time for giving. This is the season that reminds us of God's greatest gift to humanity, His only begotten son.

Over the years, Christmas has evolved transforming it into commerce but let us not lose the fact that it is a time to share with our fellowmen, especially the less fortunate. PGH Medical Foundation

Inc is part of this giving. It does so not only during Christmas but all throughout the year. Let us propagate the true spirit of Christmas by sharing.

To all our friends, members, and donors, a merry Christmas to you. We hope that the coming year will bring us more blessings.

Greg Alvior, Jr.
Gregorio T. Alvior, Jr., MD
President, PGHMFI

Letter from our Beneficiary

MR. GREGORIO T. ALVIOR JR.
PRESIDENT
PGH Medical Foundation Inc.

Warm greetings of peace!

In behalf of my whole family, I would like to extend my heartfelt thanks to the PGH Medical Foundation Inc., which you ably led for sponsoring the whole abdomen CT Scan test (Triple contrast) of my wife, Gladys A. Abaño, a PGH-CI patient afflicted with Acute Myelogenous Leukemia (AML) on April 21, 2011 at FMAB clinic, your generous assistance to my wife has brought us new hope as it helps her determine the next medical procedures needed for her treatment which eventually makes her partially well. This also resolves our financial quandary for the said test. I also would like to thank my wife's attending physician, Dr. Leah M. Agreda, who referred us to your foundation. If not her kind and genuine concern for my wife we would not have availed the free-of-charge test.

Again, thank you so much to both of you! May you keep up selfless service and utmost care to the needy.

GOD BLESS YOU ALWAYS.

Very truly yours,

Billy D. Abaño
BILLY D. ABAÑO
Husband



THE WIND BENEATH OUR WINGS

OUR OFFICER:



Mme. Lolita Escobar-Mirpuri
Corporate Secretary

An individual, given the right values and conditions, can encourage his or her fellow members into sharing and sacrificing time and effort for the betterment of their communities. As a dynamic and multi-awarded civic-leader, PGH Medical Foundation, Inc. (PGHMFI) considers Mme Lolita Escobar-Mirpuri to be one of the most committed and responsible officers of the foundation.

Mme. Mirpuri has been a dedicated member of the PGH Medical Foundation since 2004 and is currently its Corporate Secretary. Being part of the Executive Committee, she has

donated countless hours of her time-effort and connections to the foundation. She has not only worked with fellow officers and members, she has also helped implement plans and programs in aid of the endeavors of the foundation, particularly in its pursuit to be a major fund-raising arm for the Philippine General Hospital (PGH). Being a diligent worker, her organizational skills have been invaluable to the efforts of the foundation. She is often appointed as Chair specifically for fund-raising events as her network of friends and social connections has helped remarkably in generating resources for said fund-raising events.

Aside from PGHMFI, Mme Mirpuri is also well-known for her involvement with leading civic and religious organizations. She has been the six time President of the prestigious All Nations Women's Group (ANWAG) and has earned recognition in the foreign diplomat community for promoting peace, harmony, goodwill and fellowship with other national and international groups. *Cont. on Page 5*

OUR MEMBER:



Dr. Michael Tee

If there are members of the PGH Medical Foundation Inc. who can fit Malcolm Gladwell's description of a "connector," Dr. Michael Tee will probably be among the top of the list.

Since he became a member of the PGH Medical Foundation, Inc. in 2005, Mike has always been a great help in sourcing donors for various projects of the foundation. He, together with his friend Ms. Karen Davila, was instrumental in securing the PHP 1.5M donation of Mr. Fernando Zobel de Ayala. His active promotion of PGH as a center of excellence worthy of full government and private

support resulted to continuing donations from other donors who, like him, believe that every Filipino deserves quality health care. Even Playboy Philippines is donating 25 dialysers annually for renal patients, thanks to Mike. Among the other groups who are continually receiving donations sourced by Mike are the rheumatology patients of both the Departments of Medicine and Pediatrics. *Cont. on Page 6*

8th PGH Director's Cup—A Benefit Golf Tournament

The PGHMF golf tournament, an annual sports benefit event, was successfully held on November 14, 2011 at the Ayala Greenfield Golf and Leisure Club in Calamba, Laguna. The activity billed as 'Directors Cup' was presented by Coca-Cola Philippines and All Asian Countertrade. Said event was also sponsored by: Landbank of the Philippines, Unilever Philippines, Portion Fillers, San Miguel Corporation, Cluster Asia, Team Energy, Jupas Metal Crafts, Megaworld Corporation, Inc., Ricklee Enterprise, Ellite Ads Corp., Banco de Oro, Union Motors Corp., UnionBank, Sen Lito Lapid, Hon. Teodorico T. Haresco Jr. – ANG KASANGGA PARTYLIST, PNB, Pearl Manila Hotel, Pan Pacific Hotel and The Linden Suites. Media Partners were: Philippine Star, Business World and Manila Bulletin.

Despite the threat of rain, the tournament was well-attended. Shotgun tee-off started at 8:00AM and was followed by a luncheon and a short program hosted by Tournament Director, Dr. Porong E. Gana and the beautiful singer-actress, Miss Pinky Marquez. Aside from the awarding of winners, a raffle was held and giveaways were likewise distributed to the participants making the event more exciting and fun.

The event is part of PGHMF Inc's fund-raising campaign, in support of the PGH's numerous needs, particularly, the Charity Patients Fund.

The only real blind person at Christmas-time is he who has not Christmas in his heart.

Helen Keller



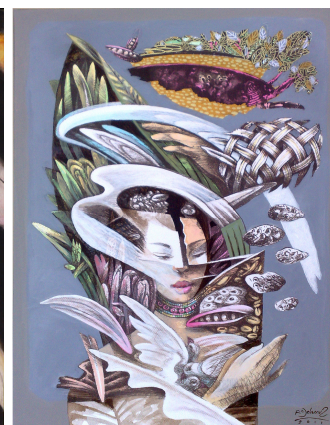
(L-R) Dr. Telesforo E. Gana Jr.—PGHMF Chairman of the Board, Dr. Gregorio T. Alvior Jr. — PGHMF President, Mr. Ben Jacinto—Over-all Champion, Mme Lolita Escobar—Mirpuri—PGHMF Corporate Secretary, Ms. Pinky Marquez, Mme. Sally B. Maliuanag—PGHMF Board of Trustee Member

ART AUCTION 2012 – “For the Love of PGH 2”

The PGH Medical Foundation, Inc. (PGHMF) will hold its 4th Biennial Art Auction, “For the Love of PGH” on **February 16, 2012** at **The Manila Polo Club**. Similar to our past auction events, the highlight of the activity will be the auction of prized artworks by foremost Filipino artists. Among the artists who have graciously answered PGHMF's call are Arturo Luz, Manuel Baldemor, Ramon Orlina, Lito Carating, Nestor Vinluan and daughter Liv Vinluan, Araceli Dans and several other noted artists. Aside from the live auction, a silent auction will also be held where other exciting items will be up for grabs, such as vacation and dinner certificates. This 4th auction, the foundation will also include auction dinner with celebrities wherein participants will be able to bid for dinner with famous actors, actresses and noted public figures.



“Together” an acrylic painting donated by Mr. Ramon Diaz



“Kasaganaan” an acrylic painting donated by Mr. Fil dela Cruz

This fund-raising event is organized by PGH Medical Foundation President Dr. Greg Alvior, Over-all Chair, Madame Lolita Escobar-Mirpuri and Vice-chairperson Ms. Jennie Zamora. Proceeds of this fund-raising activity will support PGHMF's program to assist in alleviating indigent patients' need for free medicines, laboratory tests as well as medical/surgical supplies.

For the month of hearts, share your blessings and make a difference for the lives of the countless indigent patients of PGH by joining hands with PGH Medical Foundation's 'For the Love of PGH'.

Ortoll Primary Care Center... Inauguration & Turn-Over Ceremony

From Page 1. Inauguration

cases have to be turned away and referred to other hospitals due to lack of space. This also results in fewer cases necessary for obstetrical instructions for students of UP College of Medicine, UP College of Nursing and rotating students from the Baler extension of UPCM. With the opening of the Ortoll birthing center, an expected increase in obstetrical services as well as expansion of teaching cases for our residents, students and interns is assured. Services of said center will also accommodate Dilatation and Curettage for gynecologic cases which cannot be accommodated in the main OB-GYN unit of PGH.

Heralding the ceremonial ribbon cutting ceremony were PGHMF I President, Dr. Gregorio T. Alvior Jr., Dr. Esperanza I. Cabral, Mr. Jorge Z. Ortoll, Ms. Inmaculada Ortoll-Mutuc and PGH Director Dr. Jose C. Gonzales. Blessing of the facility was officiated by Father Maximo Barbero SJ, PGH Chaplain



(L-R) Mr. Jorge Ortoll, Ms. Inmaculada Ortoll-Mutuc, Dr. Gregorio T. Alvior Jr.—PGHMF I President, Dr. Jose C. Gonzales—PGH Director, Dr. Esperanza I. Cabral—former DOH Secretary (PHOTO By: Ramelo Gusilatar)



(Standing L-R) Dr. Edward Tordesillas—PGHMF I Auditor, Mme. Adelaida Escobar-Lopez—PGHMF i Member, Dr. Zenda Garcia-Lat—UPMASA President, Mme. Lolita Escobar-Mirpuri—PGHMF I Corporate Secretary, Dr. Telesforo E. Gana Jr.—PGHMF I Vice-President/Chairman of the Board, Mrs. Dalisay Nodque—PGHMF I Execom Member, Dr. Alfonso Doloroso—PGHMF I Board of Trustee Member, Mrs. Sally Maliuanag—PGHMF I Board of Trustee Member, Mrs. Chit Morales—PGHMF I Member, Ms. Linda Cambia—PGHMF I Member, Mr. William Carlos Uy—Liberty Flour Mills Chairman, (Seated L-R) Dr. Gregorio Alvior Jr.—PGHMF I President, Mr. Jorge Z. Ortoll—PGHMF I Donor, Dr. Enrique Ona—DOH Secretary, Ms. Inmaculada Ortoll-Mutuc—PGHMF I Donor and Dr. Bernabe Marinduque—PGHMF I Member

Bread for weight loss, anti-diabetes

By **Reggie Aspiras**

Philippine Daily Inquirer

Published at <http://www.thefrenchbaker.com/whatsnew.php>



When it comes to excellent bread, John Lou Koa comes to mind—the man behind Lartizan and French Baker.

A few months back, over a cup of coffee, he told us how he was in the process of perfecting his

100-percent whole grain bread. Now the perfect loaf is here for those who want to watch what they eat.

Koa says this loaf is considered a vfflow-GI (glycemic index) product.

He explains: “This means that the glycemic index is significantly lower than that of white bread, even when compared to those which claim they don’t add cane sugar or those that use sugar substitute in the vvfrecipe.”

White bread has a GI index of 100 compared to whole grain bread’s 50.

“White flour in white bread packs a lot of starch after baking. Starch metabolizes into glucose after eating. Even without additional sugar in the recipe, the starch is quickly absorbed into the bloodstream. This is what diabetics or heart patients want to avoid. Spiking of blood sugar causes the pancreas to pump more insulin to arrest the spiking sugar. This will weaken the pancreas in the long run.

“For heart patients, elevated blood sugar causes the heart to beat faster, which will also damage the heart in the long run.”

The product also has sunflower seeds, flax seeds, sesame seeds, wheat and rolled oats to create a complex taste.

Koa also used French levain or sourdough starter plus a little rye flour.

For the last six months, he’s been testing the bread among friends and family. He says, “So far, we’ve been getting a good response. Diabetics told us their blood sugar didn’t spike after eating the bread. They were able to achieve our goal.

“Think of whole grain bread as [containing] some sort of ‘time-release’ carbohydrates, as they take a much longer time to digest the fiber and the seeds found in the whole grains. Whole wheat flour contains ‘complex’ carbohydrates. White flour contains ‘simple’ carbohydrates as a result of milling.

“Complex carbohydrates take more time in our system to be broken down into simple forms of sugar before the bloodstream can absorb it.”

Koa explains that when one eats whole grains with low glycemic index, one can actually take on other food high in GI and still be able to achieve a moderately high GI without causing too much of a spike in the blood sugar. “With whole grains, you can actually spread a thin layer of strawberry jam or butter and still come out okay.

“The idea of planning one’s food intake based on GI is fast catching up as more and more consumers discover the benefits of choosing food that will not ‘harm’ them. It’s not just ‘slimming bread’ per se, it’s a bread that promotes wellness

From Page 2.. Mme. Mirpuri

She is likewise a recipient of numerous awards such as Outstanding Leadership Award, given by the National Council of Women of the Philippines (NCWP), International Educators for World Peace—Philippines UN—NGO Peace awardee for International Understanding and Community Relations, The MAPA BLUE FALCON Award being the Outstanding MAPAN for her Achievement and Contribution to the field of Humanitarian Service, Soroptimist International of the Philippine Region Inc. Making a Difference for Women “Soroptimist Salute... Only the Best Women” awardee for Humanitarian service, Humanitarian Service Award” given by Dr. Jose Rizal Memorial Awards, Golden Heart Awardee given by the People’s Choice Award and awarded by former Pres. Gloria Macapagal-Arroyo, and the International Friendship Award given by the Embassy of the Argentine Republic, to name a few. The list just goes on and on.

Mme. Mirpuri’s unwavering devotion not only to PGHMFI, but to her community as well, makes her a much-loved lady. Her deep commitment and untiring efforts to charity causes exemplify strong moral fiber and character which are the core values that PGHMFI strives to propagate. A truly ageless woman, whose physical beauty is matched only by the radiance of her generosity to her fellowmen, and she believed that service to humanity is the best work of men.

PGHMFI—partners with Globaltronics, Inc. for the new PGH Electronic Billboard

Globaltronics Incorporated, a Digital solutions-provider and PGH Medical Foundation Inc. signed an agreement in continuing its partnership last September 30, 2011 at the Alvir Hall in UP Manila. The LED billboard shall be installed in front of PGH.

This project is of great importance to PGHMFI since it will enhance its financial stability and likewise fulfill its vision in being a significant partner of PGH in providing excellence in medical care.

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In the Kitchen with Greg PROCEDURES:



From: Food Magazine, Published Dec. 2003—
Jan. 2004 Issue

Roast Tenderloin of Beef

Ingredients:

- 1 whole tenderloin of beef

For Marinade:

- Red wine, enough to cover beef
- 3 cloves garlic, crushed
- 3 bay leaves
- 1/2 cup light soy sauce
- Ground pepper, divided
- 1/2 cup Worcestershire sauce
- 1 teaspoon sugar

For cooking the beef:

- 2 whole heads garlic, roasted*
- Cooking oil
- Salt and pepper to taste

For the Sauce:

- Reserved marinade
- 1/3 cup heavy cream
- 2 tablespoons butter
- Salt

1. Trim beef edges so that beef becomes evenly sized from edge to edge. Combine all ingredients for marinade and marinate beef overnight, turning beef occasionally.
2. When ready to cook, preheat oven to 375°F. Drain meat and reserve the marinade. Pat beef dry.
3. Take the roasted garlic and cut at one end. Make a slit along the length of the beef and squeeze the contents of the roasted garlic into the beef.
4. Tie beef with butcher's string to maintain shape for uniform cooking. In a heavy skillet big enough to contain the beef, pour oil and heat until smoking hot. Rub meat with salt and pepper. Sear the beef in the hot oil, turning on all sides until evenly browned. Transfer beef to a roasting pan and cook in the preheated oven for 8-10 minutes or until desired doneness (rare, medium rare, well done).

For the sauce:

1. In saucepan heat the reserved marinade liquid until reduced to about 1/3 in volume.
2. Add heavy cream and butter.
3. Season to taste with salt.

*To make roasted garlic:

1. preheat oven to 230°F-250°F.
2. Put whole head of garlic in a small baking dish and brush with olive oil.
3. Roast in oven for 8-12 minutes or until garlic is tender and can be pressed with a fork.
4. To use: Cut garlic into half crosswise and press out garlic cloves from the skin.

From Page 2.. Dr. Tee

His ability to connect the Foundation to benefactors should not come as a surprise, though. As PGH's Assistant to the Director for Public Affairs from 2004 to 2010, Mike Tee became a well-known figure in media and broadcast industry. He is a pro-active individual who actively sought and projected the positive things in PGH. In his last administrative post as director of the UP Manila Information Publication and Public Affairs Office (IPPAO), the University's programs and projects were publicized to highlight its role in nation-building through influencing health policy formulation and health human resource development.

Dr. Tee began to build his career in medicine as a Biology major and scholar at the University of the Philippines Diliman. After graduating with a BS degree in 1993, he enrolled at the UP College of Medicine and graduated in 1998 during which he was awarded as 'Most Outstanding Intern' in the Departments of Medicine, Surgery, Otolaryngology, Family and Community Medicine. He then completed his residency in Internal Medicine at PGH in 2001 and underwent sub-specialty training in Rheumatology in 2004. During this time, he became a recipient of the 'Ramon Abarquez Award' and 'Clemente Gatmaitan Award' for being 'Most Outstanding Fellow.' He, likewise, became a Diplomate and Fellow of the Philippine College of Physicians (PCP) in 2004 and the Philippine Rheumatology Association in 2007.

While busy with all his responsibilities in the PGH director's office, he completed a Master's Degree in Health Education Education (MHPed) at the UP Manila National Teacher Training Center for the Health Professions. In 2011 he became Associate Professor, Department of Physiology, UP College of Medicine, University of the Philippines Manila.

With his large sphere of influence, Mike is certainly a valuable member of the PGH Medical Foundation and of other organizations he serves.

PGHMF I expands fund raising efforts via Union Bank's U-share facility

The PGH Medical Foundation Inc. (PGHMF I) recently teamed up with Union bank to expand the reach of its charitable endeavors by availing of the bank's U-share facility. The U-share project provides non-profit organizations (NGOs) with online and mobile donation channels that enable

them to receive donations from individuals and corporations all over the world.

Dr. Greg Alvior, PGHMF I President believes that they have found a good partner in Unionbank. He shared the dire situation of the indigent patients that are treated daily at the

Philippine General Hospital.

Dr. Alvior expressed confidence in the transformative ability of a genuine desire to serve the less fortunate as embodied in PGHMF I's mission and Unionbank's social awareness agenda.

The partnership between PGHMF I and Unionbank is a testament to the Filipinos sense of community and public service. Through the PGHMF I via U-share, Filipinos are provided with an opportunity to uplift the lives of our countrymen. To those who wish to donate to PGH Medical Foundation Inc., visit our website at www.pgmedfoundation.com.

ENDOWMENT FUND CORNER

As of December 2011

Corporate Endowment Members:

Liberty Flour Mills – Php 500,000.00

Tracsom Builders, Inc. – Php 500,000.00

Muebles Italiano – Php 10,000/month

Megaworld – Php 250,000.00

MEDICard Philippines – Php 50,000/year

Casino Español – Php 100,000.00

Coca Cola Philipines - Php 50,000/year

Individual Endowment Members:

Dr. Emilio Yap – Php 500,000.00

Dr. Bienvenido Cabral Family – Php 250,000.00

Dr. & Mrs. Manuel Canlas – Php 200,000.00



Mr. William Carlos Uy of Liberty Flour Mills (center) donates to the PGHMF Endowment Fund. In Photos: (L-R) Ms. Linda Cambia—PGHMF Member, Ms. Alejandra Morales—PGHMF Volunteer, Mrs. Daisy Nodque—PGHMF Execom Member, Dr. Telesforo E. Gana Jr.—PGHMF Chairman of the Board, Dr. Gregorio T. Alvior Jr. —PGHMF President, Mme Lolita Escobar—Mirpuri—PGHMF Corporate Secretary, Mrs. Sally Maliuanag—PGHMF Board of Trustee Member and Dr. Edward C. Tordesillas—PGMF Auditor.



MANILA BULLETIN CHAIRMAN DR. EMILIO T. YAP DONATES TO THE PHILIPPINE GENERAL HOSPITAL MEDICAL FOUNDATION INC. (PGHMF), ON OCTOBER 27, 2011.

Photo shows Dr. Yap (5th from right) handing over the check of ₱500,000.00 to PGHMF President Dr. Gregorio T. Alvior Jr. (5th from left) and Corporate Secretary Lolita Escobar-Mirpuri (4th from right), as his personal voluntary donation to the Philippine General Hospital Medical Foundation Inc, during their courtesy call at the Manila Bulletin Head Office, Intramuros, Manila. Others in picture from left are Manila Bulletin Editor-in-Chief Dr. Cris J. Icban Jr., and President Atty. Hermogenes P. Pobre, PGHMF Auditor Dr. Edward C. Tordesillas, Treasurer Agnes Essem B. Perez, Chairman Dr. Telesforo E. Gana Jr., Board of Trustee Member Sally B. Maliuanag, and Board of Trustee Member Dr. Alfonso A. Doloroso. (Photo by Jeffrey C. Lim)

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Web Developer—Our Partner Agency in PGHMF I E-Newsletter for email distribution



Supports the PGHMF I Save a Life “Coin Canister” Program



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Supports the PGHMF I
Save a Life “Coin
Canister” Program



Philippine Development Foundation (subsidiary of Ayala Foundation) our Partner Agency for collections of PGHMF I donations abroad especially in the US. Check our website at www.pghmedfoundation.com for ways to donate.



Every time you buy a pack of the 100% Whole Grain Bread of The French Baker, PGHMF I receives a one peso (Php1.00) donation .

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