



Association of Philippine Medical Colleges Student Network
– National Capital Region

4th Medical Students' Summit

The Association of Philippine Medical Colleges Student Network – National Capital Region (APMCSN-NCR), in partnership with the Philippine Medical Association (PMA) and Unilab held the 4th Medical Students' Summit at the PMA Auditorium, North Avenue., Quezon City last September 19, 2009. The theme of the said event was “PUSH: Defying limits, breaking boundaries” which focused on healthy lifestyle and wellness of the medical students.

The emcees for this occasion were Hans Peter Esguerra from UST and Jeannette Daquinag from PLM. And the PMA president, Dr. Rey Melchor F. Santos, gave the opening remarks. Prominent doctors were invited as honorary guest speakers to deliver lectures/demonstration on a variety of topics pertaining to this year's theme; the likes of Dr. Cynthia Cuayo-Juico, Dr. Maricar Limpin, Dr. Oscar Tinio, Dr. Romulo Jacinto De Villa, Dr. Maria Cristina Reyes and Dr. Dante Simbulan Jr.



The theme. “*PUSH: Defying limits and breaking boundaries*”

Nutrition, Healthy lifestyle was delivered by Dr. Cynthia Cuayo-Juico, she started her talk by energizing the medical students through a dynamic exercise. She shared about the Filipinos normal diet, the nutritional contents of the different processed food and drinks that medical students usually eat daily like pizza, burger, frappuccino and other trivia on nutrition.

The next speaker, Dr. Maricar Limpin talked about smoking. She discussed the prevalence and effects of smoking and the different measures on how to give up smoking. She summarized her talk by encouraging physicians as a role model to not smoke, advising the cessation of smoking and by advocating on public health policies on tobacco control.



The crowd. *Students and doctors listening intently to what every speaker has to share.*



Opening Remarks. *Dr. Santos welcomes all the delegates.*



Nutrition and Healthy Lifestyle. *Dr. Cuayo-Juico giving Hans his dose of boost needed for the day.*



The participants. *A well-verse of students from different medical schools in NCR.*

The medical student participants of the event were surveyed regarding their nutrition and lifestyle. Based on the survey results, majority of them eats on fast food twice a week, eats high sodium (cookies and chips) daily, eats meat, vegetables, fruits daily. Majority of those who tried to smoke, started smoking before entering med school, this is also true on those who drank alcohol. Alcohol drinkers were said to drink only on special occasions.

The topic, Code of Ethics, was discussed by Dr. Oscar Tinio. He talked about the different ethical duties and responsibilities of a physician as stated in the code of ethics of PMA. He also stated some of the recent scandals that shocked the Filipino medical community such as the Vicente Sotto Canister Scandal and the Hayden Kho scandals. Group discussions on the first three topics were partaken by the medical student and active participation was seen among them.

Stress management techniques topic was introduced by Dr. Romulo Jacinto S. De Villa. He shared his three formulas to manage stress which are Spirituality, proper Mind set through setting priorities, and having a quality body through proper nutrition. He also shared some nutritional advices like to avoid fried and processed foods and eating high fiber foods.

The topic living a Healthy Lifestyle was discussed by Dr. Maria Christina Reyes. She talked about her personal experiences with regards to living a healthy lifestyle that health lies in our hands. She is a blue belter taekwondo champion, a triathlete, a nutritionist doctor and a mother. She emphasized that try to balance life with a constant struggle and one should not wait for the “time” but the one who will make the “time”.



Strike a pose. *Dr. Ventura, Dr. Santos and the APMCSN-NCR team.*

Yoga is one of the Complementary and Alternative Methods was talked about by Dr. Dante Simbulan Jr. He discussed the importance of yoga in our body and his personal yoga journey. He demonstrated and explained the importance of some of the movements and techniques in yoga which participated by the medical students.

Closing Remarks, acknowledgement of the different sponsors was delivered by Dr. Maria Christina H. Ventura who is the Chairman for the 52nd National Medicine week, that ended the Student Summit.



Stress Management Techniques. *Dr. De Villa doing his personal recipe for overcoming stress.*



Closing Remarks. *Dr. Ventura acknowledges the APMCSN-NCR officers and the official representatives with APMCSN National Officers Mr. Marvin Jonne Mendoza, the Secretary General, and Mr. Oliver Chan, the National Officer for Special Events.*



Yoga. *Dr. Simbulan leads. The students follow.*