

balita



No. 3632, January 21, 2016

GUEST OF HONOR AND SPEAKER



Dr. MAHAR MANGAHAS, Ph.D.
President
Social Weather Stations



KABALITA

Who's hot? Who's not? Survey says...let the answer come straight from the Survey Czar himself as he scales the political climate for the 2016 National and Local Elections right at the doorsteps of Asia's First Rotary Club.



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THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2015-2016

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RCM's 26th for RY 2015-16

January 21, 2016, Thursday, 12N, Manila Polo Club McKinley Room

OIC/Moderator: Rtn. Brian Lane**P R O G R A M T I M E T A B L E**

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	Rtn. Brian Lane OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem	Pres. Ebot Tan RCM WF Music Chorale
	Invocation A moment of silent prayer for the speedy recovery of PS Justin Ortiz who is presently confined in a hospital due to major health concerns	Rtn. Peter Gonzales
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	All Rotarians led by PDSAA Ike Stranathan
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	Rtn. Noel Tanglao RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Jan. 23...Rtn. Butch Campos; Jan. 24...PD Abe Pascual; Jan. 26...Rtn. Aris Tan; Jan. 27...PP Babes Reyes & Rtn. Danny Go Happy Birthday Song	RCM WF Music Chorale
12:50 PM	President's Time	Pres. Ebot Tan
1:00 PM	Introduction of Guest Speaker	PD Beda Fajardo
	Address: Dr. Mahar Mangahas, PhD President, Social Weather Stations	
	Public Forum	
	Raffle of cash prizes	IPP Frank Evaristo
	Response and presentation of token of appreciation To Dr. Mahar Mangahas, PhD	Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

While I was out of the country last week, our joint meeting with the Rotary Club of Makati and the Rotary Club of Makati North set a record of sorts in terms of attendance. We had, as our Guest of Honor and Speaker, the Honorable Mayor of the City of Davao and Presidential candidate, Rodrigo “Digong” Duterte. Indeed, Mayor Digong Duterte did not fail to captivate his audience with his unorthodox ways of discussing his platform of government, while displaying his colorful political character. He was dressed very casually, reflecting his very practical and down-to-earth ways and attitude. Many were mesmerized, and many were left in awe, as he easily switched from discussing serious matters, to sharing funny anecdotes, without batting an eyelash. He is very effective in getting his simple message across to the electorate and the masses.

On news within our Club, the DISCON 2016 Committee continues to meet on a weekly basis to progress the arrangements for the 2016 DISCON, including those that involve room accommodations for VIP’s, venue, exhibition booths, and the souvenir program. I encourage each and every Manila Rotarian to help in whatever way he can in order to enable us to meet the targeted funds needed to cover the expenses for the event we are required to host as the home club of the District Governor. Last Thursday, we had the Annual Meeting of the Sagip Kabataan Foundation, Inc. (the “SKFI”). The following is the list of the newly elected members of the Board of Trustees of the SKFI, who will serve from January 2016 to December 2016:

- | | |
|--------------|-----------------------------|
| 1. Chairman | - Pres. Eusebio V. Tan |
| 2. President | - PD Abraham F. Pascual |
| 3. Trustee | - DG Roberto M. Pagdanganan |
| 4. Trustee | - DGN Rodolfo P. Bediones |
| 5. Trustee | - IPP Frank A. Evaristo |
| 6. Trustee | - PE/VP Teodoro J. Ocampo |
| 7. Trustee | - PP Bienvenido E. Laguesma |
| 8. Trustee | - PT James G. Chua |
| 9. Trustee | - DE Albert S. Alday |
| 10. Trustee | - PD Reinerio C. Lonzaga |
| 11. Trustee | - PD Beda G. Fajardo |
| 12. Trustee | - PDG Juanito Ventura |

On news from around the District, together with my fellow World Class Presidents, I have been busy preparing for our District 3810 Mid-Year Review meeting, which will be held from 22-24 January 2016 in Baguio City. During the event, each Club President is expected to report on his/her club’s accomplishments during the first semester of Rotary Year 2015-2016. With the help of our Secretariat, I am confident that our Club will be able to submit a Mid-Year Report that will thoroughly cover all of our Club’s accomplishments and activities during the period in review.

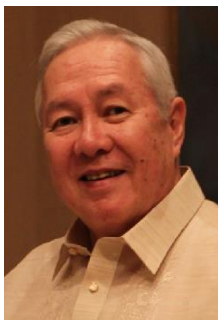
Today, we will have as our Guest of Honor and Speaker, Dr. Mahar Mangahas, Social Weather Stations (“SWS”) President, who will share his insights, thoughts, and opinions with us with respect to the country’s current political atmosphere preparatory to the holding of the forthcoming national and local elections this May and the various surveys that have been conducted by SWS and the other survey-

taking companies. At the request of Director Bobby Joseph, who will be out of town today and who will consequently not be around for our meeting today, ISDG/AG/IPP Frank Evaristo will be in charge of handling the raffle for today's luncheon meeting.

Please continue to actively participate in and support all of the activities, projects, and programs of our Rotary Club, the first Rotary Club in Asia and in the Philippines.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



Mahar Mangahas <mahar.mangahas@sws.org.ph>, born 1944 in Manila, Philippines, is a Filipino economist who has done research on rice economics, land reform, poverty, hunger, income inequality, quality-of-life, governance, and public opinion.

After primary and secondary schooling at the Ateneo de Manila, he obtained AB and MA degrees at the University of the Philippines (1962, 1965) and a PhD at the University of Chicago (economics, 1970).

Mangahas was on the faculty of the University of the Philippines in 1962-81, up to the rank of full Professor of Economics. He was UNICEF Consultant on Social Indicators for the Governments of Malaysia (1977-78) and Indonesia (1981), Vice-President for Research of the Development Academy of the Philippines (1981-84), Editor of the *Philippine Economic Journal* (1975-85), President of the Philippine Economic Society (1980), President of the Marketing and Opinion Research Society of the Philippines (1992), co-founder of the Philippine Agrarian Reform Foundation, co-founder of the Foundation for Economic Freedom, Philippine national representative of the World Association for Public Opinion Research or WAPOR (1995-2011), and board member of the International Society for Quality of Life Studies (2005-present).

In 1985, he co-founded and since then has been President of **Social Weather Stations** (www.sws.org.ph), the Philippines' leading institute in quality-of-life monitoring, opinion polling, and social survey archiving. (SWS produces core indicators of Philippine well-being and governance based on its quarterly, nationwide, Social Weather Surveys. SWS is the Philippine member of the International Social Survey Program, the World Values Survey, Asian Barometer, and Comparative Studies of Electoral Systems, and is the Philippine field provider for the Gallup World Poll.)

Awards: (a) In 2001, the **Helen Dinerman Award** of the **World Association for Public Opinion Research**, its highest honor, for "championing the rights and freedoms of survey researchers in the Philippines," after SWS successfully petitioned the Philippine Supreme Court to nullify a provision of the Fair Election Act banning the publication of pre-election surveys, for being a violation of the freedoms of speech and of expression. (b) In 2011, the **University of Chicago Alumni Award for Public Service**, for being "a powerful influence in helping to define a nation's identity and to restore democracy by demonstrating the public will through numbers. ... [His] work—much of which was done under difficult political circumstances—has led to important public dialogue and policy changes for his nation." (c) In 2014, the **Distinguished Research Fellow Award of the International Society for Quality of Life Studies**, for career contributions to quality of life research.

Mangahas' opinion column "*Social Climate*" appears in the *Philippine Daily Inquirer* (inquirer.net) every Saturday.

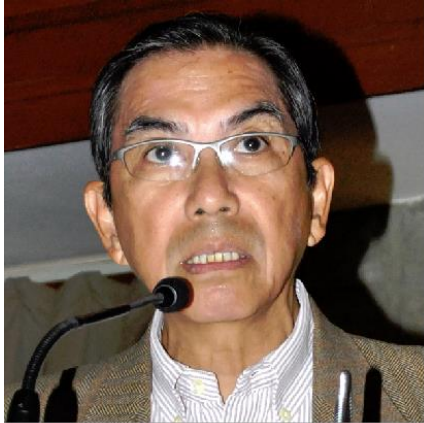
THE WEEK THAT WAS...



Rtn. Tong Payumo, Chairman, Program Committee as OIC-Moderator directs the program of activities for the joint meeting of **Rotary Club of Manila, Rotary Club of Makati and Rotary Club of Makati North** at the Main Lounge of Manila Polo Club.



RCM Presiding Officer PE/VP Teddy Ocampo, RC Makati Pres. Eddie Yap and RC Makati North Pres. Dieter Brueckner alternately call the joint meeting to order.



RC Makati PN Jun-Jun Dayrit delivers an ecumenical prayer.



RC Makati North PP Bob Heck leads in renewing its commitment to Rotary by reciting the Four (4) Way Test



RCM STAR Rtn. Jackie Rodriguez introduces the guests, visiting Rotarians and personalities seated at the presidential table.



RCM PP Boy Guevara does the pleasure of introducing **Honorable Rodrigo R. Duterte, Mayor, Davao City**, as guest of honor and speaker.



Honorable Rodrigo R. Duterte, Mayor of Davao City, spoke before Manila Rotarians, Makati Rotarians, Makati North Rotarians, Visiting Rotarians and guests on his platform of government for the 2016 Elections where he is running for the highest office in the land.





An interactive public forum followed suit post the speech of **Mayor Rodrigo R. Duterte**.



RCM Presiding Officer PE/VP Teddy Ocampo and RC Makati Pres. Eddie Yap in response and present the respective Rotary Clubs' tokens of appreciation to Mayor Rodrigo R. Duterte.

SAGIP KABATAAN FOUNDATION INC. MEETING



Present during the meeting were: Dir. Bobby Joseph, PD Beda Fajardo, Sec. George Salazar, DGND/COS Rudy Bediones, PD Nick Locsin, PVP Lance Masters, IPP/AG Frank Evaristo, PT Jim Chua, ES Anna Kun Toledo, DE Albert Alday and IPT Chito Tagaysay.



PVP Manny Dy & Dir. Issam Eldebs warmly welcomes Hon. Mayor Rodrigo Duterte upon arrival at the Manila Polo Club.



Welcoming Hon. Mayor Rodrigo Duterte are: PDSAA Fred Lim, PP Boy Guevara and IPP/AG Frank Evaristo.



Dir. Issam Eldebs, Rtn. Johnny Chotrani, IPP Frank Evaristo, Rtn. Jackie Rodriguez in a posterity photo with Hon. Mayor Rodrigo Duterte.

DISCON 2016

11 December 2015

Dear Fellow Manila Rotarians,

The culminating activity of a District Governor is the District Conference, where he presents the state of the district to the Rotary International President's Representative and the Rotary club Presidents / leaders and members in the District.

The last Manila Rotarian who served as District Governor was PDG Frankie Roman in Rotary Year 1999-2000. After Rotary Year 2005-2006, our Club was once again represented in the management hierarchy of Rotary International District 3810 and the Rotary International organization by our esteemed member, Governor Roberto "Obet" M. Pagdanganan.



Our respected Gov Obet has restored the leading position of our Club in the District by binding the different leadership in the District into a unified position of service, making R.I. District 3810 into the "Numero Uno World Class Team, Handog sa Mundo" which effectively fosters the 6 Avenues of Service to the community – 1) Peace and Conflict Prevention / Resolution; 2) Disease Prevention and Treatment ; 3) Water Sanitation; 4) Maternal and Child Health; 5) Basic Education and Literacy; and 6) Economic and Community Development. His administration has exceeded its goals in membership growth and contributions to The Rotary Foundation because of the unified position the other Rotary clubs in the District have taken.

Let us support our Governor Obet in this last stretch of his outstanding administration of RI District 3810 by registering for the District Conference that will be held in 2016 from 1-2 APRIL 2016 at the Manila Hotel. Incidentally, as is the tradition, our Club, being the home club of the District Governor, will host the event. Registration Fee is Php 3,500.00. Payment may be made in cash, check, or by credit card.

Let us show our fellow Rotarians in the District that we are one with them in service. We shall be circulating periodic updates of payments we receive for DISCON 2016 Registration Fees as acknowledgement of your support.

Thank you very much. We look forward to your active participation and support.

Yours in Rotary,

EUSEBIO V. TAN
President



Secretariat Address; 543 Arquiza cor. Grey Street, Ermita, Manila; Ring Nos. 5271886/87; Fax# 5271885;
Email Address: rcmanila@rcmanila.org; Website: www.rcmanila.org

UPDATE OF PAID REGISTRATION FEE

(As of January 12, 2016)

	NAME	ROTARY NAME	POSITION	DATE OF PAYMENT	O.R.#	AMOUNT
1	Follosco, Ceferino G.	Jun	Past Treas.	12.3.2015	39865	3,500.00
2	Alday, Albert S.	Albert	Dir. Elect/Chair	12.3.2015	39871	3,500.00
			Discon Souvenir Program			
3	Masters, Lance A.	Lance	Past Vice President	1.7.2016	39885	3,500.00
4	Marking, Amado M.	Butch	Past Secretary	1.7.2016	39905	3,500.00
5	Zaladarriaga, Felix F.S	Chito	Treasurer	1.8.2016	39983	3,500.00
6	Evaristo, Frank A.	Frank	Imm. Past Pres.	1.12.2016	39984	3,500.00
			Asst. Governor			
7	Reynolds, David J.	Dave	Sgt at Arms	1.18.2016	40106	3,500.00
8	Reyes, Crispino P.	Babes	Past President			
9	Bartolome, Arsenio M	Archit	Past President			

REGISTRATION FORM

Club President:

Rotary Club :

Members Attending:

Members Attending :

	Surname	Rotary Name	Club Position
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Early Bird: December 2015-February 15, 2016 Php 3,500.00

Regular Rate: February 16, 2016 – March 16, 2016 Php 3,800.00

Mode of Payment:

☐ Direct payment thru Rotary Club of Manila bank account

MetrobankAnda Circle Branch DISCON Account

No. _____

☐ Credit card payment (Please call RCM Secretariat for RPS form

NO ON SITE REGISTRATION: ELECTORS MUST BE REGISTERED TO BE ALLOWED TO PARTICIPATE: BULK PICK-UP OF DISCON KIT TO BE ANNOUNCED

Dear Fellow Manila Rotarians,

RE: DISTRICT CONFERENCE 2016, APRIL 1-2, 2016, MANILA HOTEL

Dear Fellow Manila Rotarian:

The staging of the District Conference (DISCON) symbolizes the culmination of every successful Rotary Year. The purpose of the DISCON is to advance the Object of Rotary through fellowship, inspirational addresses and the discussion of Rotary-related matters. The event not only showcases successful district and club activities but also highlights Rotary programs. Hence, in keeping with tradition, it is the club to which the incumbent District Governor belongs to which hosts the DISCON. Hence, this Rotary Year, it is our club, the Rotary Club of Manila, the First in Asia, which will be hosting this event. The affair is likewise doubly significant as our club celebrates its return to the Rotary International leadership hierarchy in our district after a ten (10) year hiatus in the person of our very own Manila Rotarian ROBERTO "Obet" M. PAGDANGANAN, the incumbent District Governor for this Rotary Year 2015-2016. In this regard, our club invites you to support the culminating activity of our District Governor, the **DISTRICT 3810 DISTRICT CONFERENCE 2016**, which takes place from **April 1-2, 2016** at the Manila Hotel, 1 Rizal Park, Manila.

The event presents a unique opportunity to network with a wide profile of attendees which include Rotarians from all over the district comprising the areas of Manila and Pasay as well as the provinces of Cavite and Occidental Mindoro, including guests from the aforesaid places who are business leaders and professionals alike. Further, it likewise presents a convenient venue to showcase your products, programs and/or services by way of advertising in the **DISTRICT CONFERENCE 2016 SOUVENIR PROGRAM** or by **EVENT SPONSORSHIP**. In the light of the same, enclosed are the DISCON 2016 Advertising Contract and Event Sponsorship Package for your consideration.

In behalf of the organizing committee of DISCON 2016, we wish to convey in advance our overwhelming gratitude for your unwavering support towards this worthwhile endeavor as we eagerly anticipate the Centennial Celebration of Rotary in the Philippines and in Asia by Rotary Year 2018-2019.

Yours in Rotary Service,

IDCoS/ISDG/DE/IPS ALBERT S. ALDAY
Chairman, DISCON 2016 Souvenir Program

PE/VP TEODORO J. OCAMPO PRES. EUSEBIO V. TAN
Host Club Chairman, DISCON 2016 Over-All Chairman, DISCON 2016

Noted by:

ROBERTO M. PAGDANGANAN
District Governor, RY 2015-2016
Over-All Committee Chairman, DISCON 2016

Please list me as an ADVERTISER OF DISTRICT CONFERENCE 2016 SOUVENIR PROGRAM

Company name : _____
 Address : _____
 Telephone : _____

This is to authorize the **ROTARY CLUB OF MANILA** to print/include your advertisement, as per attached layout, for it to occupy the indicated space below and to agree to pay the corresponding cost/amount indicated.

	Rates
☐ Outside Back Cover	Php 50,000
☒ Inside Back Cover (Rtn John Emyl Eugenio)	25,000
☒ Inside Front Cover (Dir. Bobby Joseph)	30,000
☒ Centerspread (PDG Alex Cureg)	25,000
☐ Centerspread (1 page @ Php 25,000)	25,000
☐ Inside Full Page	10,000

AD MATERIALS (CAMERA READY – 8.5 X 11 INCHES)

- ☐ Will deliver to RCM Secretariat on or before February 15, 2016
☐ Will email to rcmanila@rcmanila.org
☐ Please contact my advertising agency, contact name / contact number/s:

Payment to Rotary Club of Manila is due on or before February 15, 2016

- ☐ Will deliver to Rotary Club of Manila Secretariat
☐ Will pay directly to Rotary Club of Manila Metrobank, Port Area, Manila

(Please call the RCM Secretariat at 5271886/87 for the bank account number)

By: _____ Date: _____
Signature over Full name of Advertiser

For further details, please contact **Executive Secretary Anna Kun Toledo** at +63908 8737405 or **Senior Coordinator Ching Salazar**, RCM secretariat, 527-1886 to 87.



RI PRESIDENT-ELECT GERM REVEALS OFFICIAL PRESIDENTIAL THEME FOR RY 2016-2017

Speaking before incoming district governors last January 18, 2016 at the International Assembly in San Diego, California, USA, RI President-Elect John F. Germ unveiled the 2016-2017 Presidential Theme, “Rotary Serving Humanity”. According to him, Rotary’s founder, Paul Harris, believed that serving humanity is “the most worthwhile thing a person can do,” and that being part of Rotary is a “great opportunity” to make that happen. He likewise said that “Rotary members around the globe are serving humanity by providing clean water to underdeveloped communities, promoting peace in conflict areas, and strengthening communities through basic education and literacy. But none more important than our work to eradicate polio worldwide.” Further, he added that “people who want to do good will see that Rotary is a place where they can change the world. Every Rotary club needs to be ready to give them that opportunity.” On the aspect of boosting membership, Germ, a member of the Rotary Club of Chattanooga, Tennessee, USA, said that “we need clubs that are flexible, so our service will be more attractive to younger members, recent retirees, and working people.” Also, he was quick to add that “we need more willing hands, more caring hearts, and more bright minds to move our work forward.”

COGS IN THE WHEEL

EDGARDO T. CAPARAS, M.D., F.A.C.S.

1814 M. H. del Pilar, Malate, Manila 1004

January 9, 2016

IPP Frank Evaristo
Rotary Club of Manila
Arquiza cor. Grey Street
Ermita, Manila

Dear Frank:

Belated Prosperous, Happy New Year to you and RCM.

Receiving the 2014-2015 RCM Presidential Report was definitely a surprise but very pleasant and stimulating.

Congratulations for your very impressive presidential year. Thank you very much.

I went through the Annual Report from cover to cover and felt very proud that once upon a time I was a member of RCM: 1983-2006.

The compilation I am sending with this letter was RCM also in action. I am requesting, hoping that it may be included as part of RCM's collection of SERVICE ABOVE SELF, projects.

My Philippine Medical Association pieces included in the collection —which I hope you don't mind — was my passport for membership to the Rotary Club of Manila, when RCM was housed at the Manila Hotel.

Now on my sunset years, I ventured in an unknown barangay in Nueva Ecija where there are plenty of opportunities for Service Above Self. There is where rewards are out of this world.

Thanks again and best wishes.

Sincerely,

Edgardo T. Caparas, M.D.





Rtn. Jun Follosco giving his speech during their company's 50th Anniversary held on 14 January 2016 at the Makati ShangriLa.



50th Anniversary of Alpha Engineering Inc. held on 14 January 2016 at the Makati ShangriLa. Top Photo shows from L-R: **spouse Anna and PDG Alex Cureg, Rtn. Hermie Esguerra, DG Obet Pagdanganan, PT Lito Sibayan, Rtn. Philip Ong, PE/VP Teddy & Spouse Josefina Arrastia Ocampo & PP Francis Juico.** Bottom photo shows: **DGND COS Rudy Bediones, PD Pepo Nunez, PP Boy Guevara, PP Boy Ampil, PP Benny Laguesma, PD Knud Hedeager, PS Butch Marking and Rtn. Jackie Rodriguez.**

BASEBALL FELLOWSHIP WITH KUMANO ROTARY CLUB



Kumano Rotary Club met with PEVP Teddy Ocampo for 2nd visit on Rizal Institute Canlubang Foundation Baseball Team of marginalized youth. The 13-man delegation of Rotarians of Kumano Rotary Club was led by President Naomi Hamada, IPP Nobutaka Osaki and PP Tony Noji.

CLUB PRESS RELEASE



Duterte asks: Look beyond my swearing

By Nancy C. Carvajal

DAVAO City Mayor Rodrigo Duterte has said that people should look beyond his swearing and instead listen to the Filipino narrative behind it.

"I want you to look beyond my cussing and listen to the reason behind it, because there's a story behind it and it's a tragedy of the Filipino people," Duterte told members of the Manila and Makati Rotary Club in a forum at the Manila Polo Club where he was the guest speaker.

He said his environment added to his habit of cussing to emphasize a point.

Duterte, who spoke extemporaneously in a mixture of English, Visayan and Tagalog, told his audience made up mostly of businessmen, that his platform of government could be counted with the fingers of one hand.

He emphasized in particular law and order, especially the eradication of illegal drugs which he said was the source of all heinous crimes.

No to narco-state

"I will wipe out all illegal drugs in 3 to 6 months. I will not allow our country to become Asia's Mexico, we will not become a narco-state," said Duterte who has declared himself as a candidate for President under the PDP-Laban party but is facing disqualification cases at the Commission on Elections.

He said that if he becomes President he will honor Lapu-Lapu as the hero who killed the Philippines' first invader.

"We have a Rizal Day and Bonifacio Day, but we do not have a day dedicated to Lapu-Lapu who killed Magellan who colonized and used our resources for 400 years. If I become President, I will put Lapu-Lapu in the roll of history and change the name of the fish to Magellan who belongs in the seas," Duterte said.

Duterte, who described Malacañang as a "dark and foreboding place," said that when he wins he will not spend for a Palace banquet but will ask all his guests, including foreign dignitaries, "to eat first before you come."

Tong Payumo, the Rotary program director, said: "We were happy to know that he has more to offer than what we read and hear on the news."

Businessman Boy Guevara, who introduced Duterte, described him as the man "who walks his talk."



Wednesday, January 20, 2016 B-7



CENTRAL BANK CHIEF MEETS WITH ROTARIANS: Bangko Sentral ng Pilipinas Governor Amando Tetangco Jr. (center) spoke before a joint meeting of the Rotary Club of Manila and Forbes Park on his predictions for the Philippine economy. In photo (from left) are Manila Rotary former president Frank Evaristo, president Ebot Tan, Past Monetary Board Member Mr. Peter Favila and Rotarian Hermie Esguerra.

PUBLIC HEALTH NUTRITION AND CHILD CARE



CHRONIC COUGH

Elias D. Adamos, M.D.

A chronic cough is a cough that lasts **8 weeks or more**.

When should you visit the doctor's office?

You should visit your doctor if you are: Coughing up phlegm; making sounds when you breathe in; you're running a fever; losing weight; having night sweats; and coughing up blood.

What's the usual reason for chronic cough?

Chronic cough can be caused by infection as a result of Tuberculosis. Pneumonia is also common in our country. Chronic cough is also a symptom pointing to lung cancer. In most cases the following are causes of chronic cough:

Smoking. Smoking causes cough that doesn't go away.

Allergies. Drip of mucous coming from your nose that slips and slides inside your mouth and throat is called 'postnasal drip'. It is caused by exposure to an allergen, like pollen and dust. Cough is a normal mechanism or reflex of the body to remove the allergen.

Medicines. Read brochures or literature of the medicines you are taking. ACE (angiotensin-converting enzyme) inhibitors that are indicated for high blood pressure can cause chronic cough. When in doubt, ask your doctor if any of your medicines can trigger coughing.

Asthma. Development of asthma in adult is usually allergic type. Your doctor can listen to your lungs with the use of his stethoscope and he can perform tests to find out if you have asthma. He can try anti-asthma medicines to see if they work on you.

Heartburn. Acid from your stomach may back up into your throat. This is called "acid reflux." It can cause not only heartburn but also chronic cough. Cough caused by heartburn is common when you're lying down.

Treatment

If you smoke, you should stop. Talk to your doctor about nicotine replacement products. If you have postnasal drip from allergens, visit an allergy doctor (*allergologist*) for him to find out elements and things that cause your allergy. In that way you'll be able to avoid them. Your doctor can change your medicine for your hypertension. If you have asthma, your doctor will help you control your condition. A high pillow can somehow help in acid reflux. Avoid eating and drinking before your bedtime. Ask your doctor about medicines indicated for acid reflux. Lung infection is treated accordingly.

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