

balita



No. 3651, June 16, 2016

GUEST OF HONOR AND SPEAKER



HON. RAMON M. LOPEZ
Incoming Secretary
Department of Trade and Industry (DTI)



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KABALITA

With a Duterte Administration, we mean business as newly announced Trade Czar meets Asia's First Rotary Club in what could be his first ever formal meeting with the movers and shakers of Philippine business.



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PROGRAM

RCM's 45th for RY 2015-16

June 16, 2016, Thursday, 12N,

Manila Polo Club **Turf** Room

OIC/Moderator : Treas. Chito Zaldarriaga

PROGRAM TIMETABLE

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	Treas. Chito Zaldarriaga OIC/Moderator
12:30 PM	Call to Order	Pres. Ebot Tan
	Singing of Republic of the Philippines National Anthem	RCM WF Music Chorale
	Invocation A moment of silent prayer for the eternal repose of the soul of PS Justin Ortiz who passed-away recently in the grace of the Lord	STAR Rtn. Rene Banzon
	RCM Hymn	RCM WF Music Chorale
	The 4-Way Test Credo	All Rotarians
12:35 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	STAR Rtn. Michael Spence RCM WF Music Chorale
12:40 PM	Maligayang Bati (RCM Birthday Celebrants) : June 17.....PT Raoul Villegas, Rtn. David Wong; June 20.....PP Boy Ampil; June 22.....PT Chito Tagaysay; June 24.....Rtn. Geof Yu; June 25.....Rtn. Caloy Reyes Happy Birthday Song	 RCM WF Music Chorale
12:45PM	Induction of new member to RC Manila 1. Brief introduction of Inductee Co-Proposer: Fernando L. Gaspar (Filipino) Head of COB Aviation Classification: Shipping Services-Private Port Operations	PT Lito Sibayan

	2. Formal Induction Ceremony	Pres. Ebot Tan Inducting Officer
	Welcome Baby Rotarian Song	RCM WF Music Chorale
12:55 PM	President's Time	Pres. Ebot Tan
12:56 PM	Introduction of Guest Speaker	STAR Rtn. Ricky Trinidad
	Address: Hon. Ramon M. Lopez Incoming Secretary, Department of Trade & Industry	
	Public Forum	
1:55 PM	Raffle of cash prizes	DE/Dir. Bobby Joseph
	Response & Presentation of token of appreciation to Hon. Ramon M. Lopez	Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

Last week, incoming Presidential Spokesman, Atty. Salvador Panelo, shared his time with us as our Guest of Honor and Speaker and, as expected, gave us a glimpse of how the incoming Duterte administration will be running our national government. He provided some insights into the personality of incoming President Rodrigo R. Duterte, as well as his own position on important issues that will be confronting our national government.

On news within our Club, our beloved PS Justin Ortiz, Sr., who many Manila Rotarians considered a dear friend, passed away at 6:00pm on Sunday, 12 June 2016, at the age of 86. A group of Manila Rotarians, including members of the World Famous Chorale, accompanied me on Tuesday, 14 June 2016, at necrological services that we conducted for PS Justin at the St. James the Great Parish in Ayala Alabang Village. We presented PS Justin's RCM badge to Tona, his wife, and to his son, Tito Ortiz, a fellow Manila Rotarian, after the 7:00pm mass. Let us all pray for the eternal repose of PS Justin's soul. We will surely miss him. I mentioned during the necrological services that I noted that PS Justin had a steadfast advocacy for the upliftment of the lives of poor and impoverished children, including those housed at the Hospicio de San Jose, and that he would have been very happy to hear that, while we were in Seoul, Korea, attending the Rotary International Convention this year, we signed a Memorandum of Understanding with our sister club, the Rotary Club of Osaka East, witnessed by another sister club, the Rotary Club of Seoul Muak, which formalized and documented the allocation of US\$11,500, which the Rotary Club of Osaka East contributed, to help fund a joint project with our Club to install solar energy facilities at the Hospicio de San Jose. Justin would have also been very happy to know that the Rotary Club of Osaka East will be giving going another US\$3,000 shortly for use by our Club in similar worthwhile projects.

On another matter, I wish to reiterate my appeal to all Manila Rotarians to register for the forthcoming 2016 Handover Ceremonies, which will be held at the Marriott Grand Ballroom of the Marriott Hotel Manila in Pasay City on 1 July 2016. A mass will be celebrated 3:00pm. The handover ceremonies proper will begin at 5:30pm. The attendance fee is set at P1,000.00. During this event, our very own DG/PP Obet Pagdanganan will turn over the mantle of leadership of District 3810 to DGE Ernesto Yuyek. Also during this event, COS/PP/DGND Rudy Bediones will be elevated to the position of District Governor Nominee. Let us all show our support by attending the event.

On news from around the District, last 11 June 2016, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, and PVP Lance Masters attended the Membership Development Seminar hosted by the Rotary Club of Bagumbayan Manila. Later that day, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, ICoS/SDG/PP Cesar Ubaldo, and IDCoS/ISDG/DE/IPS Albert Alday attended the 8th Charter Anniversary of the Rotary Club of Pasay Southeast at the Social Hall of the Philippine Navy Officers' Club in Fort Bonifacio, Taguig City. Two days later, on 13 June 2016, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, and PDG Vince Carlos attended the meeting of the District 3810 Council of Governors at the Club Filipino in Greenhills, San Juan. A day after, on 14 June 2016, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones, ICoS/SDG/PP Cesar Ubaldo, IDCoS/ISDG/DE/IPS Albert Alday, and PE/VP Teddy Ocampo attended the 6th Handover and Induction Ceremonies of the Rotary Club of Manila Kalaw at the Greenside Dining Room of the Villamor Golf Club in the Villamor Airbase, Pasay City.

Please continue to actively participate in, and support, all of our Club's plans, programs, and activities during the remainder of this Rotary Year. Most importantly, we still have some time before the end of this Rotary Year to beef up our Club's membership. Please recommend, as soon as possible, at least one new recruit for the consideration of our Membership and Classification Committee.

Mabuhay ang Rotary Club of Manila!

GUEST OF HONOR AND SPEAKER'S PROFILE



HON. RAMON M. LOPEZ

Incoming Secretary
Department of Trade and Industry (DTI)

Ramon M. Lopez topped his Master in Development Economics at Williams College in Massachusetts, USA and finished his AB Economics degree at the University of the Philippines, Diliman.

He has years of experience in trade and industry development planning at NEDA and DTI.

He also has over 22 years of experience in the business sector, having been a top executive of RFM Corporation wherein he covered strategic planning and business development, marketing, merge and acquisitions and equity investors group.

He has been the Executive Director of the advocacy group Go Negosyo for the past 11 years. He co-hosts the Go Negosyo radio program and mentors aspiring entrepreneurs through Go Negosyo seminars, workshops and summits.

With this extensive amount of experience in various government agencies, private sector and non-government organizations, Lopez has gained the admiration and respect of the business, financial and investor communities in the Philippines and abroad.

PREVIEW OF FORTHCOMING RCM THURSDAY MEETINGS

June 23, 12:30PM, New World Makati Hotel
RCM Tourism Awards Luncheon Presentation
Chairman Dir.-elect/Dir. Bobby Joseph

June 30, 6:30PM, New World Makati Hotel
RCM Journalism Awards Dinner Presentation
Chairman Vice Pres.-Elect Babe Romualdez;
Co-Chairman Dir.-Elect Art Lopez

THE WEEK THAT WAS...



Rtn. Tong Payumo, Chairman, Program Committee, as OIC/ Program Moderator directs the program of activities.



PP Boy Guevara delivers an ecumenical prayer.



STAR Rtn. Bollie Bolton leads fellow Rotarians in renewing its commitment to the Rotary credo by the recitation of the four (4) way test.



STAR Rtn. Mon Alberto introduces the guests, visiting Rotarians and personalities seated at the presidential table.



PDG David Harilela, RY 2011-12, RI D-3450, The One Awards Project Conceptualizer/Founder, presents the search for **THE ONE AWARDS** Project.



Pres. Ebot Tan updates fellow RCMers' on various projects during the President's Time. This was followed by "*Mabuhay Toast*" for RCManila's 97th Charter Anniversary and Filipino-Chinese Friendship Day Celebration, wine courtesy of DE/Dir. Bobby Joseph; and bottles of Red Wine as gifts for everybody courtesy of PVP Manny Dy.





Rtn. Babe Romualdez, Co-Chairman, Program Committee, does the pleasure of introducing **Atty. Salvador Panelo**, Appointed Presidential Spokesman of President-Elect Rodrigo Duterte, as guest of honour and speaker.



Incoming Presidential Spokesman Atty. Salvador Panelo gave Manila Rotarians, Visiting Rotarians and guests, a glimpse into the mindset of **incoming President Duterte**.



A pro-active public discussion forum followed suit after the speech of **Incoming Presidential Spokesman Atty. Salvador Panelo** by PD Jess Santos, PD Jimmie Policarpio, Rtn. Mon Montano, Rtn. Babe Romualdez, IPP Frank Evaristo, Sec. George Salazar, Rtn. Hermie Esguerra and Rtn. Tony Lopez.

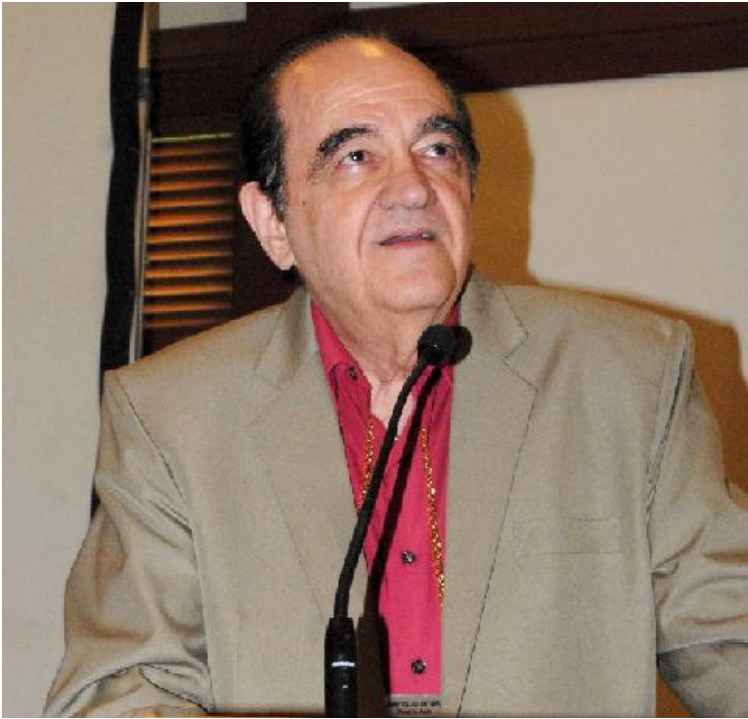


Pres. Ebot Tan presents to **Atty. Salvador Panelo**, religious icons of Jesus Christ and Mother and Child, as token of appreciation for being the guest of honour and speaker.



DE/Dir. Bobby Joseph draws the weekly winners of the fund-raising raffle with **PDG David Harilela** winning Php 2,000 and **Rtn. Jimmy Tang** Php 1,550, both of whom donated their cash prizes back to the **Rotary Club of Manila Service Projects**.

MEMBERSHIP INDUCTION OF NEW MEMBER TO RCM



STAR Rtn. Jack Rodriguez, Proposer, delivers brief introductory remarks on inductee: **Mr. Rafael M. Alunan**, Board Member, Pepsi Cola Products (Philippines). Classification: Liquor, Wine & Beverages-Carbonated Beverage Manufacturing. Co-proposers of **Mr. Alunan** are **DG Obet Pagdanganan** and **AG/IPP Frank Evaristo**.



Pres. Ebot Tan administers the oath of membership pledge to : **Mr. Rafael M. Alunan**, with Co-Proposers: **DG Obet Pagdanganan**, **STAR Rtn. Jack Rodriguez**, **Mr. Alunan** as the newest member to the Rotary Club of Manila Membership Roll.

BOARD MEETING



Present during the board meeting were: Pres. Ebot Tan, PE/VP Teddy Ocampo, Dir. Oscar del Rosario, Sec. George Salazar, Dir. Ning Lopez, Dir. Amading Valdez, IPP/AG Frank Evaristo and ES Anna Kun Toledo.

REMEDIOS CIRCLE REHAB PROJECT MEETING



Present during the meeting were: Sec. George Salazar, PDSAA Tony Lopa, PE/VP Teddy Ocampo, Dir. Oscar del Rosario, PDG Alex Cureg, PP Boy Ampil and ES Anna Kun Toledo.

WF MUSIC REHEARSAL



WF Rehearsal at CCP. Present were: Chair/PP Babes Reyes, PVP Lance Masters, PP Benny Laguesma, PE/VP Teddy Ocampo, Rtn. Jason Ong, Rtn. Nilo Aventura, Rtn. Thad Liamzon, Dir. Oscar del Rosario, Sec. George Salazar and PT Jim Chua.

INTERCLUB ACTIVITY

MANILA ROTARIANS AT THE ROTARY CLUB OF PASAY SOUTHEAST 8TH CHARTER ANNIVERSARY, HANDOVER AND INDUCTION CEREMONIES.



The Rotary Club of Pasay Southeast on its 8th Charter Anniversary Induction of Officers led by President Triccie Buenaventura, last June 11, 2016 held at Philippine Navy Officers Club in Fort Bonifacio. From left: PDG Edmond Aguilar, IPP/AG Frank Evaristo, District Governor Obet Pagdanganan, President Elect Teddy Ocampo, DGE Ernest Yuyek, DGND/CoS/PP Rudy Bediones, IDCoS/ISDG/DE/IPS Albert Alday and SDG/PP Cesar Ubaldo.

RC MANILA KALAW INDUCTION



MANILA ROTARIANS AT ROTARY CLUB OF MANILA KALAW INDUCTION. IDCoS/ISDG/DE/IPS Albert Alday, DG/PP Obet Pagdanganan, DGND/CoS/PP Rudy Bediones and ICoS/SDG/PP Cesar Ubaldo attended the 6th Handover and Induction Ceremonies of the Rotary Club of Manila Kalaw at the Green Dining, Villamor Golf Club, Villamor Airbase, Pasay City last June 14, 2016.

NECROLOGICAL SERVICE



By PSAA Lance Masters

PS JUSTO “Justin” M. ORTIZ
(September 22, 1929 – June 12, 2016)
Father of Rtn. Justo “Tito” A. Ortiz, Jr.



RCM Member 1989; Paul Harris Fellow 1991, 1996
Chairman - Membership Committee RY 1992-1994

Outstanding Rotarian of the 1st Quarter ; Presidential Awardee – RY 1997-1998
Trustee – Sagip Kabataan Foundation

passed away peacefully in the grace of the Lord
last Sunday, June 12, 2015 6:00 PM

Justin was also a long time regular with the “World Famous Chorale” of RCM. Several of us gathered in the home of Sec George Salazar on Tuesday afternoon for a brief rehearsal to prepare to sing a couple of songs in his honor at the necrological service. Participating in the rehearsal were WF Chairman PP Babes Reyes, Gov & PP Obet Pagdanganan, DGND PP Rudy Bediones, PE & VP Teddy Ocampo, Rtn. Hermie Esguerra, PAT Raoul Villegas, PVP Lance Masters and Sec. George Salazar.



We practiced "When You're Away" and "Ikaw." We then caravanned to St James the Great in Ayala Alabang for the necrological mass and our Rotary tribute.



The aforementioned were joined by many more RCMer's, including Chair./PP Babes Reyes, Sec. George Salazar, Pres. Ebot Tan, Rtn. Thad Liamzon, Rtn. Cris Acosta, Rtn. Caloy Reyes, PP Archit Bartolome, Rtn. Ricky Guevara, PDSAA Tony Lopa, Dir. Susing Pineda, PD Ner Lonzaga & Spouse Femy, PDG Vince Carlos, AS Alvin Lacambacal, IPP/AG Frank Evaristo, PE/VP Teddy Ocampo, Rtn. Hermie Esguerra, PD Abe Pascual, PVP Lance Masters, DGN Rudy Bediones, PP Benny Laguesma, PD Sam Eldebs and AT Raoul Villegas. At the conclusion of the mass, we were invited to

the chancel, where PP Benny Leguesma served as Master of Ceremonies. He commented on Justo and why we were there to honor him, and then introduced President Ebot Tan. President Ebot gave a eulogy, enumerating Justo's long and distinguished service through the Rotary Club of Manila. At the conclusion of his speech, we sang "When You're Away," to the true delight of the family. Fortunately, we had the strong voices of Hermie Esguerra and Thad Liamzon to bolster the remaining voices, so we actually did not sound too bad. At the end of our vocal offering, Sec. George Salazar and VP Teddy Ocampo to present the framed name badge of Justo to his wife, along with roses from each of us present, joined President Ebot. The family greeted us warmly and invited us to join them for snacks in the adjacent dining room. We enjoyed our fellowship as we reminisced about days gone by. We know that Justo, a man with a deep conviction of faith, has passed on to a better place. We pray for the peaceful repose of his eternal soul, and that we will all see him again, when we are gone.



RCM WF Music Chorale sang "When You're Away" at the wake of PS Justin Ortiz led by PP/Chair. Babes Reyes and Co-Chairman PP Benny Laguesma.



Presentation of RCM Badge of PS Justin to spouse Tona and son Rtn. Tito Ortiz, Jr. by **Pres. Ebot Tan**.

Pres. Ebot Tan presented a bouquet of flowers to spouse Tona and to the family of the late PS Justin Ortiz.



from R-L: AS Alvin Lacambacal, PD Ner Lonzaga, PDG Vince Carlos and Mrs. Femy Lonzaga.

from L-R: PP/Chairman Babes Reyes, Sec. George Salazar and President Ebot Tan.



At the wake of PS Justin Ortiz. Seen in photo are: **Pres. Ebot Tan, Sec. George Salazar, PP/Chair. Babes Reyes, PE/VP Teddy Ocampo, IPP/AG Frank Evaristo, PD Abe Pascual, PDSAA Tony Lopa, PP Archit Bartolome and Rtn. Hermie Esguerra.**

Seen in photo are: **(seated) PP/Chair. Babes Reyes, Sec. George Salazar, Pres. Ebot Tan, Cathryna V. Lacambacal, Marites M. Pineda, Rtn. Tito Ortiz, Jr. (standing) Rtn. Ricky Guevara, Rtn. Jason Ong, Rtn. Thad Liamzon, Rtn. Caloy Reyes, PD Ner Lonzaga, AS Alvin Lacambacal, Femy Lonzaga and Dir. Susing Pineda.**



SAVE THE LITTLE HEARTS

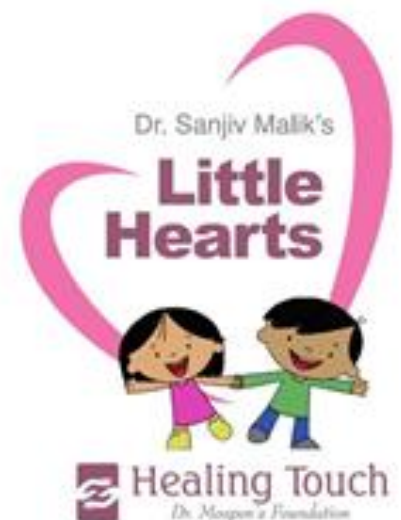


Update: Saving Lives of indigent Filipino Children with severe congenital heart defects

By DSAA Lance Masters

A huge thank you to the Manila Rotarians who have now pledged P225,000 towards defraying the costs of transporting the next five indigent Filipino children to go India to the same place where I took the poor boy from Negros Oriental. Each patient and accompanying parent costs about P50k for travel only. That money will pay the airfare and Dr. Moopen's Foundation will pay

for all of the other expenses in India: the surgery, all of the hospital bills, the meals and accommodations for the child and the accompanying parent. Here are the mechanics: we donate to our RC Manila Foundation. "Save the Little Hearts" has already completed the pre-surgical evaluations of the children in the que – there are now 27 in line – and determined which are truly indigent (i.e. on DSWD conditional cash transfer program or other equivalent evidence of indigency), have completed local medical work-ups including 2D echo cardiograms, x-rays, medical examinations, lab tests, and so forth, and determined which patients are "good risks" for both the travel and the surgery. Some of the patients are not capable of travel, and they will need to have the surgery locally, funded by PhilHealth, PCSO and foundation gifts, but that takes longer so is not the best solution for those capable of surgery with predicted positive outcomes. The local Save the Little Hearts foundation now has five children ready to travel and is providing me details about the children and their families, which I will share with our RCM donors. We are now ready to purchase the travel so these children's lives may be saved, transformed just like the boy that I brought to you a few weeks ago. If you can join our members who have already pledged a donation, several more of the 26 in line will become qualified within the next few weeks. If you have made a pledge, please arrange your immediate donation to our foundation and see me for details on the families and children whose lives you will save. Thank you.



D3810 MEMBERSHIP DEVELOPMENT SEMINAR



Rotary District 3810 Membership Development Seminar

By DSAA PVP Lance Masters

Do you remember your orientation to Rotary? It was probably an hour or two session with a senior member of our club, prior to one of our regular meetings, and was required before you could be inducted. Do you remember anything from the seminar? Did you learn enough to really understand what Rotary is, how it has worked and, maybe most importantly, how you can be engaged to make a difference through your participation? Actually, this mode of orientation is common throughout the Rotary world. Yet somehow, it has not been effective in helping engage new members. It's too rushed, too boring, too incomplete. Globally, we lose about the same number of Rotarians as we gain each year.

We have another great Rotary membership development program called the Rotary Leadership Institute (RLI), of which I am a graduate, along with several other members of our club, including Frank Evaristo, Rudy Bediones, Obet Pagdanganan, Albert Alday, Teddy Ocampo, Ebot Tan, Caloy Reyes, Ning Lopez. Each of us spent three entire Saturdays from early morning until evening undergoing the training. The training sessions are conducted about every three or four months and it took most of us about a year to complete the entire program. Each of us also paid P4,500. Most Rotarians do not undertake that training, because "It takes long, it costs too much, I don't intend to be a leader in Rotary anyway, and so forth." Our Governor Obet envisioned a new introduction to Rotary that would be more helpful than basic orientation but not as long as RLI.



Last Saturday June 11, new Rotarians from throughout our district gathered at the Aloha Hotel for a half-day Membership Development Seminar. Hosted by RC Bagumbayan, this was the third time the district has implemented the Governor's vision with a half day Membership Development Seminar. The ten point program was delivered by SDG Edwin Chiu, IDGN Rudy Bediones and yours truly. The next iteration of the program will be held early in the ne Rotary year, and new Rotarians are strongly encouraged to learn more so they can get more out of Rotary!





DG Obet Pagdanganan and DGN/COS Rudy Bediones in a posterity photo with officers and members.

COGS IN THE WHEEL



CONGRATULATIONS AND BEST WISHES TO BOY GUEVARA, THE 2016 ULIRANG AMA AWARDEE FOR BUSINESS AND INDUSTRY. BOY WILL BE FETED THIS SUNDAY AS EXEMPLARY PARENT AND ENTREPRENEUR, THE EQUIVALENT OF A DOUBLE DOUBLE DOUBLE IN NBA RATING - SCORING, REBOUNDS, AND ASSISTS!

WAY TO GO, BOY, WE JOIN YOUR WIFE, DAUGHTERS, AND CORPORATE COMMUNITIES TO CELEBRATE YOUR VERY WELL DESERVED HONOR AND ACHIEVEMENT.

MABUHAY AND GOD BLESS YOU.

ON THE LIGHTER SIDE



PDG VINCE CARLOS

Definition of "OLD"

#1

I very quietly confided to my best friend that I was having an affair. She turned to me and asked, "Are you having it catered?" And that, my friend, is the sad definition of "OLD"!

#2

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied: "Two years older than me." "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"

#3

A reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked. She simply replied, "No peer pressure."

#4

I've sure gotten old! I have outlived my feet and my teeth. I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

#5

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

#6

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" "Then I'll be sure my daughters visit me twice a week."

#7

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

#8

Know how to prevent sagging? Just eat till the wrinkles fill out.

* * * * *

#9

It's scary when you start making the same noises as your coffee maker.

* * * * *

#10

These days about half the stuff in my shopping cart says, 'For fast relief.'

* * * * *

#11

MY SENILITY PRAYER:

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

* * * * *

WISE CRACKS

Please leave a message after the beep. If I do not return your call,
You are the one of the changes."

* * * * *

A small boy wrote to Santa Claus, "send me a brother."
Santa wrote back, "SEND ME YOUR MOTHER."

* * * * *

What is the definition of Mistress?
Someone between the Mister and Mattress.

* * * * *

What's the difference between stress, tension and panic?
Stress is when wife is pregnant.
Tension is when girlfriend is pregnant, and
Panic is when both are pregnant.

* * * * *

A woman asks man who is travelling with six children.
"Are all these kids yours?"
The man replies, "No, I work in condom factory and these are customer complaints."

* * * * *

A young boy asks his Dad, "What is the difference between confident and confidential?"
Dad says, "You are my son, I'm confident about that.
Your friend over there, is also my son, that's confidential."

* * * * *

A three year old boy was examining his testicles while taking a bath.
"Mom" he asked, "are these my brains?"
"Not yet", she replied.

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



SILENT HEART ATTACK

Elias D. Adamos, M.D.

While majority of people who suffered from heart attack have experienced sharp chest pains and chest discomfort, accompanied with difficult or labored breathing, about 20 to 30 percent may not suffer from any symptom at all. This is known as atypical or silent heart attack. Silent heart attack can happen to anyone, although it is more common in women and in people with diabetes mellitus. People who had silent heart attack may not know that they had one, until their condition is accidentally or incidentally discovered by their doctor after routine electrocardiogram (an EKG or a test to record the electrical current they runs through the heart muscle) or heart ultrasound known as echocardiogram, during medical check-up and examination, weeks or months after the silent heart attack.

Unusual symptoms that point to silent heart attack

Some unusual and non-classic symptoms that point to a possible silent heart attack are: unexplained fatigue, shortness of breath and/or discomfort in the throat, neck, jaw or a single extremity. Other patients will experience what it feels like heartburn or stomach pain or indigestion, and many will simply take antacid instead of recognizing that the pain could be coming from the heart. These less common symptoms can pass without being noticed as a heart attack.

What happens after a silent heart attack?

Heart attacks are life threatening and require immediate medical treatment and attention. When a silent heart attack goes undetected and untreated, the lack of blood flow to a section of the heart can cause the heart tissue to die and scar. Silent heart attack can result to heart rhythm disorders and structural heart complications.

What can you do about it?

“Don’t be your own physician.” Silent heart attack is very hard to detect. Many silent heart attack sufferers could not accept the reality that they are having one. They refuse to seek medical attention and they try to self-medicate. Always remember that there is no shame in seeking medical attention from what you believe to be a heart attack. Don’t be embarrassed if it’s a false alarm. Don’t let pride get in the way of saving your life. Being ashamed of going to the emergency room could cost you your life.

The role of aspirin

Repeatedly mentioned in studies is the role of aspirin in the prevention of heart damage that can occur from a silent heart attack. If you feel that you have had a silent heart attack, you may want to take aspirin to help dissolve clots and restore blood flow.

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