



Kabalita

No. 3683, February 16, 2017

GUEST OF HONOR AND SPEAKER



His Excellency **SUNG Y. KIM**

Ambassador Extraordinary and Plenipotentiary
of the United States of America to the Republic of the Philippines

KABALITA

With a rich Korean ancestry coupled with his American upbringing, he definitely makes Uncle Sam proud as he brings an Asian touch to American heritage in our archipelago as he makes a resounding debut at Asia's First Rotary Club.

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PROGRAM

RCM's 29th for Rotary Year 2016-17

Thursday, February 16, 2017, 12N, Manila Polo Club McKinley Room

OIC/Moderator: **Past Vice President (PVP) "Fausto" Preysler**

Program Timetable

11:30AM	Registration and Cocktails	
12:25PM	Bell to be Rung: Members and Guests are requested to be seated:	PVP "Fausto" Preysler OIC/Moderator
12:30PM	Call to order Singing of the Republic of the Philippines National Anthem; Singing of the United States of America National Anthem Invocation RC Manila Hymn The Four (4) Way Test Credo	Pres. "Teddy" Ocampo RCM WF Music Chorale PVP "Roy" Golez RCM WF Music Chorale All Rotarians led by Dir. Issam Eldebs
12:35PM	Introduction of Guests & Visiting Rotarians and Personalities seated at the Head Table Welcome Song	Dir. "Art" Lopez RCM WF Music Chorale
12:40PM	Maligayang Bati (RCM Birthday Celebrants) Feb. 16....Rotarian (Rtn.) "Klaus" Mueller; Feb. 17....Rtn. "Jun" Aventura; Feb. 18....STAR Rtn. "Jodi" Bantug; Feb. 21....Secretary "Ning" Lopez; Happy Birthday Song Announcement of Hospicio Project	 RCM WF Music Chorale Rtn. Ray Davis
12:45 PM	President's Time "Valentine Week Celebration" with Gifts to be distributed to Ladies, Guests and Members courtesy of PVP "Manny" Dy	Pres. "Teddy" Ocampo
12:50 PM	Induction of His Excellency Sung Y. Kim Ambassador Extraordinary & Plenipotentiary Inducting Officer of the United States of America to the Philippines as an Honorary Member of the Rotary Club of Manila	Pres. "Teddy" Ocampo
12:53 PM	Introduction of Guest of Honor and Speaker	VP/VPE "Babe" Romualdez
	Address : His Excellency Sung Y. Kim Ambassador Extraordinary & Plenipotentiary of the United States of America to the Republic of the Philippines	
1:25PM	Public Forum	
2:00PM	Response, Presentation of Token of Appreciation to His Excellency Ambassador Sung Y. Kim and Meeting Adjournment	Pres. "Teddy" Ocampo

PRESIDENT'S CORNER



Last week, we were given a glimpse on the role of the Philippine Economic Zone Authority in making it a breeze for foreign investors to do business in our country with the Hon. Charito Plaza, the new Director-General of the Philippine Economic Zone Authority (PEZA), enlightening us on the matter.

As for update within our club, we are still in the process of gathering Manila Rotarians to attend the 60th Anniversary of our sister club, the Rotary Club of Osaka East this coming May 27, 2017. For more details, please coordinate with our Secretariat. Likewise, our World Famous Chorale received an invitation from the district recently to sing the Philippine National Anthem and the National Anthem of the United States of America during the opening of the DISCON 2017 on March 31, 2017 at the Sofitel Philippine Plaza Manila in Pasay City. In this light, I wish to exhort my fellow members of the chorale to volunteer their services for the same as this is a clear indication that the district recognizes the defining role we have in Philippine Rotary. Last February 9, 2017, our PD Oca del Rosario celebrated his 70th Birthday with many of his fellow Manila Rotarians and Rotarians from other clubs in the district in attendance at the Punta Mandala Restaurant along Shaw Boulevard in Mandaluyong City. It was a fun evening of singing and camaraderie among Rotarians. This coming February 19, 2017, President Teiichi Nishimura and Director of International Service Nobuhiko Arai as well as Chief of International Community Service Shigemasa Yanagawa, all from the Rotary Club of Osaka East will be in the country to visit the Hospicio de San Jose-Norzagaray as well as the completed Hospicio de San Jose Solar Project undertaken by the Special Children Committee with funding from their club. As such, there are several activities lined up for their arrival.

Updates from around the district include the attendance of CoS Cesar Ubaldo and SDG/Dir. Albert Alday at the Pre-Valentine's Fellowship of the All Star Team at the Elorde Sports Center in Sucat, Parañaque City last February 11, 2017. Likewise, CoS Cesar Ubaldo and SDG/Dir. Albert Alday are busy with preparations for the DISCON 2017 as the committee now meets every Thursday afternoon.

Today, after the Valentine's fever, we welcome His Excellency Sung Y. Kim, the Ambassador Extraordinary and Plenipotentiary of the United States of America to the Republic of the Philippines, as he dwells on the diplomatic relations between the United States of America and the Republic of the Philippines. I look forward to your cooperation as we endeavor to make our stars shine this Rotary Year 2016-2017 through meaningful projects and fellowships that will strengthen the bonds of Asia's First Rotary Club.

GUEST OF HONOR AND SPEAKER'S PROFILE



Ambassador Sung Y. Kim

U.S. Ambassador to the
Republic of the Philippines

On November 3, 2016, Ambassador Sung Kim was sworn in as the U.S. Ambassador to the Republic of the Philippines. He was nominated by President Barack Obama on May 19, 2016 and confirmed by the United States Senate on September 28, 2016.

Previously, Ambassador Kim served as Special Representative for North Korea Policy and Deputy Assistant Secretary for Korea and Japan. From November 2011 until October 2014, he was the U.S. Ambassador to the Republic of Korea.

Ambassador Kim has also served as the Special Envoy for the Six-Party Talks with the rank of Ambassador. He has served in a variety of positions in the Asia Pacific region, including overseas assignments in Seoul, Tokyo, Kuala Lumpur, and Hongkong. Ambassador Kim's Washington assignments have included director of the Office of Korean Affairs and political-military affairs in the Office of Chinese Affairs. Prior to joining the Foreign Service, he worked as a public prosecutor in the Los Angeles County District Attorney's Office. Ambassador Kim was born in Seoul, Korea, and grew up in Los Angeles where he attended middle school and high school. He earned his undergraduate degree from the University of Pennsylvania and completed a degree in law from Loyola University. He also holds a Master of Laws degree from the London School of Economics and an honorary doctorate from the Catholic University of Korea.

Ambassador Kim is married to Jae Eun Chung, and they have two daughters.

PREVIEW OF NEXT WEEK GUEST SPEAKERS

Feb. 23, 2017, 12N, Manila Polo Club McKinley Room



Rtn. Fidel V. Ramos

Honorary Member, RC Manila
Former President,
Republic of the Philippines

March 2, 2017, 12N, Manila Polo Club McKinley Room



**GENERAL CLUB
ASSEMBLY**
House and other
Important Club Matters

March 9, 2017, 12N, Manila Polo Club McKinley Room



Hon. Regina Paz "Gina" La'o Lopez

Secretary, Department of
Environment and Natural
Resources (DENR)

March 16, 2017, 12N, Manila Polo Club McKinley Room



Hon. Alfonso G. Cusi

Secretary, Department of Energy

THE WEEK THAT WAS...



Pres. "Teddy" Ocampo call the 27th meeting of the Rotary Club of Manila to order.



Rtn. "Jack" Rodriguez as OIC/ Moderator directs the program of activities.



Rtn. "Vee" David delivers an ecumenical prayer.

STAR Rtn. “Richard” Ang leads fellow Rotarians in renewing its commitment to the Rotary Credo through the recitation of the four (4) way test.



Pres. “Teddy” Ocampo during his “President’s Time”, requesting **Rtn. Guillermo Eduardo “Guille” Devoto**, Deputy Chief of Mission, Embassy of Argentina, for his “Farewell” Message.



Rtn. "Guille" Devoto delivers brief "Farewell Message" as he assumes a new assignment in Argentina.



Dir. "Chito" Zalzarriaga does the honour and pleasure of introducing **Hon. Charito B. Plaza**, Director-General, Philippine Economic Zone Authority (PEZA); Brigadier General, AFPR, BSC, MNSA, GSC, PhD, DPA; Former Representative, First District of Agusan del Norte, 8th, 9th and 10th Congress, 1986-1998, as guest of honor and speaker.



Hon. Charito Plaza, Director-General of the Philippine Economic Zone Authority (PEZA) enlightened Manila Rotarians, Visiting Rotarians and guests on how the convenience of investing in the Philippines through her office can work wonders for our country.



An interactive open forum followed suit right after the speech of **Director-General Charito B. Plaza**. Participants were: **PVP Roy Golez**, **Rtn. Manny Blanco**, **Dir. Chito Zaldarriaga**, **Rtn. Nilo Aventura**, **PP Ed Reyes** and **Rtn. Hermie Esguerra**.



Pres. "Teddy" Ocampo presents to **Director-General Charito B. Plaza** the club's token of appreciation, and calling the meeting's adjournment.

COMMUNITY SERVICE PROJECT

Rtn. "Ray" Davis inviting members to participate in the site visit on Hospicio de San Jose Norzagaray together with Rotary Club of Osaka East.



INTERCLUB RELATIONS



Pres. "Teddy" Ocampo presents a club bannerette to first-time visiting Rotarian, PP RV Someswaran, from RC Bangalore, India.

RCM WEEKLY BIRTHDAY CELEBRANTS



Pres. "Teddy" Ocampo presents Dir. "Chito" Zalzarriaga as a birthday celebrant for the traditional blowing of candles on the birthday cake, amidst the singing by the RCM World-Famous Chorale of the happy birthday song.

THE WEEK THAT WAS



Former Speaker Rtn. Jose “Joe” C. De Venecia (middle) with SDG/PP “Frank” Evaristo, DGN “Rudy” Bediones, PD “Beda” Fajardo, and Rtn. “Leo” Virata.



Post-meeting posterity photo with Director-General Charito B. Plaza, were Pres. “Teddy” Ocampo, SDG/PP “Frank” Evaristo, PDG “Alex” Cureg, DGN “Rudy” Bediones, and guest.

ROTARY INFORMATION



Rotary Information Committee Chair PDG Alex Cureg, Co Chairs DE/ SAA Lance Master and IS Alvin Lacambacal for Mr Sha Hofer Tamano.

BIRTHDAY FELLOWSHIP



PD Oscar "Oca" Del Rosario as gracious birthday host warmly welcomes fellow **RCMers** and **Guests** at his "**Birthday Bash Fellowship**" held last February 9, Thursday, 5:00 PM, at the Punta Mandala Bar and Restaurant, in Shaw Boulevard, Pasig City.



RCMers seen in photo on hand to greet Birthday Boy PD “Oca” del Rosario, were, standing from left-right: Rtn. “Deo” Villacorta, PD “Eric” Severino, PD “Jun” Hallare, Dir. “Chito” Zaldarriaga, Rtn. “Jack” Rodriguez, PD “Nick” Locsin, Treas. “Chito” Tagaysay, DGN “Rudy” Bediones, Guest-PP “Mark” Tan, Birthday Boy PD “Oca” del Rosario, Rtn. “Nicky” Villaseñor, AS/DE “Caloy” Reyes. Seated from left-right: PT “Jim” Chua, guest, Pres. “Teddy” Ocampo, IPDG “Obet” Pagdanganan, PVP “Roy” Golez and SAA “Lance” Masters.



PD Oscar del Rosario, Dir. Chito Zaldarriaga, SAA Lance Masters, Pres. Teddy Ocampo, Rtn. Hermie Esguerra, IPDG Obet Pagdanganan, PT Lito Sibayan, Rtn. Jack Rodriguez, PVP Roy Golez, PT Jim Chua, PD John Cenica, PD Beda Fajardo, Rtn. Roy Zosa during the sing along fellowship at Punta Mandala.



A Mabuhay Toast for Best of Health, Happiness and Thanks to gracious host — **Birthday Boy PD “Oca” del Rosario.**



A posterity photo with gracious host — **Birthday Boy PD “Oca” del Rosario**, with PD “Jun” Hallare, DGN “Rudy” Bediones, Rtn. “Willie” Peliño, Pres. “Teddy” Ocampo, Rtn. “Roy” Zosa. Seated is Treas. “Chito” Tagaysay.



PP “Archit” Bartolome enjoying the fellowship with DGN “Rudy” Bediones and Rtn. “Vee” David.



Pres. "Teddy" Ocampo with PD "Ner" Lonzaga and Rtn. "Willie" Peliño.



Birthday Boy PD "Oca" del Rosario and Rtn. "Jack" Rodriguez with the Service Team, RCM Secretariat headed by ES Anna Kun Toledo.



Pres. "Teddy" Ocampo joins Birthday Boy PD "Oca" del Rosario and the Service Team, RCM Secretariat.

SIGHT CONSERVATION COMMITTEE

RCM EYE CENTER – PMAC

(Rotary Club of Manila Eye center – Philippine Medical Association of Chicago)

Medico Surgical Mission, January 23-26, 2017 at Binakayan Hospital & Medical Center, Kawit Cavite

RCM EYE CENTER TEAM

Rtn. Dr. Jack Bautista

Dr. Kristine Sapno

Dr. Michelle Supapo

Dr. Jessica Daza-Robes

Elaine Santos, R.N.

EPHPHETA TEAM

Ma. Grace Carias

Edgardo Mercado

Cris Belo

PHILIPPINE MEDICAL ASSOCIATION OF CHICAGO

Dr. Dionisio Yorro

Dr. Zita Yorro

LOCAL GOVERNMENT OF KAWIT CAVITE

ABAYA FAMILY

SAVESIGHT TEAM-USA

Antonio M. Gozales, M.D., Chairman

Asst. Clinical Professor Columbia University, New York, Presbyterian Hospital, Harlem Hospital-retired

Amar Singh, M.D.

Asst. Clinical Professor-Columbia University, Harlem Hospital

Milton De Lerne, M.D.

Associate Director, Ophthalmology, Harlem Hospital

Priya Matthews, M.D.

PG 2 Resident in Ophthalmology, Columbia University, New York Presbyterian Hospital



Squint Surgery performed by doctors of savesight Dr. Antonio Gonzales, Dr. Priya Matthews from Columbia University New York, Vicky , nurse anesthetist, Elaine Santos, RN with Rtn. Dr. Jack Bautista.



Post squint surgery performed by volunteer doctors of savesight Dr. Antonio Gonzales and Dr. Priya Matthews from Columbia University New York City



Cataract Surgery performed by Dr. Michelle Supapo with Dr. Antonio Gonzales of Columbia University with Rtn. Dr. Jack Bautista, Chairman Sight Saving Committee RCM



Oculoplasty performed by Dr. Amar Singh, Professor from Columbia University with Rtn. Dr. Jack Bautista.



Pterygium Surgery performed by Dr. Kristine Sapno and Dr. Michelle Sapno from University of Santo Tomas with Rtn. Dr. Jack Bautista. RCM Eye Center.



Post Pterygium Surgery performed by Dr. Kristine Sapno and Dr. Michelle Sapno from University of Santo Tomas with Rtn. Dr. Jack Bautista. RCM Eye Center.

CENSUS OF EYE SERVICES

PROCEDURE	NO. OF PATIENTS
CATARACT SURGERY	11
SQUINT SURGERY	5
OCULOPLASTY	4
PTERYGIUM SURGERY	37
TOTAL	57

COGS IN THE WHEEL



FRIDAY,, FEBRUARY 10 2017



DONATION FOR BANTAY BATA: The Voice of Hope Foundation Inc. (VOHFI) donated recently P403,000.32 to the ABS-CBN Bantay Bata Inc., specifically for the children afflicted with cancer. Shown in photo, receiving the check from VOHFI director Robert Lim Joseph is ABS-CBN Lingkod Kapamilya managing director Susan Bautista Afan, in a simple ceremony in the presence of Monica Hui and Deedee Ledonio, VOHFI president and director respectively.

INTERNATIONAL RELATIONS

February 13, 2017

Dear Fellow Rotarians,

Please be advised that we have received an invitation from our sister club, the Rotary Club of Osaka East (RCOE) for us to participate in the celebration of their Club's 60th anniversary. The anniversary will be celebrated on May 27, 2017. No other details or plans have yet been discussed but there is a possibility that there may be other occasions to meet and bond with RC Osaka East's members a day or two before May 27, 2017. Please see invitation below.

May we request all who are interested to participate in this event to confirm your intentions by sending an email to Ms. Anna Toledo. To avoid any miscommunications please expect a reply from Ms. Anna Toledo to confirm that you will be attending.

Please note that RCOE advises us that only fifteen (15) seats are allotted for RCM in the formal celebrations. That being said, spouses are definitely welcome to join the group. If more than fifteen members attend, wives can still avail of the shopping, cuisine and sights in and around Osaka. All these are outstanding as Osaka is one of Japan's largest and most popular cities. Our hosts have shown their warm hospitality many times over.

The following members have already signified their intentions to attend this event : (1) Pres Teddy Ocampo, (2) Spouse Baby Ocampo; (3) Dir Susing Pineda; (4) Spouse Marites Pineda; (5) Dir Art Lopez; (6) Spouse Letty Lopez; (7) Dir Issam Eldebs; (8) PDG Vince Carlos; (9) Spouse Tina Carlos; (10) PD Nick Locsin; (11) Spouse Lucille Locsin; (12) Rtn Mike Ozaeta; (13) PD Pepo Nunez, (14) Spouse Terry Nunnez; (15) Rtn Nicky Villasenor; (16) Spouse Sofia Villasenor; Pls send your confirmation to joint he delegation of Rotary Club of Manila.

Thank you.

Happy New Year.

PD Nick Locsin

International Relations C co-Chair

PD Edgar Lee

International Relations Chairman

DIR Sam Eldebs

Director in Charge of International Relations

XX

RSVP

60TH CHARTER ANNIVERSARY RC OSAKA EAST May 27, 2017

[] Attending alone [] Attending with spouse

By: _____

Date: _____

Member's Signature over Printed Name

**Program Moderator PD Oscar del Rosario Sr.
reading the Goodwill Message of RC Port Klang
to the membership.**



GOODWILL MESSAGE **THE ROTARY CLUB OF PORT KLANG**

Dear President and Fellow Rotarians,

Warm greetings from all the members of the Rotary Club of Port Klang. We are sending this message to Rotary clubs around the globe in our effort to promote peace and better world understanding.

A Brief Introduction of our Town and Country

Port Klang is located in the State of Selangor Darul Ehsan, West Malaysia. It is not only the biggest and most modern port in Malaysia but is currently ranked the 12th busiest container ports in the world. The local community comprises many ethnic races, expatriates and foreign employees who work for both local and multi-national companies.

Malaysia is a multi-racial country with a population of 29 million. Due to the presence of the various races and religions, the country celebrates various festivals such as Hari Raya, Chinese New Year, Deepavali, Christmas, Taipusam and Wesak day as depicted by the stamps enclosed.



We have the tallest Twin Towers in the world among many fascinating buildings and monuments. Malaysia is a beautiful country with scenic beaches, tropical rainforests with natural habitats for wildlife and is also a shopper's paradise. This makes our country a great tourist destination and a must for everyone to visit and experience.

A Brief Introduction of our Club

Our Club was chartered on 21 May 1987 and currently has a membership of 23 Rotarians. As part of our service to our community, we have regularly carried out various projects for the benefit of the local community who are largely involved in the manufacturing and port industries.

One of our main projects is the "Food Basket" project which involves providing "food supplies" to the hard core poor families and welfare homes in our community. This is in line with this year's theme "ROTARY SERVING HUMANITY".

We sincerely hope that this goodwill message will result in an on-going communication between our clubs.

Finally, we wish you all a successful Rotary Year.

Yours in Rotary Service,

Kuah Leong Qui, PHF Lim Chang Mee, PHF
President, Rotary Year 2016-2017 Publicity Chairman
15 November 2016

GOLF FELLOWSHIP

February 1, 2017

To RCM Golfers:

Rotarian “Klaus” Mueller is inviting **RCM Golfers** to an upcoming **RCM Golf Fellowship** he is hosting on February 24-25, 2017, Friday – Saturday in Calatagan, Batangas.

Details to follow suit.

**To : PD “Knud” Hedeager, Co-Chairman,
Golf Fellowship**

☐ Yes, count me in as a participant

☐ Alone ☐ With Guest's:

Signature over printed name of Rotarian

MEMBERSHIP DUES



Dear Fellow Rotarians,

***Just a gentle reminder to all who,
TODATE, have not yet settled their
Annual Membership Dues for RY July
2016 thru June 2017. Your
cooperation in updating your account
would be truly appreciated.***

***Hector O. Tagaysay
Club Treasurer
Rotary Club of Manila
Tel # 5271886/87
Fax # 5271885***

ON THE LIGHTER SIDE



PDG VINCE CARLOS

12 Italian Priests

Twelve Italian priests were about to be ordained.

The final test was for them to line up in a straight row, totally nude, in a garden while a sexy, beautiful, big breasted, nude model danced before them.

Each priest had a small bell attached to his weenie, and they were told that anyone whose bell rang when she danced in front of them would not be ordained because he had not reached a state of spiritual purity.

The beautiful model danced before the first candidate with no reaction. She proceeded down the line with the same response from all the priests until she got to the final priest, Carlos.

Poor Carlos. As she danced, his bell began to ring so loudly that it flew off, clattering across the ground and laid to rest in nearby foliage.

Embarrassed, Carlos quickly scrambled to where the bell came to rest. He bent over to pick it up...and all the other bells started to ring.

* * * * *

Phobia Solved

Ever since I was a child, I've always had a fear of someone under my bed at night. So I went to a shrink and told him: 'I've got problems. Every time I go to bed I think there's somebody under it. I'm scared. I think I'm going crazy.'

'Just put yourself in my hands for one year,' said the shrink. 'Come talk to me three times a week and we should be able to get rid of those fears..'

'How much do you charge?'

'Eighty dollars per visit,' replied the doctor.

'I'll sleep on it,' I said.

Six months later the doctor met me on the street. 'Why didn't you come to see me about those fears you were having?' he asked.

'Well, Eighty bucks a visit three times a week for a year is an awful lot of money! A bartender cured me for \$10. I was so happy to have saved all that money that I went and bought me a new pickup!'

'Is that so!' With a bit of an attitude he said, 'and how, may I ask, did a bartender cure you?'

'He told me to cut the legs off the bed! - Ain't nobody under there now!!!'

FORGET THE SHRINKS..HAVE A DRINK & TALK TO A BARTENDER!

* * * * *

Old Lady

An old lady was standing at the railing of the cruise ship holding her hat tight so that it would not blow away in the wind.

A gentleman approached her and said, "Pardon me, madam. I do not intend to be forward but did you know that your dress is blowing up in this high wind?"

"Yes, I know," said the lady. "I need both my hands to hold onto this hat."

"But madam, you must know that you are not wearing any under clothes and your privates are exposed!" said the gentleman in earnest.

The woman looked down, then back up at the man and replied, "Sir, anything you see down there is 85 years old. I just bought this hat yesterday!"

* * * * *

Grandmas Don't Know Everything

Little Tony was staying with his grandmother for a few days. He'd been playing outside with the other kids for a while when he came into the house and asked her, "Grandma, what's that called when two people sleep in the same room and one is on top of the other?"

She was a little taken aback, but she decided to just tell him the truth. "It's called sexual intercourse, darling."

Little Tony just said, "Oh, ok," and went back outside to play with the other kids.

A few minutes later he came back in and said angrily, "Grandma, it isn't called sexual intercourse. It's called Bunk Beds. And Jimmy's Mom wants to talk to you."

* * * * *

I Think You're The Father of One Of My Kids

A guy goes to the supermarket and notices a very attractive woman waving at him.

She says, 'Hello.'

He's rather taken aback because he can't place where he knows her from. So he asks, 'Do you know me?'

To which she replies, 'I think you're the father of my kids.'

Now his mind travels back to the only time he has ever been unfaithful to his wife. So he asks, 'Are you the stripper from the bachelor party that I made love to on the pool table, with all my buddies watching, while your partner whipped my butt with wet celery?'

She looks into his eyes and says calmly, 'No, I'm your son's teacher.'

The Contributor Commented

They sent my tax return back, ...AGAIN!!!

In response to the question: "List all dependents?" I replied:

12 million illegal immigrants
 3 million crack heads
 32 million unemployed & on food stamps
 2 million in over 243 penitentiaries half of Mexico/throngs from Armenia
 ...and 535 fools in the US House & Senate.

Apparently, this was NOT an acceptable answer.

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



PLEASE BE CAREFUL WITH YOUR HEART

Elias D. Adamos, M.D.

The title of this post-valentine article reminds you of a familiar song. This, however, is not about love or falling in and falling out of love, or the usual boy meets girl and the boy loses girl topic. This is about heart problems and how to deal with them naturally.

The cardiovascular system

The heart is the part of a body system called cardiovascular system. The cardiovascular system is composed of the heart and the blood vessels. The heart pumps out blood with oxygen through a big blood vessel called the aorta. The blood is then distributed and circulated throughout the body through the different blood vessels.

What are the common medical problems related to the heart and the blood vessels?

Cardiovascular disease or heart disease is one of the leading causes of sickness and death among Filipinos. It is the leading health problem in the Western world.

One common condition is **angina pectoris**. This is a condition brought about by narrowing of blood vessels that supply oxygen to the heart itself. These blood vessels are called *coronary arteries*. When coronary arteries are blocked due to cholesterol or fat deposits, oxygen deprivation results to the classic chest pain characterized as heaviness or tightness on the chest.

Angina pectoris can be a precursor to a heart attack or **myocardial infarction**. When oxygen and nutrients to the heart are obstructed, the flow of blood may be cut off completely, leading to heart attack. Myocardial infarction results to damage in the heart muscles. Aside from fat deposits, the hardening of the blood vessels in arteriosclerosis and deposits of blood clots or thrombus can clog blood vessels in the heart. Heart attack, if not addressed immediately, can lead to *cardiac arrest* or death.

Abnormal rhythms of the heart are called **arrhythmia**. Arrhythmia may be in the form of fast heart beat (*tachycardia*, palpitations), slow heart beat or *bradycardia*, missed or skip beats (ectopic beats), and flutter and fibrillation (rapid twitching of heart muscles due to electrical error). Disruptions in the normal rhythm of the heart are caused by defects of the electrical conductive cells' ability to fire normal electrical conduction.

Other conditions that can affect the heart are: *cardiomyopathy* (a group of heart diseases that affect the heart muscles), *carditis* (swelling or inflammation of the heart muscles), *aneurysm* (the wall of a vessel becomes thin and bulging), and congestive heart failure (caused by accumulation of fluid in the lungs).

Being charge

Always have your blood pressure checked and monitored. Addressed related problems like diabetes and hypertension. Avoid fatty foods. Avoid sweet and sugary foods. Exercise. Sleep well. Avoid tension and anxiety: **Learn to forgive and forget.**

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