

Good Health

A Manila Doctors Hospital Magazine

Issue 2 | January-March 2021



YOU
are in a
**SAFE
ZONE**

We keep it that way by
observing health and
safety protocols!

COVER STORY
Keeping Patients
safe at all times

Understanding
COVID-19 Vaccines
by: Dr. Dessi Roman

What Happens inside
a Catheterization Laboratory (CathLab)



**Need to travel?
Get tested.**

Get an RT-PCR test to ensure safe travels!

RT-PCR test also available through
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PUBLISHER'S NOTE

Greetings!

We are still in uncertain times yet we remain positive and resilient as countries including the Philippines, are moving to roll out vaccines and make them available to those who need them.

In this issue, we are sharing what has kept the hospital busy – from ensuring that our patients are safe during their visits, to educational programs on vaccines, the launch of a new service, the Concierge Plus, to bring patient care to the next level, and even the launch of the latest top of the line cardiac cath lab equipment with new and improved capabilities. We are also sharing with ideas on how you can stay healthy with a delicious and heart-friendly recipe, and some more exercises that you can easily do in the comfort of your homes.

Our wish is that the articles that we have laid for you will help you weather this unprecedented time. Let us all hope that things will return to normal sooner than later.

Happy reading!

Arlene P. Ledesma
Publisher

Keeping Your Kidney Healthy

Maintaining a healthy kidney is important because your kidney is in charge of cleaning toxins from your body. Keeping them healthy can be done easily and can be inserted into your lifestyle.

Here are some ways to have a healthy kidney:



Monitor your blood sugar.

Having diabetes ups your risk of having a kidney failure so it is good to keep your blood sugar at a normal level.



Keep an eye on your blood pressure.

Similar to diabetes, high blood pressure levels can also increase the risk of a kidney failure. Manage your blood pressure levels to keep your kidney – and the rest of your body healthy and safe.



Stay hydrated.

Dehydration will lessen the flow of blood to your kidneys which can be a source of kidney damage or even failure. Make it a point to drink water in intervals during the day and not just during meals or if you are feeling thirsty.



Include heart healthy food in your diet.

Extreme weight gain can be a cause of kidney failure. Eat well and eat healthy by keeping the amount of sodium in your diet to a moderate amount. Include fresh fruits in your daily meal intake, avoid eating too many sweets and add fiber-rich ingredients to your food.



Exercise and have a healthy weight.

Staying active is not only good for your entire body, it also benefits your kidney. This also helps you keep a healthy weight that will decrease your chances of having diabetes, high blood pressure or kidney failure.

If you do have a kidney failure, there is no need to worry. You can still seek treatment and continue to improve your lifestyle and take care of your kidney. There are many ways to treat kidney failure including hemodialysis. Seeking this type of treatment is a long-term endeavor and Manila Doctors Hospital wants patients undergoing such treatment to do so in a comfortable yet safe environment.



Should your kidneys fail, and you will need hemodialysis, please call (632) 8558-0888 local 2090 for inquiries and appointments.

Your Seamless Hospital Visit Begins with **Concierge Plus**

Part of Manila Doctors Hospital's goal of bringing world-class care is providing patients with a VIP treatment.

With the Concierge Plus service, enjoy a hassle-free hospital visit, with your personal Wellness Ambassador. Our Wellness Ambassadors are ready to serve you. From the moment you step inside the hospital, the Concierge Plus service will lead the way and be your guide throughout your visit.

OUR WELLNESS AMBASSADORS ARE HAPPY TO HELP YOU WITH THE FOLLOWING OUTPATIENT SERVICES INCLUDING:



Assistance with any documents or records needed prior to and after any procedure or service, such as prescriptions, billing statements, doctor's requests and letters of authorization (LOAs).



Creating itineraries for you to ensure a seamless and efficient hospital visit.



Securing appointments with doctors and scheduling procedures.



Updating you with necessary information regarding the hospital and its services.



Ushering you around the hospital from arrival until departure.



Collating and releasing results as needed.

Availing of the Concierge Plus is easy and fast. When booking an appointment for any outpatient service through the Manila Doctors website, simply click yes when asked if you would like to avail of the **Concierge Plus Service**.

COVER STORY

MDH is a Safe Hospital

Staff are equipped in PPEs during procedures.

Manila Doctors Hospital: Keeping Patients Safe at All Times

In its effort to continue bringing world-class care within patients' reach, Manila Doctors Hospital touts itself as a safe hospital. The hospital has taken numerous steps in ensuring that our patients feel safe during their visits.

Safety at all times

Prior to visiting the hospital for any appointment or procedure, patients are required to fill out the Health Declaration Form which can be accessed through the MDH website. Patients who have initially consulted with their doctors via teleconsultation will be issued a triage clearance which will be inspected before entering. Those without clinic appointments are required to pass through the triage area where they will undergo additional screening.

As an extra precaution, cancer patients seeking treatment, hemodialysis patients, PWDs, senior citizens and pediatric patients enter the premises through MDH's Kalaw entrance where they are also triaged before continuing for their appointment.



Safe Zones

The hospital is thoroughly disinfected at regular intervals especially in high-touch surfaces. HEPA filters are also strategically placed throughout the premises and there are protective barriers for counters where patients will interact with staff.

Physical distancing is strictly implemented. Marshals are located to manage foot traffic. They are also in charge of monitoring how many patients are in the waiting areas of doctors clinics. This is to ensure that everyone waiting is seated with the proper distance required. Those who are not accommodated are asked to wait in the hospital's ground floor lobbies and instructed to proceed to the clinic floors once prompted to do so by the marshals.

These protective measures are updated in a timely manner in accordance with the government's Interagency Task Force requirements.



Visitors and patients are asked to disinfect their hands upon entering the hospital.

YOU ARE SAFE HERE

**THIS IS A
NON-COVID-19 ZONE**

WEAR YOUR FACE MASK AND FACE SHIELD AT ALL TIMES

Signage alerting patients that they are in a COVID or COVID-free zone are posted in strategic locations.

The hospital has safe zones in place. There are exclusive entrances for each type of patient. There are signs in non-COVID spaces stating that those areas are COVID-free to give visitors assurance that they are safe.

To ensure the safety of all patients, the hospital has been divided into COVID and non-COVID sections. COVID positive patients who need to be confined in the hospital are assigned to specific floors in one building of the hospital. Non-COVID patients who need to be confined are required to have a negative RT-PCR test result before they are admitted. This is to ensure their safety and the safety of the staff taking care of them and the patients on the same floor

Patient-facing staff wear the appropriate Personal Protective Equipment (PPEs) and facilities are sanitized and disinfected after every use. Doctor's clinics are sanitized and labeled as disinfected once complete. There are protective barriers in areas such as cashiers, information desk and surfaces where patients make inquiries.

Technology for Convenience

Aside from the Health Declaration Form, the required Case Investigation Form for RT-PCR swabbing is also on the MDH website for easy access.

Patients can access their RT-PCR test results online along with other laboratory results. Radiology procedure results are also accessible through the website. They can also book an appointment with a doctor or for a procedure online.

Moving Forward



Manila Doctors Hospital continues to implement the highest of safety protocols during this pandemic to ensure that patients feel safe during their stay at the hospital. The hospital continues to provide the best care possible even during this pandemic.

Nutrition:

HEALTHY HEART INSPIRED RECIPE

This Lemon Garlic Salmon Recipe is simple, quick and so easy to make in just 30 minutes! Salmon is rich in Omega-3 Fatty Acids, protein, B vitamins and antioxidants - all which help you have a healthy heart.

Nutrition Profile :

Low calorie, Low carbohydrates. Egg-Free, Gluten-Free, Low Sodium, Nut-Free, Soy Free.



PAN-SEARED SALMON & ASPARAGUS WITH LEMON GARLIC SAUCE

Ingredients:

- 2 pieces Salmon Fillets with skin on
- Fresh Asparagus, Trimmed
- ½ Tsp Salt
- ½ Tsp Ground Pepper
- 1 Tablespoon Virgin Olive Oil for Pan Frying
- 1 Tablespoon Virgin Olive Oil for Sauce
- ½ Tablespoon Minced Garlic
- 1 Tsp Lemon Zest
- ½ Lemon Sliced Thinly for Garnish
- ½ Lemon for Sauce

Nutrition Facts

Calories	Protein
269.5	25.4 g
Fat	Carbohydrates
6.5 g	5.6 g

Directions :

1. Pat dry the fillets. Sprinkle a dash of salt and pepper on all sides.
2. Heat the non-stick pan with the olive oil.
3. When pan is hot (about 2 minutes), turn down heat to medium-high.
4. Carefully add the salmon, skin side down, one at a time. Using back of spatula, immediately press the fish down into the pan for 10 seconds. Cook for 5 minutes with occasional press down with the spatula.
5. Turn over carefully. Gently press down. Do not move the fillets. Cook until the surface is golden brown, the edges are opaque, and the center is slightly translucent, about 1 to 2 minutes.
6. Transfer the fillets to a paper towel-lined plate to drain excess oil.
7. Meanwhile using the oil and add the 1 Tbsp oil in the pan. Put in the minced garlic. When garlic is slightly golden brown, squeeze in the half lemon to make the sauce. Pour this over the salmon.
8. Garnish with the slices of lemon and chopped parsley.

• Saute the trimmed Asparagus in a little oil. Put in a dash of salt and pepper. Cook until crisp tender (about 3 to 5 minutes).

Fitness

Quaran-fit: More exercises you can do in the comfort of your home

Exercise will always be an important way to stay healthy. As the Philippines is easing up on restrictions because of the COVID-19 virus, it is understandable if you are not yet comfortable going to the gym. Don't let this deter you from exercising though! There are numerous exercises which you can do at home (and without equipment).

Here are some more exercises you can do safely at home so you can stay on track to being fit.

Squat Touches:

- 1 Move your feet apart, approximately the length of your shoulders.
- 2 Gently squat with one hand or your fingers reaching the floor. Keep your back straight and your abdomen tucked in while lowering to the floor as if taking a seat.
- 3 Touch the floor with your palm or the fingers. Do this 10x for 3 sets.



Tricep dips:

- 1 For this workout, you may or may not use the edge of your couch or chair.
- 2 Start by putting your hands behind you at least a shoulder-width apart with your elbows straight.
- 3 Next, keep your legs together with knees bent and raise your glutes off the floor.

- 4 From there, start by moving or bending your elbows until they form 90-degree angles.
- 5 Repeat this for 10x for 3 sets.

Plank:

- 1 Ensure that your elbows are under your shoulders and directly in contact with the floor. Place your feet a hip-width apart.
- 2 Pull your hips off the floor and hold this for 10 seconds while engaging your core.
- 3 Make sure that your back is flat, while the head and neck is at neutral.
- 4 Do this for 10x.



Alternative: similar to the push-up for beginners, you may opt to have your legs bent at the knees while holding the plank position. Ensure that the quads, glutes, and your core are engaged correctly while doing this exercise



ASK A DOCTOR

Understanding COVID-19 Vaccines



The COVID-19 virus is still rampant but there is light at the end of the tunnel. Various researchers and pharmaceutical companies have joined forces to find a vaccine to help curb the transmission of the virus.

To help us understand the COVID-19 vaccines, we share some questions pulled from Dr. Arthur Dessi Roman's lecture for Manila Doctors Hospital's Committee on Medical Education and Training lecture last January 25, 2021.

What is the difference between vaccine efficacy and vaccine effectiveness?

Vaccine efficacy is done under clinical outcomes and shows the reduction in a disease due to vaccination. Efficacy trials are conducted under controlled settings or the "best case" scenarios.

On the other hand, vaccine effectiveness is based on real world data and computed after the implementation of a vaccination program. Effectiveness also comes from observational studies.

What does 90% vaccine efficacy mean?

90% efficacy means "under the same conditions as the study, the vaccine reduces the risk of infection by 90% compared to the unvaccinated group."

What does it mean when a vaccine has been labelled as for "Emergency Use Authorization (EUA)?"

EUA is when a vaccine or medical product is made available before a full application and approved by the Food & Drug Administration (FDA). To receive such authorization, vaccine developers must show that the vaccine's known or potential benefits outweigh the risks.

The FDA authorizes vaccine use in groups of people who are at high risk of getting the COVID-19 virus and those who will most likely benefit from the vaccine. EUA also provides access to vaccines before long-term follow-up studies are made which address very remote risks. Prior to receiving EUA, vaccine developers must show data from trials which say that targeted groups will safely benefit from the vaccine.

In order to test efficacy, is a patient deliberately exposed to the virus?

No. Current ethical principles do not allow us to do that anymore. We observe the occurrence of infection in a community that has COVID-19 transmission.

What are the common symptoms after getting vaccinated?

The reported side effects are very minor which include: pain on the injection site, slight fever or muscle weakness. These side effects disappear after one to several days.

Is the vaccine safe for those who have previously tested positive for the COVID-19 virus?

Yes, patients who have tested positive in the past may be vaccinated because we do not know when the antibodies or the immunity against COVID-19 in one's body will go down.

Can pregnant and lactating women receive the vaccine?

There is not much data yet on the safety of the COVID-19 vaccine among pregnant and lactating women. For breastfeeding women, they must weigh the benefits and the risks of receiving the vaccine. We should consider the circumstances of the mother. For example, is she exposed to the virus or does she have a weak immune system? If both mother and her doctor think that the benefits outweigh the risks then she may get vaccinated.



Dr. Arthur Dessi Roman
Vice-chairman of the Section
of Infectious Diseases
Manila Doctors Hospital.

"Patients who have been tested positive in the past may be vaccinated"

Should I stop maintenance medicines to receive the vaccine?

No. You need to continue maintenance medication because do not comorbidities, such as diabetes or high blood, to affect you when you receive the COVID-19 vaccine. We want patients to have normal levels in their bodies so maintenance medicines should be continued.

Is the vaccine safe if I have previously received cancer treatment or medication?

If the current status of the cancer is stable and anti-cancer medications are stable, cancer patients may receive the COVID-19 vaccine. However, this has to be a mutual decision between you and your doctor, having considered the benefits of the vaccine over the risks. You need to also remember that the immune system of cancer patients are affected, the efficacy of currently available vaccines may not be as high as compared to those in the general population.

Can I get vaccine B after completing vaccine A?

We still do not know the effect of mixing COVID-19 vaccines. What we recommend is you get only one vaccine and complete that regimen.

Dr. Arthur Dessi Roman practices internal medicine and specializes in infectious diseases. He is the Vice-chairman of the Section of Infectious Diseases at Manila Doctors Hospital.



Radiologist

WHAT HAPPENS INSIDE A CATH LAB?

DR. TANGCO, CHAIR OF CATHLAB,
ANSWERS THE QUESTIONS ON WHAT TAKES
PLACE INSIDE A CATHETERIZATION

What exactly is it?

To many people, a cath lab is not one of the things you are familiar with when you enter a hospital. Or for some, they will automatically associate a catheter with urinary concerns.

But did you know that there is such a thing as a cardiac catheter? That is what is used inside a cardiac catheterization lab or cardiac cath lab for short.

What does a doctor do inside the cath lab?

Doctors perform minimally invasive procedures so they can detect and diagnose cardiovascular illnesses. Most procedures are done using catheters or tiny, flexible tubes. These are inserted through a person's veins then moved towards the heart or blood vessels.

There are some doctors who insert the catheter through the hip. However, in Manila Doctors Hospital (MDH), most procedures in the cardiac cath lab begin with inserting the catheter through the wrist, shares Dr. Rogelio Tangco, head of MDH's cardiac cath lab. A cath lab uses special equipment to see a person's heart and arteries. Being able to see this allows doctors to properly diagnose what kind of treatment a patient needs. For example, in an angiogram, a doctor can check if your chest pain is caused by blockage in your blood vessels. In another case, a doctor can widen a narrowed artery using a stent or a plastic tube - this procedure is called an angioplasty.

A procedure inside the cath lab can be a preamble to further treatment or even an operation. This is the first step then upon diagnosis, the doctor will discuss what you need to do next.

Do patients receive anesthesia for a cath lab procedure?

Patients who undergo a procedure inside the cath lab are usually sedated instead of receiving a dose of anesthesia. Dr. Tangco shares that he even talks to his patients during procedures. He notes that in some special cases or for anxious patients, he gives them anesthesia. He added that in some special cases, he has an anesthesiologist on standby in case anesthesia needs to be administered. In fact, you can go home on the same day you undergo the procedure.



The Manila Doctors Hospital Cardiac Catheterization Lab is ready to handle your cardiac needs. For more information, please call 8558-0888 locals 0684 and 0685.

BAGS OF BLESSING 2021

COMPASSION IS ALWAYS IN SEASON

XIN NIAN HAO! • A PROSPEROUS NEW YEAR

With "Bags of Blessing," we greet the Year of Metal Ox by keeping the tradition of gift-giving alive. The Bags of Blessing is the brainchild of the late Metrobank Group founder and chairman Dr. George Ty Siao Kian.

As the nation grapples with a crisis, we stand beside and reach out a hand to vulnerable families in facing the new normal. Indeed, the culture of sharing can thrive amid physical isolation.

As streets are decked in red and gold, ang paos are exchanged, and prayers for prosperity are offered, Bags of Blessing ushers a new year wishing for abundance of compassion and strength. Together, we will move forward with hope and optimism.

 **18,000**
FAMILIES

 **33**
SITES

 **3**
SECTORAL SUPPORT

- City of Manila
- City of San Juan
- Caloocan City
- Quezon City
- Paranaque City
- Navotas City
- Valenzuela City
- Makati City
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- Marikina City
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