

2022

PCLM

NEWS LETTER 2022

Philippine College of Lifestyle Medicine
www.pclminc.org



NEWSLETTER

05 EDITION 31ST DECEMBER 2022

PRESIDENT'S CORNER

The recently conducted inaugural conference of the Philippine College of Lifestyle Medicine (PCLM) as a newly conferred Affiliate Specialty Society of the Philippine Medical Association (PMA) under the division of the Philippine Academy of Family Physicians (PAFP) attests to the galvanized collaboration of local and international alliances to bring the practice of lifestyle medicine into mainstream medical practice.

With gratitude to our accrediting mother societies, the PCLM officers, board members, and members pledged to continuously uphold the mission of the PCLM and keep striving to provide excellence and quality service through lifestyle medicine interventions.

We would also like to welcome and congratulate the 68 newly conferred diplomates in lifestyle medicine who have joined the society and are committed to transforming and providing better healthcare delivery in the country. Presently, there are 164 lifestyle medicine specialists and six lifestyle medicine-trained allied health professionals who will continuously endeavor to potentially address the gap in implementing lifestyle medicine in medical education and clinical practice.

The year 2022 is over, and the PCLM is faced with more opportunities to advocate and advance the lifestyle medicine movement that the new set of chapter and national officers and board members will spearhead. Together, we will endeavor with a united purpose of striving to keep the Philippine College of Lifestyle Medicine on par with the medical specialty practice standard in the country.

The PCLM workforce is increasing with like-minded, purpose-driven members, and we are grateful to have you as part of our growing family. Thank you for your continued support for the PCLM, and may God continually bless us in the following years of working together.

-MEHELLE ACERO PALMA, MD, MMHA, DPCLM, DipIBLM, FACLM, FPCLM



PCLM CONFERRED

Affiliate Specialty Society

NEWEST MEDICAL SPECIALTY SOCIETY

The Philippine College of Lifestyle Medicine (PCLM) was finally conferred as an Affiliate Specialty Society of the Philippine Medical Association (PMA) under the division of the Philippine Academy of Family Physicians (PAFP) during its 61st Annual Anniversary and Annual Convention on June 1, 2022.

Dr. Mechelle Acero Palma was invited to receive the affiliation certificate officiated by Dr. Maria Victoria Concepcion P. Cruz, PAFP President, and Dr. Eva Irene Maglonzo, the Chair of the Commission on Subspecialty, Affiliate, Specialty Organizations.

The PCLM, now listed as one of the Affiliate Specialty Societies under the division of the PAFP, is tasked to validate and regulate the practice of lifestyle medicine in the country. Ensuring the standardization of the practitioner's competency and quality of healthcare service is one of the PCLM's priorities. Hence, any practitioner, facility, or institution offering LIFESTYLE MEDICINE interventions is recommended to coordinate with the PCLM.

The PCLM's Commission on credentialing and accreditation determines the track and requisites for certification of practitioners, facilities, and institutions integrating lifestyle medicine in their services.

Contact us: info@pclminc.org



PHILIPPINE ACADEMY OF FAMILY PHYSICIANS INC.

PRESIDENTS OF SUB-SPECIALTY & AFFILIATE SOCIETIES

Subspecialty Societies



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and Palliative Medicine



Ferdinand S. de Guzman, MD
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Eduardo Rommel S. Poblete, MD
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Ma. Teresa Tricia Guison-
Bautista, MD
President
Foundation for Family
Medicine Educators, Inc.

LIVE 796





Advancement Courses

LIFESTYLE MEDICINE

Culinary Medicine is an evidence-based practice of blending cooking skills, nutrition, and medical science to help patients develop healthy eating behaviors.

MEDICAL NUTRITION & CULINARY MEDICINE

Culinary Medicine is simply the art of cooking for health. As defined by the American College of Preventive Medicine, it is the practice of helping patients use nutrition and good cooking habits to restore and maintain health. It's a new field that combines important scientific principles related to nutrition, behavior and medicine. Culinary medicine offers a simple approach to understand how food and cooking relate to personal health, habits, and health care goals. It is an important self-care tool studied by medical professional and implemented at the practitioner level to better counsel patients and improve health outcomes.

LIFESTYLE MEDICINE COACHING

Lifestyle Medicine Coaches partner with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and, thereby, enhance well-being. In the course of their work, lifestyle medicine coaches display unconditional positive regard for their clients and a belief in their capacity for change, and honoring that each client is an expert on their life, while ensuring that all interactions are respectful and non-judgmental.

-Wellcoaches





LIFESTYLE MEDICINE: The Primary Health Care Perspective

The 6th Annual PCLM Conference was a long-awaited time to celebrate its conferment as the new Affiliate Specialty Society under the division of the Philippine Academy of Family Physicians. The 4-day hybrid event was a blended face-to-face and virtual session using the PCLM’s online event platform.

The Pre-Conference on December 4 morning and early evening was a Culinary Medicine success. Each participant enjoyed both the didactics and the hands on – food preparing and tasting. All of a sudden, the once stranger became an ally and a friend, with the healthy food as the colorful bonding. The evening marked another milestone in the annals of the Philippine College of Lifestyle Medicine as 68 new diplomates were conferred into this encompassing discipline.

Walk With A Doc early morning of December 5 with Coach Toni and Jim Saret was grand. The Philippine National Police and other community sectors participated, adding to the enjoyment of the PCLM Officers, Diplomates and members. The morning walk, stretches and exercises on Iloilo Espanade, were a welcome break to a hectic and busy activity array. This simple engagement broke some barriers and estrangements in a lively and cordial way. Let’s move that body and be healthy!

The concurrent sessions were all informative and empowering. The speakers were all knowledgeable and kindly sharing. Evidence based discussions occurred. None ever got bored. Science in Lifestyle Medicine was hurled. The Plenary session with the guests and speakers were all moving and encouraging. Each was anticipating what next is coming because each discussion was exhorting. The exhibits were interesting – thanks to the companies which were sponsoring.

The different sessions were exemplar. Each speaker is an institution in their own right – no holds bar. Every part of the globe where they stood, every activity they undertook with optimistic mood, illuminated that spot - clear and bright.

December 6 had On Demand Sessions and Virtual Complete Health Improvement Program Facilitator’s Training. There was also the International Board Examination in a designated section. Each had been an experience, a step forward and upward for everyone.

Even the Dec 7 Post Conference sessions, blended with the rest of the Annual Conference activities. They all brought each of the 71 Virtual and over 200 face to face participants to a better health stance and made Primary Health Care Perspective advance.

-by Doc VMSOLIION





PCLM CONFERMENT

December 4, 2023 6th Annual PCLM Convention

“Enjoying
the Light
and Making
Lifestyle
Medicine
Path Bright”

-KAIROS 68

KAIROS 68

The Divine appointed time for the appointed 68 PCLM Diplomate Conferees’ shrine. In that one moment in time, the Teacher – Healer and His awe-stricken, modern followers did bind. Garbed with the black and green gown and cap of achievement and recognition, with the hood of discipleship and academic discipline, the scene ignited anticipation and excitement which filled the conference room, the heart of the guests and family, and especially each conferee.

The occasion was graced with the presence of the PNP Cadets carrying the colors. It was also honored by the presence of Dr Josefina Lapena, PAFP Vice President and Dr Noel Espallado, Mayor Trenas, PCLM Chapter Officers from Luzon, Visayas and Mindanao, PCLM National Officers and the Board of Trustees.

“Enjoying the Light and Making LM Path Bright” was the message of the candle lighted lamps that each conferee humbly raised and waved as the choir beautifully sang, “Find Us Faithful” then on to the dedicatory prayer hull. The program ended and that night was spent, but in the hearts of the PCLM Diplomate conferees is a persistent and yet so gentle whisper to live up to the calling of a Lifestyle Medicine Physician – ever supportive of life and its enjoyment; bringing the sublime rays of the light of a healthy lifestyle to dawning. Supporting each other and the leadership, leaving no one behind, we take one step at a time, helping one person at a time, in one appointed time each time.

Henceforth, the sanctity was experienced and its sublimity intensified. That those who had been immersed in the awareness of the Presence of the Divine, passed the portals of the hall carrying the essence of the 2022 PCLM Diplomate Conferment, as a lifetime medical profession sacrament.

-by Doc VMSOLIION

NEW DIPLOMATES IN LIFESTYLE MEDICINE

BATCH 2022-01

TOP 3 EXAMINEES (WRITTEN EXAM)

- 1- Kahulugan, Janice
- 2- Bibera, Miguel Elijah
- 3- Solijon, Vigilanda

TOP 3 EXAMINEES (OSCE)

- 1- Bibera, Miguel Elijah
- 2- Kahulugan, Janice
- 3- Calamba, Precy Gem

- Bibera, Miguel Elijah, T. Calamba, Precy Gem S. Cunanán, Almira A. Fiel, Etaine June F. Florentino, Maria Helen Grace, P. Jusay, Lourdes Eden, M. Kahulugan, Janice, U. Lienares, Jean O. Matansag, Jabese Esther, M. Solijon, Vigilanda, M. Tan, Andrea Kim III, L.



NEW DIPLOMATES IN LIFESTYLE MEDICINE

Congratulations!

BATCH 2022-02

- Ampuan, Naira Mitz W. Awayan-Lat, Athena D. Barba-Cabodit, Sarah A. Basmeyor, Rajih Ryoan R. Bongolan, Paul Roban C. Cabodit, Alain Paul B. Camporondono, Dimples A. Chaigo, Ruth C. Cuizon, Jeannette Mae A. De Juan, Maria Katrina Irene R. Delta Cruz, Ma. Sophia Katrina B. Diana, Menchu V. Engada, Kashmir Mae B. Estrada, Yucal Verney Dauphine III M. Estrada-Marcelo, Ma. Louella O. Felgo, Prince J. Lambertine B. Galang-Lozana, Raime Rosario B. Galura, Rielyn B. Glindo, Rose Hanna F. Hanin-Martinez, Michelle V.

- Jaymalin, Marie Cristabel Sungo S. Jimlan, Fe Aidelien D. Kuntling, Fatima F. Langcaun, Suzanne Y. Lasari, Estel Grace B. Ledres, Gladys Krystabelle I. Mahusay, Majorie Ann M. Malinao, Ma. Dollyne B. Manabato, Karen F. Marzan, Kristine Bernadette P. Micor, Christina S. Mirasol, Marian M. Mirasol, Philip Raymond T. Modes, Clansia M. Monzon, Anna Melody Madonna E. Ngo, Pauline T. Parilla, Charles Chioe C. Pueblo-Torreliza, Reeve Laurie P. Punongbayan, John Michael C. Quimson, Eilyn R.

- Ramiro, Maria Marnell C. Ramos, Zarah A. Respicio, Eleanor B. Rey, Katrina Isabelle A. Rijo, Ina Marie R. Roquero-Gillesania, Katrina Lei M. Rosales, Lyneth V. Salvador, Maria Ausacion G. Sanchez, Jerimae S. Sanchez, Maria Theresa T. Sanchez, Michelle Lynn O. Santos, Ma. Cecilia M. Taneso, Jerry Anthony Jr. S. Tamaño, Sherry Dawn M. Tanamal, Jehnen C. Tayan, Lenma Fe F. Tinio, Michaela C.



NEW DIPLOMATES IN LIFESTYLE MEDICINE

Top 10 Examinees

National Lifestyle Medicine Board Examination 2022-02

- 1 Ampuan, Naira Mitz W.
- 2 Mirasol, Marian M.
- 3 Santos, Ma. Cecilia M.
- 4 Ledres, Gladys Krystabelle I.
- 5 Galura, Rielyn B.
- 6 Respicio, Eleanor B.
- 7 Estrada-Marcelo, Ma. Louella O.
- 8 Sanchez, Michelle Lynn O.
- 9 Tinio, Michaela C.
- 10 Rosales, Lyneth V.

Congratulations!
From the Philippine Specialty Board of Lifestyle Medicine

Congratulations!



LIFESTYLE MEDICINE TRAINING

Undergraduate, Graduate, and Continuing Medical Education

Adventist Medical Center-Bacolod Incorporates LM Curriculum in its Family Medicine Residency Program and Post-Graduate Internship Programs.

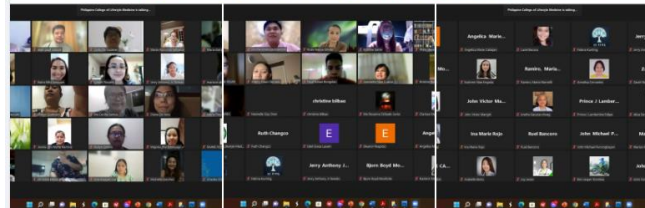
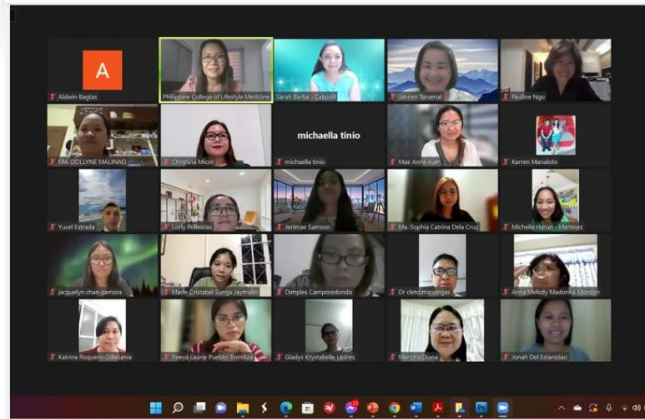
By: Byshe M. Fernan, MD, DipIBLM, DPCLM

Clinical Practice Guidelines for Chronic Diseases like Hypertension, Diabetes, Dyslipidemia, etc... recommends lifestyle modification as the initial intervention with or without medications. While I was in training in Family and Community Medicine, we advised our patients to have a low salt, low fat diet and exercise 30-mins of moderate intensity, avoid risky substance use as part of our lifestyle intervention. But, the kinds of food and activity and as to how to prepare or perform them, we don't know the specifics. We realized the need to bridge the gap on how we translate these things into our medical practice, and, to incorporate lifestyle medicine into the Family and Community Medicine as an elective rotation of the post-graduate internship program here in Adventist Medical Center-Bacolod (AMC-B).

As the Department Manager of the Health and Lifestyle Institute and the Director of Medical Education in AMC-B, I, with Dr. Mechelle Palma, President of PCLM, and the Residency Committee Chair of the Philippine Academy of Family Physicians, Dr. Leilanie Nicodemus, decided to incorporate Lifestyle Medicine Competencies in the training program of the Department of Family and Community Medicine starting March 2022. Residents learned the foundations of lifestyle medicine including Lifestyle Medicine (LM) assessment, LM vital signs, clinical processes, the 6-pillars of LM, Key LM Studies, SMA, Coaching- Motivational Interviewing and Cognitive Behavior Techniques using the Transtheoretical Model and Change, Appreciative Inquiry and Positive Psychology. The curriculum which also includes wellness in the workplace: catering to over 600 employees in the institution and wellness among our in- and out- patients, runs during the entire residency training program making them eligible to take the LM certification after their graduation in Family and Community Medicine. Aside from incorporating LM into the DFCM training program, our PGIs Batch 2022-2023 rotate in our lifestyle medicine center for 2-weeks and are immersed in the health and wellness programs and activities of the hospital and the community.

With the support of the AMC-B president, Dr. Sherwin Lowe-Rodrigo and the Administrative Council, the Chair of the DFCM, Dr. June Pearl Sanson, and Training Officer, Dr. Mary Tricia Parreño this collaboration was made possible. Lifestyle Medicine as a Primary Care approach is then made certain.

LM Educational/Experiential Training Track for Physicians LM Competencies in Medical School and Master's in Public Health



INSPIRING INITIATIVES

The Iloilo City local government is a champion in advocating a healthy lifestyle. The City has been strictly implementing the NO-SMOKING POLICY, which prohibits anyone from smoking in all public places.

Moreover, the Iloilo Esplanade, a project in the public realm, was also built to primarily cater to pedestrians and provide biking, walking, and jogging lanes for individuals and families to enjoy and promote active lifestyle.

The city is known for its environmental and health campaigns, which provide benchmarking for neighboring cities to adopt their initiatives.



PCLM AWARDS

2022 Annual Awardees

The Philippine College of Lifestyle Medicine recognizes the initiatives of individuals and institutions in advocating and advancing lifestyle medicine. The awarding ceremony was held during the 6th Annual Convention of the PCLM held in Zuri Hotel Iloilo City on December 5, 2022.

The **LIFESTYLE MEDICINE ADVOCATE OF THE YEAR** Award was given to the Adventist Medical Center Manila (AMCM). The AMCM exemplifies the best practice in hospital-based lifestyle medicine. The institution has been providing a community, and corporate-based lifestyle program called LIFESTYLE IS MEDICINE. The AMCM Lifestyle Medicine Department, headed by Dr. Linda Varona, together with the team members Dr. Odelind Conchada Flores, Ms. Eden Elisan, and Ms. Sulit, received the award.

The **LOCAL GOVERNMENT UNIT (LGU) HEALTHY LIFESTYLE ADVOCATE** Award was given to the Province of Iloilo, particularly Iloilo City, in recognition of the initiative to provide facilities and structures that promote and advocate for the community to live a healthy and active lifestyle. The award was received by Iloilo City representative Dr. Candice Tupas.

The **MOST OUTSTANDING LIFESTYLE MEDICINE PHYSICIAN** Award was given to Dr. Bysse Fernan in recognition of her excellent contribution to the PCLM in line of leadership, personal and medical practice, research, and volunteerism.

The **PRESIDENT'S VOLUNTEER SERVICE AWARD** was given to Dr. April Dawn Lucero to recognize her unselfish volunteerism and participation in the PCLM's projects, activities, and ideals.





NUTRITION



EXERCISE



SUBSTANCE
ABUSE



HEALTHY
RELATIONSHIPS



STRESS



SLEEP

HUMOR TRIVIA on PCLM 6th ANNUAL CONVENTION

1. The thoughtful hospitality accommodation graciously denied with deliberate intention publicly shown during the Convention
2. A sage with accurate acumen whose name bears an A.MEN
3. Surprise, surprise, a what is supposed to be of light presence revealed PCLM's depth of differing beliefs and practices tolerance

Answers:

1. The couch which Dorothy Nelson graciously turned down
2. Doris A.MENdoza, Founding Dean, AUP College of Medicine
3. Ilo-ilo Dinagyang Cultural Presentation

LIFESTYLE MEDICINE: MEDICINE's Life and Essence

"FIRST DO NO HARM" was father Hippocrates' firm medical foundation This is the dictum for every medical management and intention. And Lifestyle Medicine is determined and geared only to that direction. Properly executed, no untoward events and not a single harmful manifestation.

Physical Activity improves immunity, circulation, respiration and every minute function. WFPB diet provides energy and all the macro and micronutrients in their proper combination. Stress management with accurate prioritization, using enhancing motivation and diversion. Healthy sleep tips that positively impact every cell, organ, mood, memory and cognition.

Tobacco cessation and avoidance or regulation of alcohol consumption to prevent and even reverse brain and body destruction. Mental health, enjoyment, goal achievement and success acquisition. With normal BMI, optimum self-esteem, signature strength and value formation.

Positive emotion in every situation; Self no longer has dichotomization. All faculties are harmonized, in union and with strong connection. Family is cherished and nurtured; Community is in common resolution towards progress and environment cultivation and conservation. A life of firm determination to augment daily experience and excellence. Eager to face the day, bubbling with zest and not merely disease absence. One with the Creator, have a strong morale and clear conscience. Being present in the present; Appreciating, the encompassing Presence. This is Lifestyle Medicine: Medicine's Life and Essence

-by Doc VMSOLIJON

MOVING MORE, SITTING LESS

By: Bysshe M. Fernan, MD, DipIBLM, DPCLM

"Being physically active is one of the most effective and documented healthy behaviors." (Frates, 2020) Physical inactivity, one of the most common and persistent contributors to poor health in the world, is defined as the failure to achieve the minimum recommended physical activity which is 150 minutes of moderate aerobic exercise or 75 minutes of vigorous aerobic exercise per week for adults. For children, a minimum of 60 minutes daily is recommended.

The 3rd Post-Graduate Course: The Lifestyle Solution to the Global Inactivity Crisis held last August 24, 2022, via virtual platform was well-attended. There were 175 dynamic physicians, nurses, physical therapists and other allied healthcare professionals who participated. Energizing 1-3-minute exercises done in between breaks were helpful in keeping everyone active throughout our typical clinic day. The program started with a 30-minute workout with Coach Jim and Toni Saret, Biggest Loser Philippines' Coaches that helped everyone revved up for the course. Our resource speakers provided us with comprehensive topics on the physical activity assessment and risk stratification. They generously shared the benefits of physical activity on disease prevention, management and rehabilitation in both physical and mental health for all ages. The importance of physical activity, one of the 6-pillars of LM cannot be over emphasized. "Move it or glue it". "Shake it to remove it". "Be upbeat or you be beaten down"

We would like to extend a huge thank you to all our guest speakers for their expertise and experience. They equipped the attendees with both the knowledge and the zest that come from more moving and less sitting. The post-graduate course ended with the conferment ceremonies of our newly certified lifestyle medicine physicians.

Hope to see you in our 4th Post-Graduate Course tackling another pillar of lifestyle medicine: Stress Management, Sleep and Positive Psychology.



DOROTHY NELSON

Age is not a Deterrent

Our guest for the luncheon symposium came a diminutive old lady that seemed to be somebody's grandmother. But as soon as she spoke, all attention was riveted on her. She is none other than Ms. Dorothy Nelson, 94 years old, who spoke with a clear, strong, and cheerful voice and landed on the front page of one of the issues of National Geographic featuring the **BLUE ZONES**.

Professor, director, nurse, missionary, author, and pilot are just a few roles she embodied throughout her life. The stories she told of her life were amazing testimonies of how God used her to bless others. She loves the Philippines. She said, "here, people respect and love the elderly," but she refused to sit on the couch that was prepared for her and preferred to talk - standing. Dorothy was called the flying nurse. She is the founder of Wings of Health, where she flew countless miles of mercy missions to remote areas in the Philippines while she was young.

There was this mission trip ordered to her by the Commander General to go to Tawi-tawi. She didn't even know where it was but just said yes. She had to bring a child that lost half of his face to another island where he could be operated on. It was the first time the doctor had done this kind of operation, and during the procedure, the boy's heart stopped. The doctor prayed to God, saying, "Lord, today is my birthday, and I am asking for a gift- the gift of life for this boy." To everybody's amazement, the boy's heart began pumping again, and they were able to complete the surgery. The healed boy was brought back to Tawi-tawi where tears of joy spilled from the eyes of the mother. Dorothy received a special commendation from the Commanding General of the Philippine Air Force for her trans-Pacific flight in a twin-engine Piper Aztec merely one year after obtaining her pilot's license.

Stories just spilled out one after another, all pointing to our amazing God. Her talk certainly inspired us, listeners, to adopt a productive, healthy lifestyle and glorify God in all that we do.

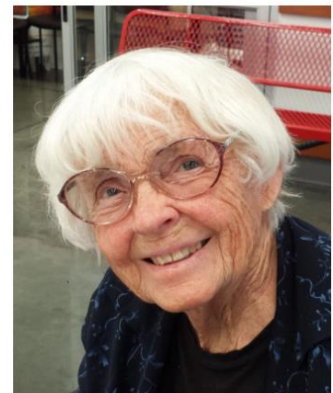
Dorothy currently resides in Loma Linda, CA. She is a mother of five children, grandmother of eight, and great-grandmother of two. She desires to do as much as possible in God's service with the time left for her. Certainly, retirement was not in her vocabulary because for her, age is not a deterrent.

Dorothy Nelson College of Arts & Sciences Honored

Alumna

Professor, Director, Nurse, Missionary, Author, Pilot—these are just a few of the roles Dorothy Nelson has embodied throughout her life. A 1951 music and religion graduate from La Sierra University—then La Sierra College—Dorothy also earned a Master's in Music from Claremont Graduate University, as well as a Master's in Public Health from Loma Linda University.

In addition to her academic achievements, Dorothy received a Presidential Commendation through the United States Surgeon General in recognition for her work as a health educator in California. She is also the founder of "Wings of Health" where she flew countless miles of mercy missions to remote areas of the Philippines. She received a Special Commendation from the Commanding General of the Philippine Air Force for her trans-Pacific flight in a twin engine Piper Aztec, merely one year after obtaining her pilot's license. She also created Health Expo—an integrated total health program series combining all the dimensions of total health in a visual format, which she promoted around the world.



Dorothy Nelson

She loves the Philippines. She said "here people respect and love the elderly", but she refused to sit on the couch that was prepared for her, and preferred to talk - standing.

By: Dr. Pauline Tan Ngo

PHILIPPINE NATIONAL POLICE (PNP)

Lifestyle Medicine Pioneers

PTCOL Jean Quillo Llanares, MD

PTCOL Fe Aideleen Jimlan, MD

PTCOL Rose Hanna Glindo, MD

PTCOL Clarissa Modes, MD

PTCOL Ellalyn Quimson, MD



PCLM ADVOCACY LM in the Philippine National Police

The Philippine College of Lifestyle Medicine initiated a collaboration with the Philippine National Police in advocating Lifestyle Medicine education among its medical officers. PTCOL Jean Quillo Llanares, MD of PNP National Headquarters, was the first officer to pursue training and certification in Lifestyle Medicine. Then four more officers joined the PCLM, including PTCOL Fe Aideleen Jimlan, MD, PTCOL Rose Hanna Glindo, MD, PTCOL Clarissa modes, MD, and PTCOL Ellalyn Quimson, MD. The goal is to motivate more officers to have training and certification in lifestyle medicine and urge police officers to practice healthy behaviors to decrease the incidence of NCDs and remain physically fit to perform their duties efficiently.

The PNP Regional Office 6, headed by Police Brigadier General Leo M Francisco, participated in the recently conducted Annual Conference of the PCLM by sending his officers to join the scientific sessions and assist the "Walk With The Doc" morning activity held in Iloilo City on December 4-5, 2022.

Moreover, Dr. Mechelle Acero Palma, the president of the PCLM, was invited by the PNP Regional Officer Director as the Guest of Honor in the Flag Raising and Awarding Ceremonies held on December 12, 2022, at the Police Regional Office 6, Iloilo City. Dr. Palma was requested to introduce lifestyle medicine to all officers and it was immediately followed by a forum participated by officers and staff where lifestyle medicine and health behavior practices were discussed to launch the Weight Loss Program in the office.

The Philippine College of Lifestyle Medicine is looking forward to a continuous collaboration with the Philippine National Police and reaching more PNP offices across the country.



LIFESTYLE MEDICINE

UPCOMING EVENTS AND PROJECTS



PCLM Grand Rounds

- February 5, 2023 (virtual)
- October 1, 2023 (virtual)

4th Post Graduate Course

- April 2, 2023 (virtual)
- Stress Management and Social Relationships

Webinars

- Bimonthly (January-December)

Lifestyle Medicine Interface

- Orientation: January 3, 2023
- Lifestyle Medicine Data Analytics

Lifestyle Medicine Preceptorship

- January 08, 2023
- Lifestyle Medicine Clinical Processes

Lifestyle Medicine Recertification

- Orientation: January 22, 2023
- Launching: February 12, 2023

2nd Mid-Year Conference

- July 16-18, 2023 (in-person)
- Residential Lifestyle Medicine Program
- Venue: Davao (TBA)

7th Annual Convention

- December 3-5, 2023
- Venue: Clark (TBA)

Contact us for any questions:
info@pclminc.org

