JOIN US!!!

UERM HOSPITAL CELEBRATES

56th YEAR ANNIIVERSARY

Program: Green Health Fair Week
Theme: Nurturing Good Health, Celebrating Better Life, Sustaining Best Care.
January 11-15, 2016

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EXCEPTIONAL PEOPLE, EXTRAORDINARY CARE

In this modern era where management of hospitalized patients is expected to be guideline or protocol-driven, it is not unusual for the human aspects of patient care to be set aside. The UERMMC hospital system stands on guard against the darker side of this development. While expecting the best outcomes from the application of the tested guidelines and protocols, use of modern technology and gadgets, the staff of UERMMC Hospital ensures that every successful treatment is always meaningful to the patients and their loved ones. Thus, patient care at UERM Hospital is characterized as patient-centered, collaborative and satisfaction oriented. Greetings, smiles, assistance, safety, accessibility, and comfort are all essential ingredients in all our services. To the exceptional people working in our system, expertise and human touch are non-negotiable inputs and extraordinary care is but just a natural output. We, at UERMMC, start our investment on our human resource from the first day our future staff enroll in our Colleges of Medicine, Nursing, Physical Therapy, Medical Technology and the Orthotics. The primacy of patients’ welfare is always central in their education and training. Professionalism and patient centered-services form part of a continuing curriculum that is lived by our staff as they perform their work in the hospital. Anyone joining our system easily assimilates our values and culture. Our patients will find meaning in the expertise of our staff, advanced technology in our hospital and excellent results of our patient care. We invite everyone to take advantage of our exceptional people and extraordinary care - ONLY IN UERM HOSPITAL!

Norbert Lingling D. Uy, MD, MSPH
Medical Director

KUDOS

The UERM Hospital is pleased to recognize four (4) of its pool of dedicated staff who have genuinely displayed extraordinary care to valued patients. The commendations were awarded to the following personnel:

Dr. Luis Salvador - Top Doctor
Ms. Pauleen Ann Borbon - Top Nurse
Ms. Tatiana Ang - Top Nurse
Mr. Edgardo Montes - Top Rank & File Employee

The Hospital aims to recognize exceptional staff on a quarterly basis.
THE PRESIDENT’S MESSAGE

UERM Memorial Hospital: An Academic Medical Center

The UERM Memorial Hospital turns 56 on January 10, 2016. Its face, facilities and workers have changed extensively over time since 56 years ago and especially so this last decade. It has grown and developed from a small hospital built primarily as a teaching hospital for the academic disciplines at that time, to wit, Medicine and Nursing, and a few private beds for the care of patients attended by the faculty-consultants, to what it is now, a tertiary modern hospital with modern equipment and manned by well-trained and dedicated people. Its modern facilities allow exposure of our trainees to state-of-the-art methods of diagnosis and treatment as well as supporting the practice of our faculty/consultant staff. The hospital now delivers patient care in almost all specialty disciplines and is well known for its excellent training programs for the different specialties and subspecialties. Thus, it is but cogent that we celebrate this momentous occasion with gusto.

Further, our hospital is not just an ordinary hospital; it is an academic medical center which delivers evidence-based patient care. Be that as it may, we realize that there is still much more to do. In the pipeline are plans for expansion of the hospital with a new multi-story building to house such facilities as a cardiovascular diagnostic and treatment center, a cancer center, an eye center, a gastroenterology-endoscopy-liver study institute, a urology institute, breast clinic, etc. Likewise, plans are afoot to improve the facilities of the Charity Hospital to serve the needs of the undergraduate and residency programs of the hospital. The latter has just undergone renovation to add more facilities and make this division of the hospital at par with modern hospitals in the country and abroad.

Greetings and more power to UERM Memorial Hospital, an academic medical center!

Romeo A. Divinagracia, MD, MHSA
President

REMARKS FROM THE VPHS

‘Tis the season of giving and sharing, the season when everyone is attuned to the spirit of the holidays. Amidst all the fun and the excitement, let us not forget the true meaning of the Yuletide Season, the birth of the Messiah. Indeed, this is a cause for celebration. Just like the second issue of our Medical Echoes, we have a lot to celebrate and be grateful for: we give due recognition to some of our hospital staff, from doctors to nurses and our regular clerks, who were commended by our patients for the past few months. Congratulations and keep up the good work! Our newly-acquired diagnostic machines and equipment that will further improve both our patient care and service are another reason to be grateful for this season. The continuing efforts of the Nursing Service to enhance patient care through left and right seminars, practicum, and modules are a lot to be grateful for. Kudos to the Nursing Service! Through all these, I can sincerely feel the collective efforts of everyone in the hospital, from the upper management to the rank and file to live up to its motto: Exceptional People, Extraordinary Care.

Happy Holidays!

Maribeth T. de los Santos, MD, MSPH
Vice President for Hospital Services
ULTRASOUND

UERMMCI recently acquired the new GE LOGIQ E9XD Clear ultrasound system, the 1st unit installed in the Philippines distributed by BioSolutions.

The new GE LOGIQ E9XD Clear ultrasound system has been enhanced with innovative capabilities, extensive power and flexible system architecture. The combination of the Agile Acoustic Architecture with the new XD Clear transducer technology helps improve workflow with ease without compromising image quality and diagnostic confidence. The Agile Acoustic Architecture helps dynamically improve numerous imaging parameters allowing great images acquisition with minimal system adjustments, delivering remarkable image uniformity and enabling higher frequency at depth. The XD Clear transducer helps deliver a more powerful, pure and efficient sound wave with wider bandwidth than traditional transducer technology. The system provides impressive deep penetration and high resolution, thus extending the ability to use ultrasound with a wider range of patient bodies.

LOGIX E9 with XD Clear is equipped with a variety of advanced features enabling advanced exams. Our acquired machine is capable of Shear Wave and Strain Elastography, extended or panoramic view and 3D volumetric examination. Elastography study in particular helps assess tissue stiffness which improves ability to differentiate between benign and malignant breast and thyroid lesions and detect early hepatic fibrosis which are critical for proper patient management.

Mercedes C. Onagan, MD, FPCR, FUSP
Sonologist

GASTROINTESTINAL TRACT UNIT

Colorectal cancer may be prevented.

Regular screening beginning at age 50 is the key to preventing colorectal cancer. The U.S. Preventive Services Task Force recommends screening fecal occult blood testing, sigmoidoscopy or colonoscopy beginning at age 50 and up until age 75 years. Screening colonoscopy continuous to be a time tested measure to prevent progression of a simple lesion to life changing situation that will not only affect the patient but the whole family as well. However, patients may need to be tested earlier than 50 years often compared to other people if family or personal history of colorectal cancer, inflammatory bowel disease or genetic syndromes such as familial adenomatous polyposis or hereditary non-polyposis colorectal cancer.

The GIT-Liver Study Unit continuously offers endoscopic screening and therapeutic procedures. For inquiries, you may call 715-0861 local 345. As health care providers, we all know that prevention is always better than cure.

Oscar Ty Cabahug, MD, FPCP, FPSG
Lloyd S. Torres, MD
Services Offered by the UERMMC Ophthalmology Diagnostic Center

**Fluorescein Angiography**

The Zeiss Fluorescein Angiography and Fundus Photography machine allows referring physicians an in-depth look of their patient’s retina, diagnosing eye diseases not easily seen through conventional means such as Diabetic Retinopathy, Macular Edema, or Retinal Detachment. Such diseases can be debilitating for patients, and early detection of such eye pathologies can provide referring physicians the means to immediately start the necessary treatment, greatly altering the patient’s quality of life to their favor. The machine also develops high-quality photos of the fundus, allowing physicians and patients the means to better understand different eye diseases which can also be kept for future reference.

**B-scan and Biometry Machine**

The Sonomed Escalon Biometry and B-scan Machine provides a dual purpose: to measure and compute for intraocular lenses, and to visualize the intraocular structures via ultrasound. Measuring the correct intraocular lenses enables ophthalmologists the capability of implanting the correct lens for cataract surgery. Without it, giving patients the satisfaction to see clearly again would not be possible. The B-scan Ultrasound, on the other hand, enables physicians to scan for the intraocular structures not normally seen due to increased lens opacity and other ocular pathologies such as Corneal Edema. It also allows the examiner to see the status of the retina, even as much as detect the presence of an intraocular tumor, which could be fatal and essentially, blinding. Detection using the B-scan ultrasound and prompt treatment could potentially save lives and vision.

**Visual Field Exam (Perimetry)**

The Octopus Perimetry Machine allows physicians to accurately determine the visual fields of a patient, meaning, to measure the extent of what a patient can see when looking straight. This enables physicians to correlate the results to the clinical picture of the patient, detecting ocular and intracranial diseases such as intracranial masses, glaucoma, or optic neuritis. Knowing the extent of a patient’s visual field and tackling the cause of any visual field abnormalities may impact a patient’s quality of life for the better.

**Out-Patient Clinic**

From Tuesday to Saturday, the Department of Ophthalmology’s residents daily hold out-patient clinics at the P.O. Domingo Out-Patient Building to cater to the ocular and visual health care needs of various charity patients. This provides the marginalized population in our community access to quality eye care with our sub-specialty referrals, giving all patients the proper treatment they deserve to live a better life.

**Jose Miguel Unabia, MD**
**Ophthalmology**
Happy Healthy Breathing Kids

Respiratory tract infections in children are self-limiting viral infections of the upper respiratory tract, presenting clinically as sneezing, nasal congestion and discharge, sore throat, cough, fever, and headache and a frequent cause of pediatric consults. Inaccurate perceptions that colds are caused by bacteria and antibiotics improve outcome, fuel the number of visits and requests for antibiotics prescriptions and approximately 30 percent of these visits result in antibiotics prescriptions. Infants and children are affected more often and experience more prolonged symptoms than adults.

The common cold accounts for approximately 22 million missed days of school and 20 million absences from work, including parents’ time away from work while caring for ill children.

The following steps can help prevent the spread of viral infections:

1. Strict hand washing after coughing or sneezing, using the bathroom, touching soiled linens or clothes, and after you’ve been around with someone who has a cold or flu as well as after you’ve been at a social gathering. It is also good to carry waterless hand sanitizers with you to use when necessary.
2. Observe the cough etiquette [cover your mouth and nose with a tissue; use the nearest receptacle to dispose the used tissue]
3. Avoid second-hand smoke (the smoke from a burning cigarette or cigar and the smoke exhaled by a smoker).
4. Avoid crowded places.
5. Get enough sleep and rest.
6. Keep your house clean and free from excess dust.
7. Keep your bathrooms and sinks free from mold or mildew.
8. FLU Immunization


Milagros S. Bautista, MD, FPPS
Chief of Clinics
The Nursing Services recently held a 3-day Seminar Workshop on the Science and Art of Customer Satisfaction for Nurses.

This workshop aimed at enhancing professional competencies of nurses to answer the demand by our valued clients and customers with regards to great care and high-quality services. It consists of didactic lectures on identified topics with application of principles and techniques of customer satisfaction in simulated and actual settings.

At the end of the 3-day seminar and workshop, the participants were able to:

1. Discuss the concepts, principles and techniques of customer satisfaction.
2. Utilize appropriate techniques of customer satisfaction in different nurse-patient interactions.
3. Appreciate the importance of customer satisfaction in providing safe quality care to clients and patients and in relating with other members of the health team.
Leadership Management Seminar

Leadership and Management in Nursing is a 3 day training program intended for head nurses and supervisors. It deals with the basic principles and concepts of leadership roles and management functions in nursing.

DOTS Program

The Nurse’s role, in eradication of TB by giving education to confirmed TB patients, has a great impact for the success of the mission and vision of the DOTS program → ZERO TB.

The UERM PPMU Unit policy is “Health Education First Before Enrolment to DOTS Program.”

Through health education, the TB patients cooperate and comply to the TB treatment management policy.

Breastfeeding Seminar

The Nurse has a big role in educating the pregnant mothers on the importance of breastfeeding their newborn child. She emphasizes the benefits of breast milk to the new born child and mother. Breast milk is easy to digest, reduces the risk of some chronic diseases, rates of diarrhea, respiratory tract infection, otitis media and other infections. These are lower in breastfed than in non-breastfed infants.

The nurse also emphasizes the benefits of breastfeeding an infant such as decreased in post-partum blood loss, rapid involution of the uterus, decrease in post-partum depression and increased child spacing due to lactation.

Remember that breast milk is God’s given gift for the nourishment of our new born children - our future generation.

Ms. Noriele Magsingit, RN, MAN
Chief Nurse
In this issue, we feature the heroic struggles, notable milestones and joyful dispositions transpiring daily at the Admitting and Information Section.

Heroism - a special word that we usually encounter when we hear or witness a person’s great act of bravery. According to the Heroic Imagination Project, a non-profit organization that focuses on teaching people to become heroes, heroism involves a behavior or action on behalf of another person or for a moral cause. It is an exceptional quality which enables an individual to face danger without any fear. In short, it is an act of putting first other people’s interest rather than your own well-being.

In my line of duty as Head of Admitting and Information Section of the hospital, I have experienced grappling with various types of clients and patients - unruly, unfriendly, quarrelsome, arrogant, etc. I would say that there were times I would give up but my compassion and commitment to serve others had prompted me to stay and love my work. Needless to say, it takes a lot of courage and positive traits to be able to do some heroic acts. Part of this action is the ability to manage stress. Usually, when the patients or clients arrive at the hospital, they are looking for immediate assistance or care especially during emergency cases. In short, the Admitting section has a knack to extend a helping hand to anyone who needs daily support and assurance. Everyday gestures such as helping others, showing kindness and doing good deeds represent a heroic behavior coupled with personal involvement and risk.

With utmost cooperation from my staff, we will rise and shine in spite of all the trials and challenges. A quote from actor Christopher Reeve goes A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles. Hence, perseverance is one of the keys that will unlock your desire of becoming a hero.

Ms. Frances Grace O. Tongol
Head, Admitting and Information Section
A Merry Healthy Holiday!!!

Christmas season is in the air. We Filipinos look forward to celebrating it with our family in a feast. Enjoying the fiesta ham, keso de bola, lechon, buko pandan, salad and the unending list of our Filipino traditional Christmas foods are welcome to tempt us to crave and eat more than our usual diet.

Weight gained during the holidays usually occurs around the chest (upper body). Weight gain in this area is associated with high risk for diabetes and cardiovascular disease.

Before we lose our appetite and jump to negativity, let me share a few healthy tips in celebrating this holiday season.

1. Eat something light before the party to reduce your chances of snacking on high calorie party food.

2. Eat your meals and snacks on time. Avoid skipping meals in order to avoid overeating during the holiday season.

3. Choose to eat in small portions/servings. If your will power is weak and you know you will want to finish everything in front of you, use an entrée plate (small plate) instead of a dinner plate. In this manner, we avoid eating too much.

4. To lessen calories, provide a variety of vegetable dishes and light colored meat dishes rather than red meats.

5. You may choose to remove the skin (chicken, pork etc) as well as limit your intake of internal organs in order to lessen the fat content.

6. Use chopped fresh herbs or lemon zest rather than butter and salt to add flavor. Lessen the fat by limiting butter and lessen sodium content by finding other ways to season your food.

7. Give time to walk after meal – it may even stop you from getting indigestion.

8. Try to maintain your weight. Don’t try to lose weight over the holiday season. This is not the appropriate time to set weight loss goals. If we get frustrated in losing weight, we might end up overindulging food or limiting too much of our diet.

9. Alcohol also contains calories (7 kcal per gram). Alternate your alcoholic drink with other non-alcoholic drink such as water, fresh fruit juices etc.

10. If you still choose to drink alcohol, avoid drinking on an empty stomach. The presence of food in the stomach will help delay the absorption of alcohol into the blood and stop you getting drunk so quickly.

11. Men should not regularly drink more than 3-4 units of alcohol a day and women should not regularly drink more than 2-3 units a day.

<table>
<thead>
<tr>
<th>Drink (ABV)</th>
<th>Measure</th>
<th>Calories (kcal)</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer/Lager (4%)</td>
<td>1 Pint (568ml)</td>
<td>182</td>
<td>2.3</td>
</tr>
<tr>
<td>Beer/Lager (5%)</td>
<td>1 Pint (568ml)</td>
<td>244</td>
<td>2.8</td>
</tr>
<tr>
<td>Beer/Lager (5%)</td>
<td>1 Bottle (330ml)</td>
<td>142</td>
<td>1.6</td>
</tr>
<tr>
<td>Cider (4.5%)</td>
<td>1 Pint (568ml)</td>
<td>216</td>
<td>2.6</td>
</tr>
<tr>
<td>Stout (4.1%)</td>
<td>1 Pint (568ml)</td>
<td>210</td>
<td>2.3</td>
</tr>
<tr>
<td>Alcopop (4%)</td>
<td>Bottle (275ml)</td>
<td>170</td>
<td>1.1</td>
</tr>
<tr>
<td>Champagne (12%)</td>
<td>Bottle (275ml)</td>
<td>89</td>
<td>1.5</td>
</tr>
<tr>
<td>Wine (13%)</td>
<td>Bottle (275ml)</td>
<td>99</td>
<td>1.5</td>
</tr>
<tr>
<td>Port/Sherry (18%)</td>
<td>Bottle (275ml)</td>
<td>99</td>
<td>1.5</td>
</tr>
<tr>
<td>Cream Liqueur (17%)</td>
<td>Bottle (275ml)</td>
<td>99</td>
<td>1.5</td>
</tr>
<tr>
<td>Spirit (40%)</td>
<td>Bottle (275ml)</td>
<td>99</td>
<td>1.5</td>
</tr>
<tr>
<td>Dark spirit e.g. rum/whisky (40%) + mixer</td>
<td>Bottle (275ml)</td>
<td>99</td>
<td>1.5</td>
</tr>
<tr>
<td>Light spirit e.g. vodka/gin (37.5%) + energy drink</td>
<td>Bottle (275ml)</td>
<td>99</td>
<td>1.5</td>
</tr>
<tr>
<td>Light spirit e.g. vodka/gin (37.5%) + diet mixer</td>
<td>Bottle (275ml)</td>
<td>99</td>
<td>1.5</td>
</tr>
</tbody>
</table>

Source: The information in this chart is taken from Drinkaware using average industry data.

12. After the long holiday, you may choose to target realistic weight loss goals such as engaging yourself together with your family into more physical activities. Thirty (30) minutes of moderate intensity physical activity on at least 5 days a week helps to prevent and manage over 20 health conditions, including heart disease, stroke, type 2 diabetes, cancer, obesity, and mental health problems.

References:

Ms. Cindy G. Chua, MSc. RND
One of the main tasks of the Business Development, Corporate & Alumni Affairs Office is to raise public awareness and enhance the image of UERM Hospital. The key contributing factor is the pro-bono programs we organize monthly and the creation of strong advertisements for the public benefit.

The recent events included:

**Breast Cancer Awareness Month:**

The UERM Hospital conducted a Lay Forum on "Breast Cancer Awareness Program" with free lectures at Level 4, Event Hall of SM Sta. Mesa last 21 October 2015 from 1:00PM to 3:00 PM. The lectures were delivered by Dr. Mercedes Onagan and Dr. Joan Tagorda. This program is in line with the DOH's monthly health programs for October including the Breast Cancer Awareness Month.

**World Diabetes Month:**

In line with the commemoration of the Department of Health's monthly programs, the UERM Hospital delivered free lectures on Diabetes Mellitus and Cardiovascular Disease for the public last 7 November 2015 at Level 4, Event Hall of SM Sta. Mesa from 3:00 PM – 6:00 PM.

The UERM Hospital’s state-of-the-art facilities for the treatment of such diseases were also presented. The presenters were Dr. Fiona Javelosa and Dr. Jessa Marapa from the Department of Medicine.

Blood pressure monitor and blood sugar test were likewise performed to the interested participants. This was held in relation to the World Diabetes Month.
Disease Prevention Awareness

HIV DISEASE
STOP. PREVENT. INTERVENE.
Quezon City has the highest rate of HIV cases at 8.8%. Now that it reached beyond the marginal 5%, the spread of disease in the city will become uncontrollable in the next 2 years without public awareness and cooperation.
- DOH Study, April 2015

YOU TALK. WE LISTEN. TREAT.

For Private Consultation:
Infection Control Unit, JUERM Hospital, Aurora Blvd, Quezon City 715-0861 local 239
www.uerm.edu.ph

BEWARE OF THE BITE !!!
STOP THE SPREAD OF DENGUE. It can attack you anytime.

STAY ALERT:

Symptoms | Warning Signs | Treatment
--- | --- | ---
High Fever (40°C / 104°F) with at least two of the following: | | 
1. Headaches | 1. There is no vaccine or specific medication. | 
5. Joint, bone or muscle pains | 5. Take Prednisolone - To reduce fever and joint pain | 
6. Rashes | 6. Aspirin or Ibuprofen should not be taken. | 

KEEP YOUR SURROUNDINGS CLEAN.

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Watch out for the blast of our flagship events at the start of 2016 as follows:

Advancing the Roadmap to 2025

The UERM Hospital’s Strategic Planning held last 16-17 October 2015 encompasses not only our feasible goals for the coming year but also in sustaining the identified ways and means for the next 10 years.

Attended by key department heads and members of the administration, some of the core visions for the hospital which were tackled during the workshop include: more streamlined internal processes, favorable indices of patient care, establishment of centers and institutes, partial to full subsidy of service patients, national and international accreditations such as ISO, establishment of center of excellence for patient care and construction of new hospital building, among others.

Mr. Wilson T. Young (Vice Chairman), Dr. Romeo A. Divinagracia (President) and Dr. Maribeth T. Delos Santos (VP for Hospital Services) delivered their introductory messages prior to the actual planning workshop.

We endeavor to live up to our aspiration of "Exceptional People, Extraordinary Care" to wholly realize these visions. Keeping the trail blazing!

Cherrie D. Fabillaran, MBA
Executive Director
EDITORIAL BOARD

Editor in Chief: Maribeth T. Delos Santos, MD, MSPH

Members:
Norbert Lingling D. Uy, MD, MSPH
Maribel Emma Co-Hidalgo, MD, MSPH
Milagros S. Bautista, MD, FPPS
Noniee Salazar-Magsingit, RN, MAN
Cheerie D. Fabillaran, MBA

Contributing Writers:
Oscar Ty Cabahug, MD, FPCP, FPSG
Mercedes C. Onagan, MD
Lloyd S. Torres, MD
Jose Miguel Unabia, MD
Cindy G. Chua, MSc, RND
Frances Grace O. Torgol

Layout Artist: Evandolf C. Mora

Adviser: Romeo A. Divinagracia, MD, MHSA

FOR SUGGESTIONS:
UERM MEMORIAL MEDICAL CENTER, INC.
BUSINESS DEVELOPMENT, CORPORATE & ALUMNI AFFAIRS
64 Aurora Boulevard, Barangay Doña Imelda, Quezon City
Phone: (+63 2) 715-0861 Local 365
Email: marketing@uerm.edu.ph
Website: www.uerm.edu.ph

SEASON'S GREETINGS

May the solemn celebration of the birth of Jesus Christ bring you all peace and goodwill and may the coming year for you be as abundant as the blessings of God our Creator.

MERRY CHRISTMAS &
A PROSPEROUS NEW YEAR

From: The UERM Hospital Team