

**VOL
02**



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BETTER AND BRIGHTER



Scintillations

The Official Newsletter of the Philippine Society of Nuclear Medicine July - December 2025

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Scintillations

The Newsletter of the Philippine Society of Nuclear Medicine

2025 - Volume 2

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From the Editor

Back during my pre-residency period, I was asked to describe how I saw myself in five years. Like any other person called to look upon their potential future, I thought about the achievement of success, and the fulfilment of dreams. I talked about completing my training and starting my practice; maybe enrolling in graduate school to earn a master's degree; and of course, finding the time and energy to write my next novel.

The days have gone by and now, in a blink of an eye, those five years in question have already passed. It honestly feels so surreal to think about how my once seemingly farfetched dreams have now taken a semblance of reality, and I'm grateful every day for it.

We all want better and brighter things in our future. Much like the me of five years ago, we all wish to achieve success and fulfill our dreams. We hope to become much improved versions of our present selves, to grow in knowledge and experience, and to accomplish new milestones.

In this issue of Scintillations, we see the pursuit of these better and brighter things in action from nuclear medicine centers all over the country offering new services to nuclear medicine taking center stage in both local and international events. Learn from trailblazers who first lit the way, and look back at how our 2025 Midyear Convention reminded us that improvement starts with 'I' - literally and figuratively, as the efforts of the one and few can pave the way towards greater things. But also, through the stories of perseverance and effort presented here, may we recognize that improvement ends with 'T', and that true improvement can only ever be fully achieved through teamwork and the cooperation of the whole.

Dear colleagues, as you go through these pages, I enjoin you to take wonder in how much we've already achieved, and look forward to how much more there is to come. On behalf of the entire team behind Scintillations, welcome!

Here's to better and brighter things ahead!

Stay Radiant!

Angeli
Editor-in-Chief





From the President

Warm greetings to my colleagues and friends!

As we continue this renewed journey through *Scintillations*, I hope this platform brings us even closer as a Society—encouraging connection, collaboration, and shared learning among all of us. In our day-to-day work, whether in clinical practice, training, research, or service, it is often the small and quiet contributions that steadily sustain our specialty and shape where it is headed.

This newsletter remains a safe space for us to stay connected—to celebrate milestones, exchange insights, and reflect on the work we do. Each contribution, whether individual or collective, reminds us that we belong to something larger than our own institutions or practices.

As we move forward together, may we continue to support one another with openness, generosity, and a shared sense of purpose. Let us stay grounded in our values, inspired by what is possible for nuclear medicine in the Philippines, and remain committed to building a future that is both excellent and compassionate.

Thank you for walking this journey with the Philippine Society of Nuclear Medicine.

With warm regards,

A handwritten signature in black ink that reads "Michele". The signature is fluid and cursive.

PSNM President

PSNM Mid-Year Convention 2025: Improvement Starts with I

BY KENVER RESUELLO, MD

The Philippine Society of Nuclear Medicine (PSNM) held its Mid-Year Convention last August 2, 2025 at the Eastwood Richmond Hotel, Quezon City. With the theme, *Improvement Starts with I*, consultants, fellows, residents, and allied professionals convened for a full day of both fun and learning. The convention provided an overview of current developments in the field of nuclear medicine, aiming to foster self-improvement among the participants and reinforce collaboration within the PSNM community.

The convention began with a Boot Camp for Advanced Theranostics, led by Dr. Patricia Bautista-Peñalosa, the country's pioneering and leading advanced theranostician. This session provided concrete insights immediately applicable to daily clinical

practice through discussions on practical approaches, current standards and challenges, as well as the future of theranostics. The program also included a panel discussion called Huntahan, a multigenerational, candid dialogue among nuclear medicine professionals about the evolution of the practice, focusing on both personal and professional growth. The panelists, Dr. Orestes Monzon; Dr. Kathleen Ross Caligagan; Dr. Belinda Dancel-San Juan; Dr. Chris Eduarte; and Dr. Daniel Miranda, provided diverse perspectives across generations and roles within the specialty.



A wine dining and food pairing activity with speaker Odie Pineda of Unitetris was then held, which cultivated a more relaxed environment for collegial interaction and informal exchange among participants.

The *Read the Room, Rule the Room: Emotional Intelligence and Self-Awareness Made Simple* interactive workshop facilitated by Carlos Rodriguez encouraged participants to be more emotionally intelligent, communicative, and self-aware in healthcare settings.

To add more fun to the convention, a Pop Culture Quiz co-hosted by Hey Socials engaged and reinforced camaraderie among participants.

The convention concluded with closing remarks from Dr. Michele Duldulao-Ogbac, President of the Philippine Society of Nuclear Medicine (PSNM), who emphasized that sustained individual commitment, collaboration, and continuous improvement are essential in advancing the practice of nuclear medicine in the Philippines.

As PSNM continues to navigate the rapid advancements in the field, events, such as the Mid-year Convention, both align members with best practices and prepare them for future developments. The successful conduct of the convention underscores PSNM's enduring

commitment to excellence, competence, innovation, and empathy toward patients and colleagues.



Top photo: Huntahan panelists with the program host

Bottom: Participants during Read the Room Rule the Room activity

PSNM Commits to Thyroid Cancer Care: National Thyroid Cancer Awareness Summit 2025

BY JOHANN DAVID
S. FIANZA, MD



The 2025 National Thyroid Cancer Awareness Summit was held last September 25 at the Manila Prince Hotel. Hosted by the Dr. Jose R. Reyes Memorial Medical Center, in coordination with the Department of Health (DOH) and with the participation of several medical

societies and organizations, including the Philippine Society of Nuclear Medicine, this year's event featured a one-day program of enriching lectures and panel discussions.

The summit opened with a briefing on the Department of Health's ongoing initiatives for thyroid cancer management, followed by a presentation of the latest data on thyroid cancer incidence among Filipinos.

Representatives from participating medical societies outlined their respective roles in improving thyroid cancer patient care, and participated in a multidisciplinary, case-based panel discussion that examined current practices and collaborative approaches to management.

The summit highlighted the critical role of collaboration across sectors in improving thyroid cancer care, emphasizing coordinated management, sustained research efforts, adequate institutional support, and empowered stakeholders as key factors to better outcomes for thyroid cancer patients.



Toward Better Chemical, Biological, Radiological and Nuclear Health: PSNM participates in DOH Emergency Management Writeshop

BY JOHN KENNETH V. GACULA, MD



From December 8 to 12, 2025, the Health Emergency Management Bureau of the Department of Health conducted a finalization writeshop for the development of a harmonized Chemical, Biological, Radiological, and Nuclear (CBRN) in Health Management training module. The Philippine Society of Nuclear Medicine (PSNM) has been actively involved in this series of writeshops over the past years and was represented in the most recent activity by Dr. John Kenneth V. Gacula. Previously, he also participated and represented the society in the writeshop for the Manual of Operations for the Medical Response to Nuclear and Radiological Emergencies, organized by the Food and Drug Administration, last September 2024.

PSNM contributed under the Radiological and Nuclear component, in collaboration with other professional organizations, including the Philippine College of Radiology (PCR), the Philippine Radiation Oncology Society (PROS), and the Society of Medical Physicists in the Republic of the Philippines, Inc. (SMPRP).

The writeshop also included representatives from key government hospitals, such as Jose R. Reyes Memorial Medical Center (including former PSNM-Technologists Section head, Chrissy Eduarte), Quirino Memorial Medical Center, East Avenue Medical Center, Rizal Medical Center, and the University of the Philippines-Philippine General Hospital. Upon the conclusion of the writeshop, the team successfully finalized the facilitator's manual, which includes modules on medical preparedness, response, and clinical management in nuclear and radiological emergencies.

PSNM's participation in this activity underscores the society's continued commitment to active collaboration with national government agencies, other professional societies, and healthcare institutions in strengthening the country's capacity to effectively mitigate, prevent, and respond to a broad range of natural and human-induced hazards involving radiological and nuclear incidents.

BY MIGUEL ANTONIO
C. CATANGUI, MD



SLMC–QC Nuclear Medicine Residency Alumni Mark Program’s 25th Anniversary

Alumni of St. Luke’s Medical Center–Quezon City’s (SLMC–QC) nuclear medicine residency training program gathered on October 25, 2025 at the Crowne Plaza to celebrate the program’s 25th anniversary. The evening was filled with nostalgia as alumni revisited the rigors of residency — from the grueling examinations to the endless report revisions to the perennial race to finish research papers — as well as many fond and humorous memories. “May isa na nagalit yung consultant kasi lagi siya nakangiti,” one alumna recalled, while another alumnus joked, “Si doc [his senior] madalas yan, tulog dati.”

Consultants and allied professional staff, who played key roles in the program’s growth, were also in attendance, including the first group of mentors, Dr. Ruben Ogbac, Dr. Jonas Santiago, Dr. Vincent Peter Magboo, and Dr. Benjie Magsombol, among others. Among the highlights of the program were key messages from Dr. Teofilo San Luis and Dr. Emerita Barrenechea, who served as chairman and training officer respectively during the program’s founding years.

In his speech, Dr. San Luis said, “...it is with pride that the graduates of this program we all started are now chairs and heads of facilities that they themselves created... Bringing Theranostics to the people who now enjoy the fruits they have planted.” Meanwhile, Dr. Barrenechea emphasized key points, “Do good without expecting anything. Life has a way of surprising you with more than you gave... Treat patients as family, and you can never go wrong.”

Organized by Dr. Francis Estrada, Dr. Eric Cruz, and Dr. Miguel Catangui, the celebration also featured an audio-visual presentation of archival photos, intergenerational games that sparked friendly competition, and dance performances by the current residents from SLMC–QC and SLMC–GC. Brief but heartfelt tributes were also paid to Dr. Gerard Fabian Goco, Dr. Jefferson Pagsisihan, and Dr. Joel Mendoza.

More than a milestone celebration, the reunion underscored a lasting truth: the SLMC–QC Nuclear Medicine community is not just a group of colleagues, but a family bound by shared training, challenges, and enduring camaraderie.

UPDATES: VISAYAS

Perpetual Succor Hospital Cebu holds blessing for newly relocated Nuclear Medicine Center

BY REY ALFRED INTING, MD

September 15, 2025 marked a significant milestone for Perpetual Succor Hospital (PSH) Cebu with the blessing of its newly relocated Nuclear Medicine Department at the 2nd floor of the PSH Cebu Heart Institute Building, a more strategic and accessible location within the hospital complex. This move supports closer integration with cardiovascular and multidisciplinary services, while improving patient flow and operational efficiency.

The center will offer a comprehensive range of diagnostic and therapeutic services using established nuclear medicine techniques. These services will support patient care in cardiology, oncology, endocrinology, orthopedics, nephrology, and other subspecialties. Radionuclide-based therapies performed in accordance with international safety and quality standards will also be available.

Purposely built to meet modern requirements for radiation safety, patient comfort, and efficient clinical workflow, the newly relocated facility



supports PSH Cebu's dedication to providing safe, patient-centered, and technologically advanced healthcare services. With the Nuclear Medicine Department set to become fully operational in January 2026, PSH Cebu is poised to enhance diagnostic accuracy, therapeutic capability, and overall patient care for the Cebuano community as well as the neighboring regions.

Mindanao Cancer Care and Control Network (MC3N) holds first conference

By Jake Ryan B. Oliganga

The inaugural Mindanao Cancer Care and Control Network (MC3N) Conference was held on September 4-5, 2025, in Davao City, bringing together key cancer centers and hospitals across Mindanao in support of the Philippine National Integrated Cancer Control Act (NICCA), Republic Act No. 11215. The conference emphasized the national mandate to strengthen health systems and ensure the delivery of comprehensive cancer services, encompassing prevention, early detection, diagnosis, treatment, rehabilitation, and palliative care.

Hosted by the Southern Philippine Medical Center (SPMC) under the leadership of Dr. Mae C. Dolendo, the conference gathered multidisciplinary teams from Cotabato Regional Medical Center (CRMC), Cotabato Sanitarium and General Hospital (CSGH), Davao Regional Medical Center (DRMC), Northern Mindanao Medical Center (NMMC), and Zamboanga City Medical Center (ZCMC).

Participants included physicians, nurses, medical physicists, radiologic technologists, hospital administrators, and other allied health professionals, reflecting the breadth of expertise essential to effective cancer care. Nuclear medicine practitioners in attendance actively participated in the discussions and lent their knowledge and experience. The specialty was also represented in the scientific program, with nuclear medicine specialist Dr. Mary Stephanie Jo Estrada highlighting the role of PET/CT in cancer diagnosis, staging, and treatment planning, and its contribution to optimizing patient management and outcomes.

The conference featured panel discussions and collaborative exercises, where participating centers presented their available cancer-related services, patient demographics, and best practices. These interactive sessions helped identify key challenges and support the development of actionable solutions to improve cancer care delivery and control across the region.

With strong support from the Department of Health-Cancer Control Division and the Philippine Cancer Center, the MC3N Conference represents a significant step toward establishing a coordinated, patient-centered cancer care network in Mindanao, addressing geographic and resource constraints while advancing equitable access to quality cancer services for vulnerable populations in the region.

The MC3N members will convene annually, building on the initial progress made by this year's event.



In photos (from top to bottom): MC3N Conference held on September 4-5, 2025, in Davao City; MC3N participants, from CRMC, CSGH, DRMC, NMMC, and ZCMC; San Pedro Hospital Nuclear Medicine - Molecular Imaging and Radionuclide Therapy Department accreditation; SPH orientation session in SPH led by Dr. Mary Stephanie Jo Estrada

A New Era for Healthcare: Butuan Doctors' Hospital Unveils Caraga's First Nuclear Medicine Center

By Bien Paolo B. Salva

BUTUAN CITY — Butuan Doctors' Hospital (BDH) inaugurated the Dr. Manuel O. Estacio Center for Nuclear Medicine on December 6, 2025, establishing the first nuclear medicine center in the Caraga region.

Named in honor of BDH founder Dr. Manuel O. Estacio, the center was formally opened through a ribbon-cutting ceremony led by BDH President and CEO Dr. Claudio Estacio and BDH CFO Dr. Therese Estacio, together with Butuan City Mayor Hon. Law Fortun (*pictured right*). The program also included the unveiling of a commemorative plaque and a blessing officiated by Fr. John Young.

Headed by Dr. Mary Stephanie Jo C. Estrada-Garcia, the center will provide RIA/IRMA laboratory testing, urea breath testing, DXA bone densitometry, high-dose radioiodine (RAI) therapy, and diagnostic imaging with SPECT/CT.

The inauguration was attended by key government officials, local health partners, academic leaders, and the doctors and staff of BDH, reflecting broad support for the expansion of nuclear medicine services in the region.

A lecture symposium followed, with speakers Dr. Teofilo San Luis Jr., Dr. Estrada-Garcia, and Dr. Carl Johnry Santos, discussing the current landscape of nuclear medicine in the Philippines, core field concepts, and developments in theranostics.

As Caraga's first nuclear medicine center, the facility brings key services closer to patients in Butuan and the wider region, helping to reduce the need for out-of-region referrals.

For inquiries and scheduling, the BDH Center for Nuclear Medicine may be reached at +63 931 002 0632.



Davao Doctors Hospital Nuclear Medicine Department marks 25 Years of Service

By Gene Philip T. Ando

DAVAO CITY — Celebrating 25 years of service since its establishment on August 20, 2000, the Nuclear Medicine Department of Davao Doctors Hospital—the first in Mindanao—marked its silver anniversary this year with the theme, 25 Years of Precision and Care: Honoring the Past, Advancing the Future. This milestone reflects a journey from offering basic scintigraphy studies to becoming a vital diagnostic partner for oncology, cardiology, nephrology, and other clinical services.

Beyond advanced imaging, the department also provides radioactive iodine (RAI) treatment, further strengthening its contribution to comprehensive cancer care. The anniversary program was attended by DDH management, Nuclear Medicine staff, and Nuclear Medicine physicians (*pictured bottom left*), with patients sharing moving testimonies that reflected the team's dedication and compassion. The department is led by its Clinical Head, Dr. Rosevic Lucilla D. Cembrano, who continues to guide its clinical development and service excellence.

For patients, the 25-year milestone represents trust, continuity, and the comfort of receiving specialized care close to home. For referring physicians, it affirms a dependable partner committed to quality, collaboration, and the continued advancement of nuclear medicine practice in the region.





Southern Philippines Medical Center Nuclear Medicine Services Strengthen Access in Southern Mindanao

By Karlo Erik Flores

The Southern Philippines Medical Center (SPMC) in Davao City began establishing its Nuclear Medicine services around 2022, marking a milestone in expanding advanced diagnostic and therapeutic imaging in Southern Mindanao. The service was inaugurated as part of the Cancer Diagnostic Institute Building on March 25, 2022, during a ceremony at the SPMC grounds. The event marked the opening of one of Mindanao's most advanced cancer diagnostic and imaging facilities, with key nuclear medicine components that include SPECT/CT, PET/CT, and a medical cyclotron.

From its early phase, the department offered essential procedures such as bone densitometry (DXA) for osteoporosis assessment, radioimmunoassay (RIA) for hormone and tumor marker measurement, and SPECT/CT imaging.

A distinctive feature of the SPMC complex is the planned inclusion of a medical cyclotron, which positions SPMC as the first facility in Mindanao with such technology. Once operational, this facility is expected to support local radiopharmaceutical production and improve service efficiency and isotope availability.

SPMC's nuclear medicine service continued to build capability and readiness, with its license granted on October 16, 2024, and its first official patient served on November 10, 2025. At present, the section caters to approximately five patients per day for SPECT/CT studies, with bone scan procedures comprising most cases. With continued growth in expertise, manpower, and technology, SPMC Nuclear Medicine continues to expand access to modern, specialized care for patients in Davao City and the wider region.

San Pedro Hospital Nuclear Medicine Reaches Key Milestones in Mindanao

By Viggo V. Badua

The San Pedro Hospital Nuclear Medicine – Molecular Imaging and Radionuclide Therapy Department marked a key milestone in 2025 with the granting of its Radioactive Material License by the Philippine Nuclear Research Institute (PNRI) in October 2025. This regulatory approval represents an important step as the hospital prepares to begin nuclear medicine operations in January 2026, strengthening access to advanced diagnostic and therapeutic services in Mindanao.

In preparation for the start of operations, a series of hospital-wide orientations were conducted in December 2025, led by SPH Nuclear Medicine Department Head, Dr. Mary Stephanie Jo C. Estrada-Garcia. Sessions held on December 15 were directed at hospital employees directly involved in nuclear medicine services, while broader orientations for the entire hospital community took place on December 17 and 22. The sessions covered nuclear medicine fundamentals and radiation safety principles, addressed common misconceptions, and emphasized evidence-based practices. Employees not directly involved in nuclear medicine were also in attendance, reinforcing shared responsibility for safety and awareness across the institution.

These initiatives underscore the commitment of San Pedro Hospital of Davao City, Inc. to patient safety, regulatory compliance, and the development of a strong radiation safety culture as it prepares to deliver nuclear medicine services to the region.





BY LARA TRICCIA
LUISTRO, MD

A Glimpse of the 4th ICPO Forum for Theranostics in Precision Oncology

The 4th International Centers for Precision Oncology (ICPO) Forum for Theranostics in Precision Oncology was held in Munich, Germany last May 15-16, 2025 as a testament to the ICPO's continued mission to promote a paradigm shift in cancer treatment. An advocate for better access to effective and personalized theranostics treatment for cancer patients, the ICPO gathered stakeholders from all over the world including academicians, commercial partners, patient groups, and physicians. Attendees from the Philippines included Dr. Patricia Bautista-Peñalosa, Dr. Carl Johnry Santos, and Dr. Lara Triccia Luistro from St. Luke's Medical Center.

The event featured a series of lectures and panel discussions from 40 world-renowned experts in the field. Key scientific lectures tackled developments in radiopharmaceuticals for imaging and therapy, including Ac-225, At-211, Pb-212, Ga-68 FAPI, and Tb-161; the role of artificial intelligence on PET image reconstruction and lesion classification and quantitation; as well as data management and analysis. Dr. Andrew Scott from Australia highlighted the challenges associated with providing theranostic services, including that of access and availability, particularly in low- and middle-income countries. These challenges involve the sufficiency of financial resources, both that of the patient and the government; adequate capacity of centers planning to offer treatment; and workforce issues, including that of staff and physician training. Discussed also were the guiding principles for theranostics training and the requirements for a theranostics training center published in the European Journal of Nuclear

Medicine and Molecular Imaging last March 2024; and the relevance of these to the safe and effective practice of the field. The Oncidium Foundation, an organization dedicated to providing awareness and bridging geographical and financial gaps in treatment, likewise shared stories of the patients' journeys, and the impact of precision medicine in their lives.

Also presented during the forum was a picture of the global theranostics landscape, with insights from Dr. Cathy Cutler (USA), Dr. Pierre-Yves Salaun (France), Dr. Patricia Bautista-Peñalosa (the Philippines), Dr. Partha Choudry (India), Dr. Masha Maharaj (South Africa), and Dr. Mariela Agolti (Argentina). Universal consensus underscored robust educational programs as integral to the best practices for patient access to theranostics. Concurrently, logistics were identified as a persistent global challenge in delivering this specialized service. Strong partnerships with advanced institutions and experts were proposed to address concerns in these areas.

The ICPO has also established a worldwide network of accredited theranostics centers for sharing knowledge and education in order to raise the global standards. A highlight of the forum was the accreditation of 12 new ICPO Clinical Theranostics Centers of Excellence, marking a significant step toward this standardized, high-quality global network. Amongst the institutions accredited from across the globe was St. Luke's Medical Center - Global City and Quezon City, made possible through the initiatives of the team led by Dr. Patricia Bautista-Peñalosa.



PSNM in ARCCNM 2025: Advancing Excellence in Research and International Collaboration

By Janelle Audrey C. Uy, MD

Members of the Philippine Society of Nuclear Medicine (PSNM) attended the 2025 Annual Meeting of the Korean Society of Nuclear Medicine (KSNM) and Asian Regional Cooperative Council for Nuclear Medicine (ARCCNM) last November 14-15 2025 in Ilsan Kintex 1 Exhibition Hall, Goyang, South Korea. The convention served as a hub for sharing research innovation and collaboration through lectures, symposia, and society engagement.

Dr. Patricia Bautista-Peñalosa, an Asian Nuclear Medicine Board (ANMB) faculty member, presented a lecture titled *Current Challenges and Future Enhancements in Theranostics Practice*. She tackled the increasing demand for molecular-based imaging, upholding standards, current training gaps, and obstacles in service delivery and patient navigation in the emerging practice of theranostics.

Delegates showcased their prowess in the field of research through both oral and poster presentations.

Beyond the lecture halls, the PSNM delegates also connected with international colleagues in the Welcome Reception. It was indeed a night of fellowship and remembrance, one which would fuel the spark of excellence and collaboration among the nuclear medicine community in Asia.



Left: Dr. Patricia Bautista-Peñalosa delivering a lecture on the current challenges and future enhancements in theranostics practice.

Right: List of presenters from the PSNM delegation and their research presentation titles

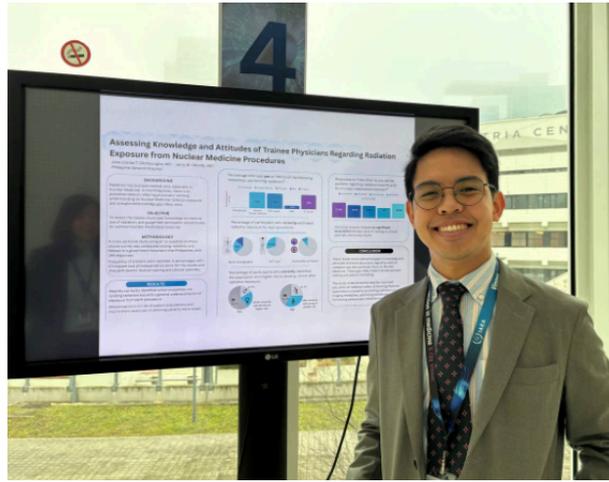
Top: Members of the PSNM delegation (Dr. Azarraga, Dr. Tumambing, Dr. Nierras, Dr. Bautista-Peñalosa, Dr. Puguon, Dr. Uy, Dr. Jatiko, and Dr. Si

Oral Presentations:

- Dr. Christine Megan D. Nierras - "Comparative Studies on the Utility of Ga-68 FAPI PET/CT and F-18 FDG PET/CT in Evaluating Head and Neck Carcinomas: A Systematic Review and Meta-Analysis"
- Dr. Christopher Timothy L. Azarraga- "Agreement of Visual and Centiloid-Based Quantification among Amyloid Brain PET Interpretations"

Poster Presentations:

- "Expanding Access to Theranostics in the Philippines: A Case Report on the First Lu-177 PSMA Therapy Outside Metro Manila" by Dr. Matthew Stephen L. Jatiko
- "Medical Oncologists' Adherence to Recommendations in F-18 FDG PET/CT Reports among Adult Patients Diagnosed with Breast, Lung, or Colorectal Carcinoma" by Dr. Mea Glor L. Tumambing
- "Determination of Diagnostic Reference Levels and Effective Radiation Dose for Adult Whole-Body PET-CT Scans in the National Capital Region of the Philippines." by Dr. Christopher Timothy L. Azarraga
- "The Utility of the Brain Amyloid Plaque Load (BAPL) Scoring System and the Standard Uptake Value Ratios (SUVr) in 18F-Florbetaben PET/CT Scans for Suspected Alzheimer's Disease" by Dr. Irene S. Bandong
- "Role of Sialoscintigraphy in Evaluating Salivary Gland Dysfunction Among High-Dose Radioactive Iodine Therapy Patients: A Case Series" by Dr. Karenne M. Si
- "Local Research Productivity, Trends, and Collaboration Among Filipino Nuclear Medicine Physicians: A Bibliometric Analysis of the Philippine Journal of Nuclear Medicine" by Dr. John Kenneth V. Gacula
- "Individualized Blood-Based and Lesion/Internal Dosimetry for Radioiodine Therapy in High-Risk Differentiated Thyroid Cancer: A Systematic Review with Meta-analysis" by Dr. Raniv D. Rojo



International Conference on Radiation Protection in Medicine: XRay Vision
December 8-12, 2025 - Vienna, Austria

PSNM Abstract Presenters:

Tumaming, M. et al. Determination of Diagnostic Reference Levels (DRLs) for Adult Nuclear Medicine Procedures in the National Capital Region of the Philippines

Chanyungco C. et al. Assessing Knowledge and Attitudes of Trainee Physicians regarding Radiation Exposure from Nuclear Medicine Procedures.

Azarraga, C. et al. Determination of Diagnostic Reference Levels and Effective Radiation Dose for Adult Whole-Body PET-CT Scans in the National Capital Region of the Philippines



IAEA Technical Cooperation Programme - Cancer Care

September 22-26, 2025

Kyoto University, Fujita Health University, and Osaka University, Japan

Attendee: **Dr. Sean Ira Gacula**



Below: Review of the Anchor Centre at the Faculty of Medicine Ramathibodi Hospital, Mahidol University, Thailand (May 19-23, 2025)

Invited Expert: **Dr. Angelin F. Apostol-Gonzales**



Expert Consultancy Meeting at the IAEA Headquarters in Vienna, Austria - Exploring the Role and Future Pathways of AI in Nuclear Cardiology - May 6 to 9, 2025.

IAEA Technical Cooperation Expert Mission - Advancing National Capacity in Diagnostic Radiology, Nuclear Medicine and Radiotherapy - Review of the Anchor Center at the Tata Memorial Centre, Mumbai, India (December 8-12, 2025)



Dr. Thomas Neil Pascual

Invited Speaker at the **Emirates Symposium on Nuclear Medicine, Dubai, UAE - April 11-13, 2025**

Panelist at the **2025 Radiological Society of North America Annual Meeting - November 28 - December 2, 2025**

Invited Expert at the **Meeting on Implementing Risk Management in Nuclear Medicine: Guidance and Practical Examples (March 13-15, 2025)**, **Meeting on Nuclear Medicine Curriculum Updates (May 11-14, 2025)**, and the **IAEA RAS6105 Review Meeting (December 11-15, 2025)**

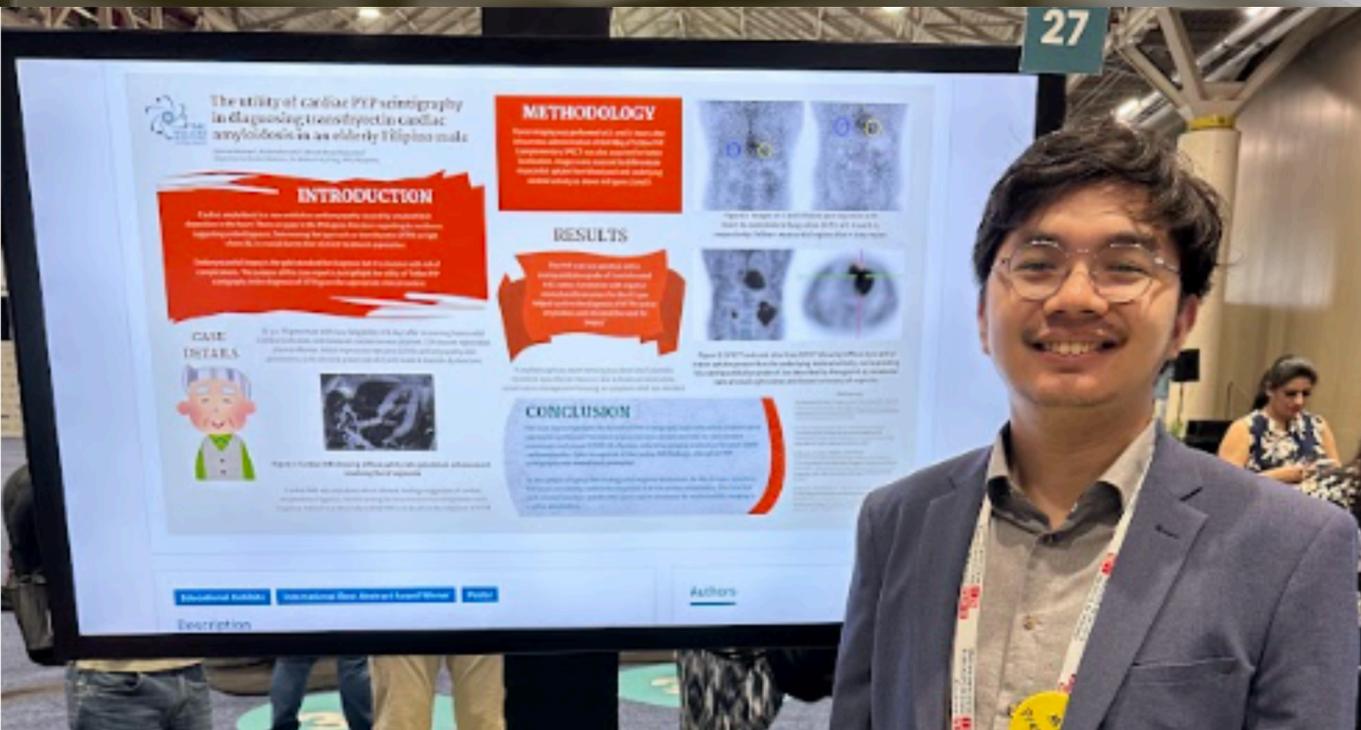


Regional Training Course on Hybrid Imaging with non-FDG Tracers

Amman, Jordan

19 October 2025 to 23 October 2025

Attendees: **Dr. Kathleen Ross Caligagan** and **Dr. Belinda Dancel-San Juan**



The author with his poster abstract, *The utility of cardiac PYP scintigraphy in diagnosing transthyretin cardiac amyloidosis in an elderly Filipino male*, recognized as the SNMMI 2025 International Best Abstract Award Winner for the Philippines

SNMMI 2025: A Resident's Notes from New Orleans

BY DOMINIC ALCANTARA, MD

Attending the Society of Nuclear Medicine and Molecular Imaging (SNMMI) 2025 Annual Meeting in New Orleans marked my first time in the United States. As a resident, being part of an international scientific forum of such a large scale was a new experience and offered an invaluable perspective on the current direction of our field. The SNMMI Image of the Year was particularly inspiring, as it showed a new radiopharmaceutical that measures PD-L1 expression in head and neck cancers (18F-AIF-NOTA-PCP2), which could be transformative for molecular imaging and nuclear medicine.

Aside from the exhibit halls and lecture rooms, I spent a considerable amount of time at the Science Pavilion, a space of research and breakthroughs happening around the world. This was where authors held meet-up sessions, where attendees could ask questions about their studies, an event I was lucky enough and proud to be a part of. During the allotted time for my poster session on cardiac amyloidosis scintigraphy, the pavilion's close setup with adjacent screens made interactions with both attendees and other authors quite easy. It was a humbling experience seeing the diversity of topics that international colleagues have been working on, such as physics and dosimetry.

One particularly meaningful moment was the opportunity to go around the convention premises with Dr. Richard Heredia, a consultant who is also from the Philippines. Walking through the exhibits and attending sessions together led to a few candid yet insightful conversations about training, lifestyle, and career navigation. As a resident, having that kind of guidance was both reassuring and motivating.

Beyond the conference halls, New Orleans itself added much to the overall experience. From classic Creole dishes to a rich blend of meals with Cajun flavors, the food alone made the trip memorable. Exploring the city's historic heart at the French Quarter, teeming with jazz clubs and street performers, was a refreshing contrast to the formal meeting environment.

Overall, my experience at the SNMMI 2025 served as a reminder of why it is important to attend these meetings and conferences. Beyond science and technology, it was about exchanging ideas, learning from mentors, and building professional relationships, all while representing the Philippine Nuclear Medicine community on a global stage.



From Manila to Barcelona: Reflections and PSNM Representation at EANM 2025

by Kenver Resuello, MD

The European Association of Nuclear Medicine (EANM) 2025 Congress was held in Barcelona from October 4-8, 2025. One of the most noteworthy international conferences in the field, the event brought together nuclear medicine experts, researchers, trainees, and industry partners from related fields to share knowledge and partake in various initiatives.

I was impressed by both the breadth and depth of the EANM Congress scientific program. From advances in theranostics and novel PET radiopharmaceuticals to hybrid imaging and the use of AI in the field, there was a wealth of presentations across a wide variety of topics. Providing great insights, these presentations demonstrated the myriad of ways in which nuclear medicine continues to evolve in response to advances in technology and patient-centered care.

Representing St. Luke's Medical Center - Global City, I presented two case reports: the first one titled *Role of Post-Therapy SPECT/CT in Detecting Pseudoprogression during Lu-177 PSMA Radioligand Therapy: A Case Report* written with Dr. Wendelyn Shanel Lim and Dr. Patrick Earl Fernando. The second was a poster titled *Utility of Radiolabeled Red Blood Cell SPECT/CT in Diagnosing Urinary Bladder Hemorrhage: A Case Report*, written with Dr. Patricia Bautista-Peñalosa and Dr. Allan Jay Domingo.

It felt gratifying to be able to present my studies, seeing how meaningfully Philippine institutions can contribute on the international stage of nuclear medicine. After attending and presenting at the EANM, my passion for nuclear medicine has been reignited. It was my first time participating in this major international congress, and I received invaluable academic exposure as a learner. More importantly, as a presenter, I also left the event feeling both empowered and sobered by a heightened sense of responsibility to not only contribute to this sharing of knowledge, but also to help in furthering the field of nuclear medicine in the Philippines as well.

Having personal conversations with other attendees, both individually or in small groups, was also incredibly insightful.

These interactions left me feeling inspired—to put simply, it was beautiful to see how passionately people collaborated across borders. We even bonded over the clinical challenges we faced, despite our countries having differing healthcare systems and infrastructure.

I found equally as inspiring and humbling how Dr. Patricia Bautista-Peñalosa, the current Vice President of PSNM, participated in pre-congress activities. She joined the International Centers for Precision Oncology (ICPO) Reception and Centers Certification Ceremony, where incredible progress was made in scaling patient access to theranostics through network expansion. She also participated in programs organized by the Oncidium Foundation, an international non-profit organization aiming to make nuclear medicine and molecular imaging more accessible to patients in developing countries. The discussions here about education, capacity building, and sustainability during this event resonated strongly with me, as a medical doctor from the Philippines.

On a more personal note, as someone into fitness, another highlight was the Oncidium Foundation's Tackle Cancer Challenge (TCC 2025), wherein participants were encouraged to exercise, play sports, or partake in other team-building activities to reach a collective 50,000 kilometers worldwide in the fight against cancer.

After all, it is always worth reminding oneself: *what is the point of such advancement if those who need it most cannot access it?*

Attending the EANM 2025 Congress was the perfect way to set the tone for my last year of nuclear medicine residency. Not only am I now equipped with more clinical knowledge, but I also feel more grounded, more confident, and more purposeful as I continue my practice. I am resolved to contribute, to move the needle in one way or another in the landscape of Philippine nuclear medicine.

traineessection

A Strong Close for the PSNM Trainees in 2025

by Dominic Alcantara, MD and Ivan Monteser, MD

LEARNING BEYOND THE LECTURE HALL

The second half of 2025 was filled with a balance of continued growth and engagement.

The Mid-Year Convention served as a checkpoint for trainees to reflect and re-energize amid demanding clinical responsibilities. A major highlight was the structured and interactive Theranostics Boot Camp, facilitated by Dr. Patricia A. Bautista-Peñalosa. Through pre/post-tests and role-playing scenarios, trainees were able to assess their knowledge, with emphasis on real-world applications and patient-centered communication. Beyond academics, the convention also featured activities that encouraged broader professional development and camaraderie. *Huntahan*, a casual storytelling session, created space for open dialogue among participants from different backgrounds and ages. The emotional intelligence workshop, *Read the Room, Rule the Room*, also highlighted the importance of interpersonal skills and collaboration. Lastly, the convention concluded with a lively Pop Culture Quiz Bee, during which consultants, trainees, and technologists formed mixed teams to test their trivia mettle on entertainment, trends, and local news.



Left to right: PSNM vice president and bootcamp speaker and facilitator, Dr. Patricia Bautista-Penalosa, precepting a role-playing scenario with trainees Dr. Rey Alfred Inting, Dr. Coleen Marie Torres, Dr. Gaius Sulpicio Yu III, Dr. Christopher Timothy Azarraga, and Dr. Mea Glor Tumambing

RISING TO THE CHALLENGE: IN SERVICE EXAMINATION 2025

On the afternoon of Saturday, October 18, 2025, nuclear medicine trainees gathered at the 5th-floor amphitheatre of the Philippine Heart Center for the annual in-service examination. The 42 nuclear medicine fellows and residents of the various training programs throughout the Philippines tested their wit and mettle in the broad field of nuclear medicine, with questions dealing with topics ranging from basic physics, multiple organ systems, SPECT, PET, and theranostics. This significant event served as an essential step in honing the knowledge and skills of the trainees, as they navigated the complexities of the evolving field. The annual in-service examination is a testament to the enduring commitment of the Philippine nuclear medicine community to nurture the brilliance of the next generation of nuclear medicine physicians.



RESEARCH AT THE FOREFRONT

The year concluded with the Annual Research Forum held on December 6, 2025, during which the senior residents and fellows presented their original analytical research papers. Topics ranged vastly, including those relating to DXA, SPECT/CT, PET/CT, MPI, RAI, gamma probe-guided techniques, and radiation safety. These oral presentations demonstrated methodological rigor and clinical relevance, serving as a culmination of years of effort from proposal to data collection, analysis, and manuscript writing. At the end of the forum, research awards were given to the following:

- **1st Place:** Dr. Wendelyn Shanel G. Lim (St. Luke's Medical Center - Global City) - *Validation of PRIMARY Score Criteria for Ga-68 PSMA PET/CT Reporting*
- **2nd Place:** Dr. Jessica Elise A. Kuizon (Philippine Heart Center) - *Diagnostic Agreement Between 4DM SPECT and QPS QGS in the Assessment of Thallium Gated SPECT*
- **3rd Place:** Dr. Charles Dale T. Solis (St. Luke's Medical Center - Global City) - *Prevalence and Clinical Profile of Osteoporosis Based on Central Bone Densitometry*

Left: Judges (Dr. Magboo, Dr. Liao, and Dr. Taylan), representatives from the PSNM Board, training officers, and the trainees

technologists' section

PSNMT Joins FDA Public Consultation on Draft Guidelines for RPO and QE Recognition

by John Michael B. Medina, RMT, MMPHA



The Philippine Society of Nuclear Medicine Technologists (PSNMT) Chair, Mr. John Michael B. Medina, RMT, MMPHA, took part in the Public Consultation on the Draft FDA Circular on the Recognition of Radiation Protection Officers (RPOs) and Qualified Experts (QEs), organized by the Food and Drug Administration - Center for Device Regulation, Radiation Health, and Research (FDA-CDRRHR) on November 26, 2025.

The consultation forms part of the FDA's efforts to strengthen and harmonize national radiation safety regulations with international standards, particularly the International Atomic Energy Agency (IAEA) General Safety Requirements (GSR) Part 3. These standards highlight the essential roles of RPOs and QEs in ensuring effective radiation protection programs and regulatory compliance across facilities utilizing ionizing radiation.

The virtual consultation followed a structured program that included a review of current national and international systems for recognizing RPOs and QEs; presentations of previous technical writeshop outputs as well as preliminary impact analyses; and an open plenary discussion on the draft guidelines.

FDA-CDRRHR resource speakers, composed of health physicists and radiologic technologists, presented the proposed criteria, responsibilities, and pathways for formal recognition of RPOs and QEs under the FDA regulatory framework. In line with this, it was mentioned that the policies for RPOs that are working under Nuclear Medicine will still follow the guidelines under PNRI CPR Parts 3 and 13. During the open forum, PSNMT raised key points emphasizing competency-based recognition of RPOs and QEs that acknowledges the specialized role of Nuclear Medicine Technologists; alignment of training requirements with the IAEA Syllabus for RPOs; consideration of professional credentials, clinical experience, and CPD engagement in recognition criteria; and practical implementation of the guidelines across diverse settings.

PSNMT also underscored the need for sustained capacity-building, standardized training programs, and stronger collaboration between the FDA, professional societies, and academic institutions to develop a robust national pool of competent RPOs and QEs.

The proposed FDA circular is a significant step toward strengthening radiation safety governance in the country. PSNMT remains committed to working closely with the FDA-CDRRHR and other stakeholders in refining and implementing policies that protect patients, workers, and the public, while advancing the profession of Nuclear Medicine Technology in the Philippines.



Doc Bless: THE MENTOR I NEVER MET

by Athena Charisse S. Ong-Barba, MD



Growing up watching pageantry, I often heard judges ask the familiar question, “If you could meet someone, who would it be and why?” Not that I ever aspired to join a pageant, but the question lingered with me. For a long time, I didn’t have an answer, until I began my humble nuclear medicine practice at the Cebu Doctors University Hospital Center for Nuclear Medicine.

On my very first day, after a brief orientation, I was led to the last door at the end of the corridor and was told that this was where I would be seeing patients. Stepping inside felt like entering a time capsule; it was an office preserved in quiet reverence, brimming with stories waiting to be told. There were old *Reader’s Digest* magazines, neatly labeled with the name “Bless” in permanent marker; a brown leather office chair; cabinets filled with journals and books; and a handful of carefully chosen décor and trinkets. Intrigued, I settled in and did my best to fit into a well-oiled system that had been running smoothly for decades.

As the days passed, I began discovering traces of Dr. Blesilda Pono like Easter eggs left behind. There were reports she had previously read, a very specific scanning protocol she preferred, and former patients who would come in for follow-up visits and greet me with, “Pasyente ako sa una ni Doc Pono”.

Weeks turned into months of these quiet discoveries, complemented by stories shared by Ma’am Yvonne, our supervisor; Leigh, our assistant RPO; and Dr. Candice Yung, a CDUH radiologist whom Dr. Bless had once tried (unsuccessfully) to convince to pursue nuclear medicine. Somewhere along the way, I found myself thinking, I wish I had the chance to meet Dr. Bless.

Many of us know that she pioneered the practice of nuclear medicine in Cebu City, establishing the nuclear medicine facility at Cebu Doctors in 1990. But beyond her accolades and academic contributions, what resonated most with me

was how deeply she was loved by her colleagues, her patients, and most especially the nuclear medicine staff. She was often described as ‘strict but fair’, ‘a natural teacher’, ‘direct and frank yet unmistakably motherly’.

In the end, she was far more than what could be captured in a curriculum vitae. And to paint a fuller picture of who she truly was, let us turn to the short anecdotes of those who had the chance to work with her.

Dr. Charles Tan, Nuclear Medicine Physician

“She welcomed me with open arms when I returned from my training in Manila, and in that moment, she became more than a mentor—she became my second mother in my nuclear medicine journey. Through our many quiet, unplanned conversations, she repeatedly planted and nurtured the idea of One Cebu Nuclear Medicine, believing in it long before it felt possible to me.

I am profoundly inspired by the way she touched countless lives with her kindness, wisdom, and generosity of spirit. With a heart full of gratitude, I commit to carrying this dream forward and bringing One Cebu Nuclear Medicine to life—in her honor, and as a living legacy of the love and purpose she shared with so many.”

Leigh Ybañez Lauron, RRT, Nuclear Medicine Technologist

“Dr. Pono had a light aura but a strong presence. As a department head and mentor, Dr. Pono had this motherly vibe, and I could really see why Ma’am Yvonne (considered Dr. Pono’s right hand) is motherly as well, [being] highly influenced by her, especially in terms of decision-making. But, she was also pretty strict, work-wise. I recall moments when she’d reprimand me for not wearing a lead gown during my shifts in the hot lab. When I was a new employee, she’d make me practice IV insertion due to instances of radiotracer extravasation. But she would “reprimand” me in a way that pushed me to learn.

Doc Bless: THE MENTOR I NEVER MET

"Whenever I made mistakes, she would take the time to discuss the incident and help me realize and understand what went wrong. This helped me with my work ethics, teaching me to be more systematic, especially in making sure that the scans were of the best quality. Everyday, I would learn something new from her, and cumulatively, these all helped me grow as a technologist in the field of Nuclear Medicine.

But even through the countless corrections and reprimands, we know she'd always be on our side and by our side. When dealing with irate and difficult patients, she would try to cover for and defend us, and she would certainly not throw us under the bus.

She was also very generous. She loved to take us out for lunch as a department, as she loved to eat! She would even invite us to attend their family affairs, like [that] one time when she asked me to go to Waterfront Hotel for lunch during a Saturday duty.

In the short span of time [that] I worked with Dr. Pono, I can say that she really did treat us like her family. She genuinely asked how we are and really tried to get to know us.

And last but not least, [I knew her to be] very selfless. Even during the days [when] she was not okay anymore, she would [still] try and make time to see her patients when she could. That's who she was."

Marigold Gadayan, Dr. Pono's former secretary

"As her secretary before, [I know firsthand that] Dr. Pono was strict at work, but you could learn from her and she was super patient with me. Even if I didn't know the medical terms or the imaging procedures, she went out of her way to explain to me the images and results. Dr. Pono's eyes were very sharp. She would immediately point out mistakes in images after one look. She was very understanding and motherly to the department [staff members]. She was like our second mom: a caring, loving, and very generous boss. I will never forget how she helped with my father's hospitalization. With Dr. Pono, I felt more like her extended family [rather] than just one of her staff members.

I've had many memories with her, but what [will] stick with me are those [that] we spent during her treatment sessions. I will never forget assisting her through those times, being there for her and with her. I felt honored that she wanted my presence during her most vulnerable moments, and I will always be grateful for it because I know that for her, I am family.

Dr. Pono was a one-of-a-kind doctor. She [will always be] the one and only Dr. Pono because of her legacy."

Yvonne Pahaganas, RMT, Center for Nuclear Medicine Supervisor and Section Head

"Dr. Pono was 1) a good mentor; 2) generous (we always looked forward to her pasalubong from her trips abroad!); 3) a perfectionist, [who] ensured quality service to patients; and 4) someone with a huge and loving heart, [understanding of things] even beyond work.

"My favorite memory with her would be my first trip abroad, which she initiated! We would always share a room during PSNM conventions, and she would always volunteer to be my personal photographer so that I would have a remembrance of our travels. But more than all these, she was a mother to us. She cared not just for me but even for my family."

After reading and listening to these anecdotes, everything finally made sense. The warmth and support I received from the Nuclear Medicine staff, the *Nukes*, as they were called, were an extension of what Dr. Pono started. The *Nukes* family she built welcomed me home.

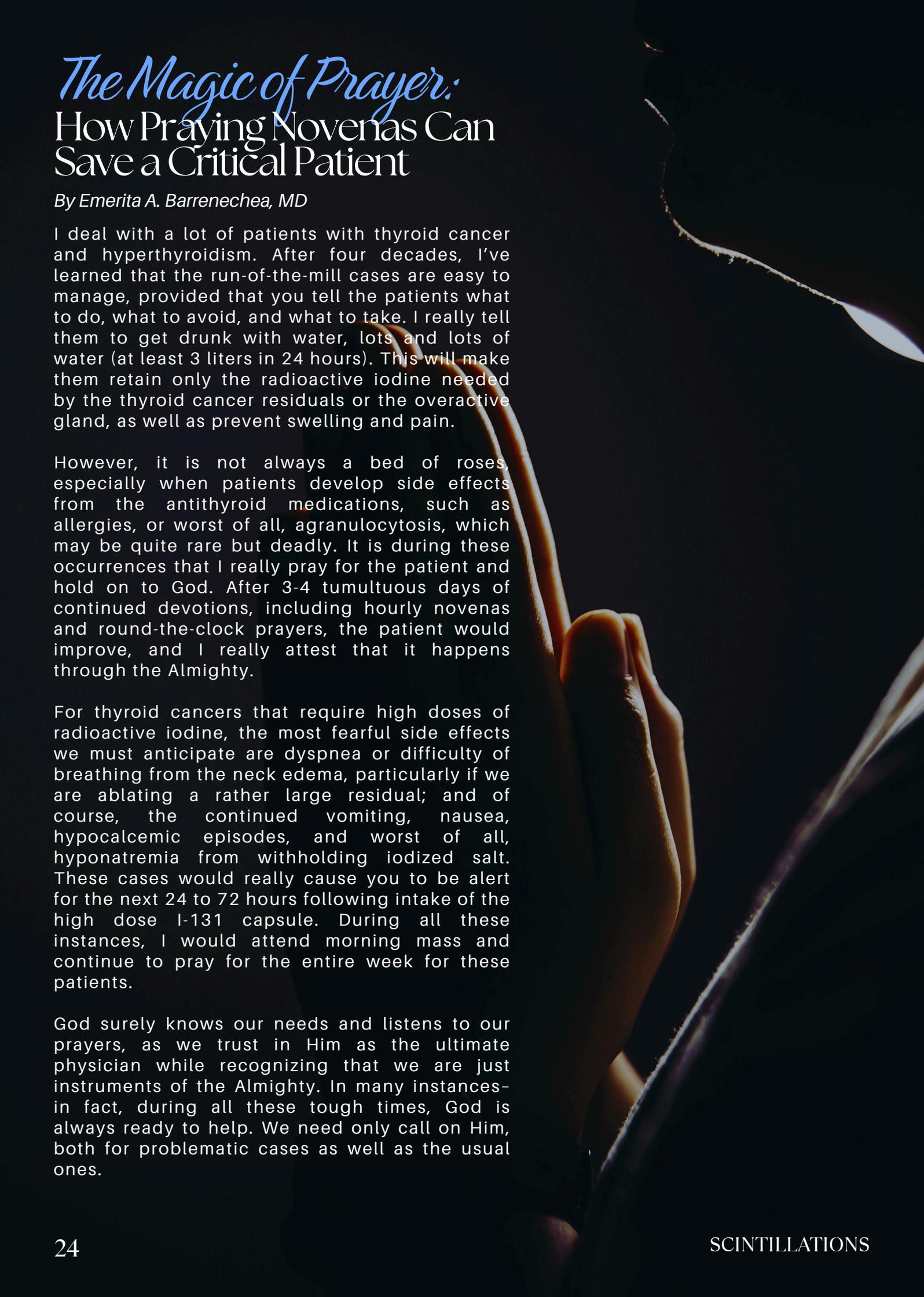
This was the family that thoughtfully prepared salabat for me during my asthma attacks. It was the same *Nukes* family that held me as I grieved for my grandmother, who passed in 2024, a few months before my wedding. They stayed with me during my mother's thyroidectomy, and cried with me in relief after my mom's first and, thankfully, clear PET/CT scan. Theirs were the same welcoming arms and kindness I received from Doc Jun, Doc Charles, and Doc Lucille. All of them continue to nurture Dr. Pono's dream of One Cebu Nuclear Medicine.

I never met Dr. Pono personally, but I felt what she left behind. Warmth and love radiated through the support of everyone around me. These were the products of the family-oriented culture she deliberately built. It made me realize, *Puwede pala 'yon*. *Puwede palang ka-trabaho mo sila, pero pamilya mo ring ituturing*. *Puwede ka palang magalit sa kanila dahil gusto mong mapabuti sila, hindi dahil galit ka lang — parang nanay*. Even without having a single conversation, she taught me the values I needed to thrive in this career: *to be generous and selfless*. Her legacy imparted lessons I had long absorbed without fully acknowledging them, some I may have even taken for granted, until now, as I write this to honor who she was.

This, perhaps, is what leaving a legacy truly means. You live on, even after you have passed and inspire people you never even met. I will carry Dr. Pono's lessons with me as I grow deeper and older in my career and, more importantly, as a pilgrim still finding her place in the greater scheme of things.

Thank you for allowing me to know you through the family you built, Dr. Blesilda Pono. I'll see you when I see you.





The Magic of Prayer: How Praying Novenas Can Save a Critical Patient

By Emerita A. Barrenechea, MD

I deal with a lot of patients with thyroid cancer and hyperthyroidism. After four decades, I've learned that the run-of-the-mill cases are easy to manage, provided that you tell the patients what to do, what to avoid, and what to take. I really tell them to get drunk with water, lots and lots of water (at least 3 liters in 24 hours). This will make them retain only the radioactive iodine needed by the thyroid cancer residuals or the overactive gland, as well as prevent swelling and pain.

However, it is not always a bed of roses, especially when patients develop side effects from the antithyroid medications, such as allergies, or worst of all, agranulocytosis, which may be quite rare but deadly. It is during these occurrences that I really pray for the patient and hold on to God. After 3-4 tumultuous days of continued devotions, including hourly novenas and round-the-clock prayers, the patient would improve, and I really attest that it happens through the Almighty.

For thyroid cancers that require high doses of radioactive iodine, the most fearful side effects we must anticipate are dyspnea or difficulty of breathing from the neck edema, particularly if we are ablating a rather large residual; and of course, the continued vomiting, nausea, hypocalcemic episodes, and worst of all, hyponatremia from withholding iodized salt. These cases would really cause you to be alert for the next 24 to 72 hours following intake of the high dose I-131 capsule. During all these instances, I would attend morning mass and continue to pray for the entire week for these patients.

God surely knows our needs and listens to our prayers, as we trust in Him as the ultimate physician while recognizing that we are just instruments of the Almighty. In many instances—in fact, during all these tough times, God is always ready to help. We need only call on Him, both for problematic cases as well as the usual ones.

Society Reflections

By Michele D. Ogbac, MD



When I think about the progress of our specialty, I am reminded that it has never been built by individuals working alone. It has grown through shared effort—through colleagues who take the time to teach, listen, and support one another, often quietly and without recognition.

As we look toward a brighter and better future, it becomes clear that meaningful advancement rarely comes from individual achievement alone. Instead, it emerges when experience is shared, guidance is offered generously, and opportunities are created for others to learn, develop, and find their place within our Society. Advocacy, in this sense, is about caring not only for what we have today, but for the people and possibilities that will shape what comes next.

Our Society is strengthened by the diversity of our practices, perspectives, and circumstances. Each of us brings a different story, shaped by where and how we work. When these differences are acknowledged with respect and openness, they allow us to learn from one another and to develop approaches that are inclusive, practical, and relevant.

Looking ahead, the challenge before us is to continue building connections—strengthening partnerships, sharing responsibility, and supporting one another as we grow. In doing so, progress becomes something that is shared, rather than held in isolation.

A brighter and better future is one we build together.

“As we look toward a brighter and better future, it becomes clear that meaningful advancement rarely comes from individual achievement alone. Instead, it emerges when experience is shared, guidance is offered generously, and opportunities are created for others to learn, develop, and find their place within our Society.”

nuclear PETS

Paws-itively Radiating

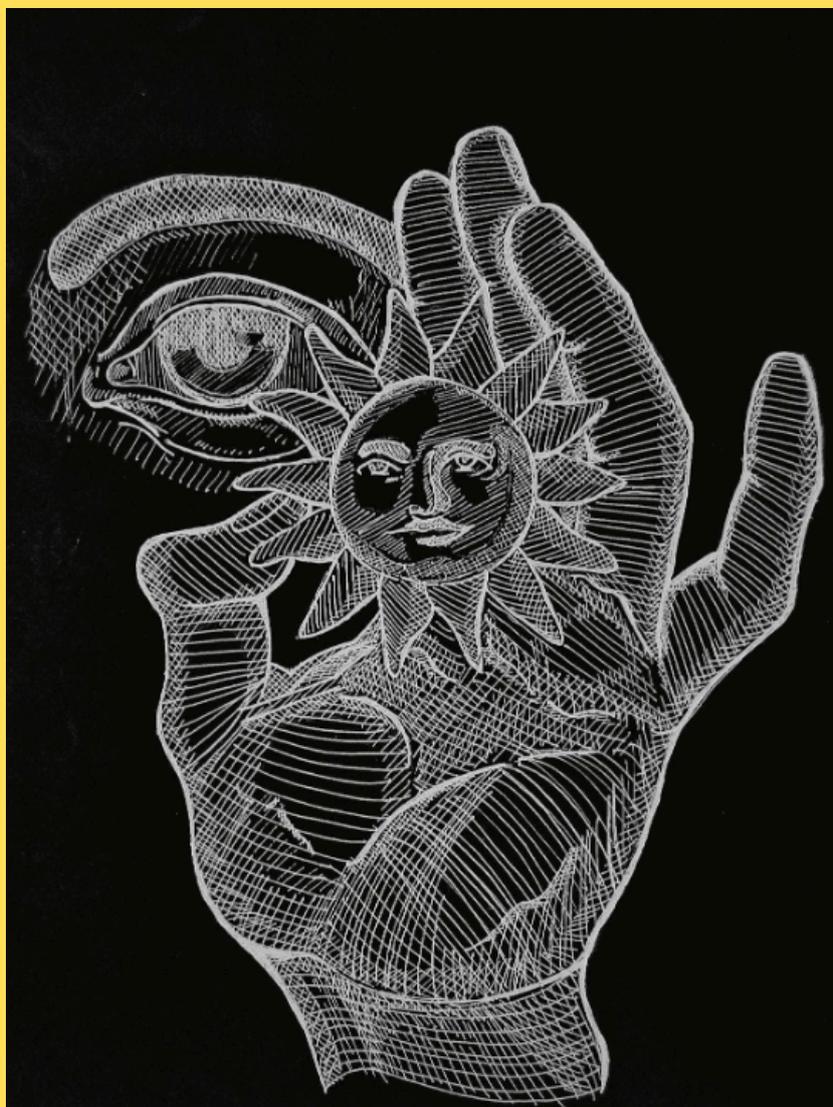


christmas

parties

A Very Nuclear CHRISTMAS





Nuclear Medicine, The Modern Alchemy

Art and Write-up by Viggo V. Badua

Long ago, alchemists roamed the earth, chasing a dream they called the Philosopher's Stone. They sought to turn lead into gold, to create elixirs of life, to grasp the secret of immortality. They crossed deserts, climbed mountains, and delved into hidden laboratories, carrying ancient tomes and curious objects, convinced that the power lay somewhere outside themselves.

What they did not see was closer than their hands or eyes could reach. The secret lay waiting—within every being, within the tiniest of objects: the true Philosopher's Stone, the atom, holding the power they longed for. The power to transform, to heal, to reveal hidden truths. But the alchemists lacked the eye to perceive it.

Centuries passed. Scientists discovered the atom and learned to see its secret. At first, they feared it, for its power could also be destructive. Only later did they learn to harness it with care. They built reactors, designed cyclotrons, and worked in shielded laboratories. A fraction of the sun rested in their hands, and with it, they created tools that could peer inside the body, detect what was hidden, and transform unseen decay into knowledge and healing.

And so, the dream of the old alchemists was fulfilled—not in gold, nor in elixirs, but in light and vision, and in the continuation of life through nuclear medicine.

The Generous Tree, 2015
by Orestes P. Monzon, MD
from the Aurora Cruz Art Collection

The Dance of Water and Sky

By Kenver Sarmiento Resuello

The waters tremble beneath the heavens,
Clouds drift in silence, reflected still.
Each ripple whispers a truth half-heard—
What stirs above moves deeply below.

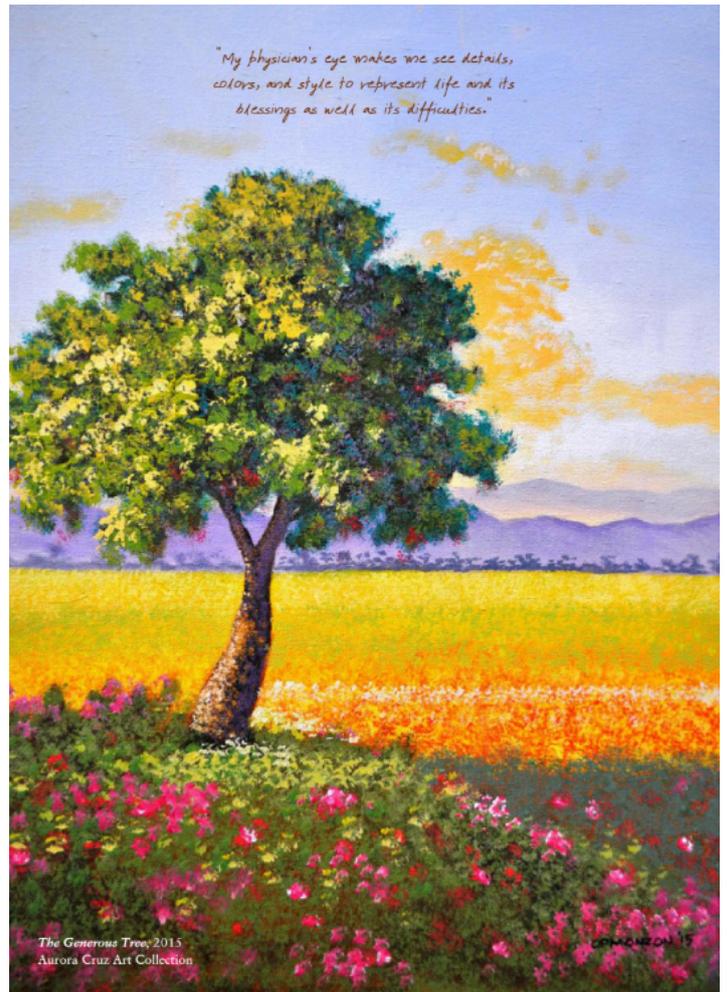
Sunset spills amber across the hills,
Light fading where shadows gather close.
Rivers flow like thoughts, swift or slow,
Shaping the shores they cannot remain
upon.

Storms arise across the boundless sky,
And beneath, the waters coil and rise.
Clear skies bring lakes that lie at peace—
So, too, our hearts in quiet are healed.

When tides of sorrow swell and fall,
They seek a hidden shore to break upon.
In every mirrored surface, we behold
The restless spirit longing to find release.

The world shifts with what we carry within:
Joy, anger, longing, peace like distant bells.
As sky reflects in water's depth,
So our storms shall pass and calm return.

Look deep into the waters' gaze—
The distance between sky and soul
Is thinner than a breath, and fleeting.
We are never apart from what we feel.



The Dance of Water and Sky
An original poem by
Kenver S. Resuello, MD

Second Light
Refurbished art piece
made with a photomultiplier tube
by Arnold C. Isidro, MD

Puzzle Time

First to finish gets a prize!

Congratulations to last issue's winner, Dr. Karenne Si!

Send your answer to us at psnmscintillations@gmail.com

ACROSS

- nuclides with the same mass number
- nuclides of the same element
- amount of energy an electron gains when crossing an electronic potential difference of 1 volt
- particle emitted with beta particle in isobaric transition
- ___ rays - photons generated by nuclear transitions
- part of the atom that contains protons and neutrons
- attempts of an unstable nucleus to a more stable configuration

DOWN

- common way of presenting radioactive decay
- decay of Tc-99m to Tc-99
- negatively charged subatomic particle
- positively charged subatomic particle
- particle with 2 protons and 2 neutrons

Thanks for playing!
Stay tuned for the next issue.



Scintillations

The NEWSLETTER of the PHILIPPINE SOCIETY OF NUCLEAR MEDICINE

For contributions, comments, or suggestions, please
message us at psnm-scintillations@gmail.com