



# THE USPWAVELENGTH



Official Newsletter of the Ultrasound Society of the Philippines

Launch Issue | October 2025



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## Message from the President

# The USP Wavelength: Launch Issue Celebrating 37 Years of Ultrasound Excellence—Where Past, Present, and Future Converge

## Dr. Filipinas R. Rojo

USP President (2024-2025)



Welcome to The USP Wavelength, your new platform to connect, share, and grow! For 37 years, the Ultrasound Society of the Philippines (USP) has been at the forefront of advancing diagnostic imaging, and today, we're thrilled to launch this newsletter as a testament to our journey—one built on collaboration, resilience, and unwavering passion.

### A Look Back, A Step Forward

Since 1988, USP has evolved from a small community of ultrasound pioneers to a national force driving innovation. For many of us, the past five years have been transformative: navigating the challenges of COVID-19, we pivoted to virtual learning with the Comprehensive Board Review Series, ensuring that fellows-in-training are prepared for the Philippine Board of Ultrasound examinations and are beneficial for all Radiologists and Radiologic Technologists as well.

Then, as the world opened up, we hit the road with USP Caravans and Master Classes and even community service, bringing hands-on training and networking to most of the PCR chapters throughout the country, from Baguio City to Cebu City and Davao City—proving that distance is no barrier to our mission.

### Your Voice, Our Community.

This newsletter is yours. Whether you're a founding member with decades of wisdom or a new face eager to contribute, we want to hear your stories. Share your insights, memories, or ideas—we'll feature them in future issues.

### What's Next?

The journey ahead is bright. We're expanding our educational offerings, forging new partnerships, and doubling down on our commitment to inclusivity.

Thank you for being part of this incredible USP community, under the Philippine College of Radiology umbrella. Together, we'll continue to push the boundaries of ultrasound excellence—one wavelength at a time. Let's connect, learn, and grow.

## Editor's Note

# A Light from the Shadows

## Dr. Maria Trisha S. Lapus

USP 1st Vice President (2024-2025)



Ultrasound is alive.

As practitioners, we often operate in the shadows—rarely noticed, yet never insignificant. It's time we step forward and claim our space in the broader medical and radiologic landscape.

Today marks a milestone: the launch of The USP Wavelength, the official newsletter of the Ultrasound Society of the Philippines. This platform is our voice—one that celebrates the experiences, talents, and achievements of our members, and showcases the vibrant practice of ultrasound across the country.

Inside, you'll find updates on the USP's educational programs—scientific meetings, conventions, board reviews, and workshops. You'll discover the diverse perspectives of our members—from pioneers and mentors to fellows-in-training and newly inducted colleagues. You'll witness the challenges, grit, joy, and triumphs of life behind the probe.

We thank our writers and editors, USP President Dr. Filipinas R. Rojo, and Philippine College of Radiology President Dr. Marc James DC. delos Santos, along with their dedicated Boards of Trustees.

*The USP Wavelength* honors each of you who bring the mind, heart, and hands of radiology to your patients every day.

You are the light we need. Beam proudly.

# Message from the Founding President of the Ultrasound Society of the Philippines

## Dr. Vincent V. Romano, Jr.

USP Founding President



On behalf of the Past Presidents of the Ultrasound Society of the Philippines, I would like to thank the present USP President and Board of Trustees for remembering and honoring the achievements of the previous leaders of the USP.

Diagnostic Ultrasound was introduced into the country in 1973 when Makati Medical Center purchased a Picker Ultrasound machine. The machine was initially handled by Dr. Crisanto Vito Cruz, who was the only one knowledgeable in ultrasound during that time. In the early part of 1975, after finishing his ultrasound training in the United States, Dr. Carlos Marquez took over from Dr. Crisanto Vito Cruz. In the latter part of 1975, Dr. Marquez authorized me to operate the machine. This launched my career as a sonologist. Dr. Vito Cruz handled the machine bought by Medical Center Manila. In 1977, UST Hospital followed and acquired an ultrasound machine, which was handled by Dr. Alfonso Doria.

The PCR Board of Trustees, under President Dr. Ronaldo Asuncion, approved the creation of subspecialty societies. Dr. Doria was tasked with organizing the ultrasound subspecialty. It was in 1983 that he organized PORUM (Philippine Organization of Radiologists in Ultrasound Medicine) with Dr. Alfonso Doria as President, Dr. Eduardo Leano as 1st Vice President, Dr. Roberto Ramos as 2nd Vice President, Dr. Ireneo Villano as Secretary, Dr. Loreto Manaloto as Treasurer, Dr. Antonio Pacifico as Auditor, and Dr. Emilio Baltazar as PRO. I was a member of this society. In the latter part of 1986, the PCR Board of Trustees suggested reorganizing PORUM and changing its name to Ultrasound Society of the Philippines.

In a meeting at the Makati Sports Club on August 29, 1987, the following were elected officers: Dr. Vicente Romano, Jr. as President, Dr. Roberto Ramos as 1st Vice President, Dr. Francisco Catapia, Jr. as 2nd Vice President, Dr. Mercy Go-Santi as Secretary, Dr. Luz Lacuna as Assistant Secretary, Dr. Emilio Baltazar as Treasurer, and Dr. Emmanuel Carandang as PRO. Members of the Board were: Dr. Silvestre Talon, Dr. Braulio Sto. Domingo, Jr., and Dr. Antonio Mar Pacifico. The officers were inducted into office by the late Senator Victor Ziga at Club Filipino in Greenhills.

We framed the constitution and bylaws of the society based on the PCR constitution submitted to the Securities and Exchange Commission, which was approved. It was stated in the USP constitution that the initial membership shall be PCR fellows practicing ultrasound. The present emblem of the USP was drawn by my brother-in-law, Eriberto Gutierrez, with my ideas.

Lastly, let us try our best to convince and prove to everybody that the radiologists are the best sonologists in the country.

Thank you.

# Featured Articles: USP Milestones

## USP Successfully Concludes Ultrasound Lecture-Workshop Caravan in Cagayan de Oro



By: *Dr. Michael Rico B. Mesina*  
USP 2nd Vice President (2024-2025)



CAGAYAN DE ORO — The Ultrasound Society of the Philippines (USP), under the leadership of its President Dr. Filipinas Rojo, recently wrapped up its Ultrasound Lecture-Workshop Caravan in Cagayan de Oro, marking another milestone in the society's ongoing efforts to promote excellence in ultrasound education across the country.

The event was held on April 27, 2025, in collaboration with the Mindanao North Chapter of the Philippine College of Radiology (PCR), headed by its President, Dr. Jeffrey Rizalino Ponce. The partnership played a key role in the success of the Caravan, which brought together radiology professionals, trainees, and experts for a series of lectures and hands-on workshops.

Organized by the dynamic team composed primarily of consultants and residents from the Department of Radiology of Northern Mindanao

Medical Center, chaired by Dr. Maria Lourdes David-Agana. The team's commitment and coordination ensured a smooth and engaging experience for all participants.



The USP also extended its congratulations to the newly inducted Board of Trustees and members of the Mindanao North Chapter.

The lecture-workshop featured sessions led by respected facilitators and lecturers, including Dr. Irene S. Bandong, Dr. Celeste B. Baldonado, Dr. Filipinas R. Rojo, Dr. Abigail M. Milo, and Dr. Ephraim Emmanuel A. Maniego. Their contributions provided valuable insights and practical training to attendees, reinforcing the society's commitment to continuous professional development.

The support from industry partners played a vital role in the event's success. The USP acknowledged its sponsors— Sonoscape, Fujifilm, and Siemens, Marsmann Drysdale, Pinnacle Medical—for their continued backing of the society's initiatives.

Behind the scenes, USP Secretariat Ms. Norelyn M. Calderon-Sayson was commended for her efficient coordination and support throughout the event, ensuring that all logistical aspects were handled with precision.

Also present at the Caravan were Dr. Marc James DC. Delos Santos, President of the Philippine College of Radiology, and Dr. Lino Santiago S. Pabillo, current member of the PCR Board of Trustees, whose participation underscored the strong ties between USP and PCR.

With the successful completion of the Cagayan de Oro leg, USP continues to expand its reach, bringing high-quality ultrasound education to more regions across the Philippines.



*Hands on with Dr. Mico Mesina*

## Ultrasound Society of the Philippines Hosts First Midyear Convention with Resounding Success



By: Dr. Maynard Y. Redor  
USP Scientific Committee Chair (2024-2025)

The **Ultrasound Society of the Philippines (USP)** successfully held its first-ever **Midyear Convention** on June 27–28, 2025, at the **DAPA Hall of the Philippine Heart Center**, with the theme *“Waves in Motion – A Deep Dive into Musculoskeletal Ultrasound.”*

Organized in partnership with the Asian Musculoskeletal Society (AMS) and the Skeletal Radiology Society of the Philippines (SRSP), the convention brought together experts and practitioners for an in-depth exchange of knowledge, techniques, and innovations in musculoskeletal ultrasound.



### Opening and Plenary Sessions

USP President Dr. Filipinas R. Rojo officially opened the event, followed by welcome remarks from SRSP President and AMS Executive Committee Member Dr. Melodia B. Geslani. An inspirational message was delivered by Dr. Marc James DC. Delos Santos, President of the Philippine College of Radiology (PCR), setting the tone for two days of learning and collaboration.



USP BOT with guest lecturer Dr. Cynthia Peter

The first day featured a series of lectures by distinguished speakers. Dr. Michael Rico B. Mesina, USP Second Vice President, delivered comprehensive talks on the ultrasound of the shoulder, elbow & knee.

Dr. Cynthia Assimta Peter of AMS followed with lectures on the wrist, hand, hip, and ankle. The day concluded with a written examination, which served as a requirement for the hands-on workshop on the second day.



Hands-on with Dr. Cynthia Peter

### Hands-On Training

The second day highlighted practical learning. Dr. Cynthia Assimta Peter, assisted by facilitators from USP and SRSP, led ultrasound demonstrations covering the musculoskeletal regions discussed earlier. Attendees rotated through several practice stations, made possible through the support of partner sponsors, and later performed return demonstrations to ensure their proficiency in scanning techniques.

### Milestone Launch: UFTC Training Manual

A key highlight of the convention was the launching of the first UFTC Training Manual. The ceremony included the awarding of the Manual Cover Design Contest winner, Dr. Jo Leane R. Salveron, followed by messages from UFTC heads Dr. Maria Trisha S. Lapus and Dr. Sarah Victoria L. Zampaga. The first copy of the manual was presented to Dr. Benigno R. Santi II, who initiated its development during his term as USP President from 2018–2019.

### Closing and Recognition

The event concluded with the awarding of certificates to lecturers, facilitators, moderators, organizing committee members, sponsors, and proficiency awardees. A final message from Dr. Cynthia Assimta Peter and closing remarks from Dr. Michael Rico B. Mesina wrapped up the convention on a high note.

The success of this inaugural midyear gathering underscores USP’s commitment to advancing excellence and collaboration in ultrasound practice. With *“waves in motion”* and a strong vision for the future, the society looks forward to charting new horizons in musculoskeletal ultrasound in the years ahead.

## Ultrasound Society of the Philippines Honors Legacy at President's Night

By: *Dr. Melani F. Mapalad-Manio*  
 USP Secretary (2024-2025)



The Ultrasound Society of the Philippines (USP) celebrated a night of gratitude and camaraderie during its first-ever President's Night held on June 27, 2025, at the elegant Meridian Ballroom of the Luxent Hotel, Timog Avenue, Quezon City. Guests arrived in stunning Filipiniana attire, setting the tone for an evening of warmth and mutual respect.

The event brought together members, colleagues, and friends to reconnect and honor the society's legacy. USP President Dr. Filipinas R. Rojo opened the program, followed by an inspirational message from Dr. Marc James DC. Delos Santos, President of the Philippine College of Radiology.

One of the highlights of the evening was a heartfelt tribute to USP's past presidents, led by 1st Vice President Dr. Maria Trisha S. Lopus. She reflected on the society's history and the pivotal role each president played in shaping its growth. The culmination of the evening was when each past president was called on stage and presented with the golden probe trophy—symbolizing their dedication to advancing ultrasound practice, fostering professional development, and strengthening USP's presence in the medical community.

Dr. Vicente V. Romano Jr., USP's founding president, delivered a moving response on behalf of all honorees. He encouraged the next generation to uphold the society's mission and continue elevating the standards of ultrasound medicine.

The evening concluded with closing remarks from 2nd Vice President Dr. Michael Rico B. Mesina, who emphasized that the gathering was not only a celebration of achievements but also a call to inspire future leaders to carry forward USP's vision and values.



*USP Board of Trustees 2024-2025*

### Honored Past Presidents:

- 2023–2024 Francis R. Villanueva, MD
- 2022–2023 Ma. Cartrini O. Cruz, MD
- 2021–2022 Cecilia A. Villamor, MD
- 2019–2021 Pedro Danilo J. Lagamayo, MD
- 2018–2019 Benigno R. Santi II, MD
- 2015–2018 Yvette Eve Bernabe L. Datu-Ramos, MD
- 2013–2015 Julio T. Dumo Jr., MD
- 2012–2013 Lino Santiago S. Pabillo, MD
- 2010–2012 Carlos J. Ramirez, MD
- 2008–2010 Marvin T. Tamaña, MD
- 2007–2008 Jerome A. Gaerlan, MD
- 2006–2007 Leandro C. Manalaysay, MD
- 2005–2006 Rodney L. Fernan, MD
- 2004–2005 Dorita P. Evangelista, MD + Gerardo M. Silva, MD
- 2002–2003 Danilo R. Sacdalan, MD
- 2000–2002 Pedro Danilo J. Lagamayo, MD
- 1999–2000 Mercy Go-Santi, MD + Mario E. Sarmenta, MD
- 1998–1999 Mario E. Sarmenta, MD
- 1997–1998 Meneleo S. Joson, MD
- 1996–1997 Orlando R. Ignacio, MD
- 1995–1996 Oscar J. Ramirez, MD
- 1994–1995 Eduardo P. Leaño, MD +
- 1992–1993 Francisco C. Catapia Jr., MD +
- 1990–1992 Roberto V. Ramos, MD
- 1986–1990 Vicente V. Romano Jr., MD



*USP past presidents with the current Board of Trustees*

The President's Night reaffirmed USP's commitment to upholding its core values: Unity, Service and Passion for excellence.

## A Global Convergence of Ultrasound Experts: My Experience at the 20th WFUMB Congress

By: *Dr. Melani F. Mapalad-Manio*  
USP Secretary (2024-2025)



*Fellow attendees (from left) Dr. Rodney Fernan, Dr. Melani Mapalad-Manio, Dr. Filipinas Rojo, and Dr. Engracia Warfe*

From May 29 to June 1, 2025, I had the privilege of attending the 20th Congress of the World Federation for Ultrasound in Medicine and Biology (WFUMB), held in the culturally rich city of Kyoto, Japan. Together with me representing the Ultrasound Society of the Philippines are Dr. Filipinas R. Rojo, who is the current President of our society; Dr. Rodney L. Fernan, the current 1st Vice President of the Philippine College of Radiology; and Dr. Warfe T. Engracia, who is an octogenarian radiologist and member of the Philippine Society of Ultrasound in Clinical Medicine Inc. The event brought together ultrasound professionals from more than 70 countries, transforming the venue into a vibrant hub of learning, innovation, and collaboration. It is likewise a venue to foster new friendships and build connections with other international organizations.

The scale of the congress was remarkable, featuring 15 parallel sessions alongside additional presentations from WFUMB partner organizations. Attendees engaged in a variety of paper presentations and poster contests, showcasing cutting-edge research and novel applications of ultrasound in clinical practice.

The breadth of topics was impressive, covering liver, breast, lung, renal, head and neck, gynecologic, obstetric, and musculoskeletal ultrasound. A recurring theme throughout the sessions was the rapid advancement of elastography, contrast-enhanced ultrasound (CEUS), and artificial intelligence (AI) in diagnostic imaging. We had a hard time choosing which lectures to attend due to the simultaneous topics that all sparked our interest.

Beyond the lectures, we participated in lunch symposia and hands-on seminars, where the practical skills and real-world applications of emerging ultrasound technologies came to life. One of the highlights for us was the workshop on liver multi-parametric ultrasound—a promising tool for quantitative assessment of metabolic dysfunction-associated steatotic liver disease (MASLD). This session offered valuable insights into how advanced imaging can improve early detection and management of this increasingly common condition. It was during this time that we had the opportunity to get to know the personalities and world-renowned experts whose names we have been reading in various books and research studies we often use as references, among whom are Dr. Richard Barr, Dr. Giovanna Ferraioli, Dr. Dirk André Clevert, Dr. Ioan Sporea, and physicist Timothy Hall.



*(from left) Dr. Filipinas Rojo, convention speaker and hands on facilitator, Dr. Richard Barr and Dr. Melani Mapalad-Manio*

The WFUMB Congress was more than just an academic event—it was an inspiring reminder of the global commitment to advancing ultrasound in medicine. We returned home with fresh perspectives, enhanced skills, and a renewed passion for contributing to this ever-evolving field. This experience hopefully would be a precedent for future collaborations and shared international activities.

## The Evolution of the USP Fellowship Training Manual: A Chronicle of Leadership and Collaboration



By: Dr. Sarah Victoria L. Zampaga  
Chair, USP Fellowship Training Council (2024-2025)

The development of the Ultrasound Society of the Philippines (USP) Fellowship Training Manual is a testament to enduring commitment, visionary leadership, and collaborative spirit. From its inception in 2019 to its inauguration in 2025, the manual evolved through a structured, inclusive process led by the USP Board of Trustees and the Ultrasound Fellowship Training Council (UFTC).



Signing of the inaugural copy of the UFTC Training Manual by Dr. Trisha Lapus (past UFTC Chair), Dr. Filipinas Rojo (USP President) and Dr. Sarah. Zampaga (current UFTC chair)

The journey began under the leadership of Dr. Benigno R. Santi II, who oversaw the adoption of USP's Amended Constitution and Bylaws. A pivotal milestone followed: the creation of the UFTC, composed of Fellowship Training Officers (FTOs) from the USP, tasked with crafting a uniform Ultrasound Fellowship Training Syllabus to standardize education across USP-accredited training institutions.

In 2020, USP President Dr. Pedro Danilo J. Lagamayo formalized the UFTC, appointing Dr. Maria Trisha S. Lapus as chairperson. She led the conceptualization and initial drafting of the manual, presenting its framework to the USP Board of Trustees and initiating its structured development.

The first UFTC meeting on February 7, 2021, organized FTOs into teams to draft specific learning outcomes. Teams were created based on the key subspecialties in diagnostic ultrasound, establishing a collaborative backbone for content creation. The second meeting, held during the term of Dr. Cecilia A. Villamor on March 30, 2022, highlighted updates and challenges, including frequent FTO turnover and variability in contributions, which complicated standardization efforts.

Under the presidency of Dr. Ma. Cartrini O. Cruz, the First USP Conference on Fellowship Training was held on August 5, 2023, at the Manila Prince Hotel, focusing on OB-Gynecology/Breast, GIT, and GUT ultrasound subspecialties. The conference advanced the manual and addressed broader fellowship concerns, fostering innovation and dialogue.

The Second USP Conference took place on February 17, 2024 at Century Park Hotel under the term of Dr. Francis R. Villanueva. Pediatric and Small Parts ultrasound were added to complete the five main organ systems. The manual's learning outcomes were then integrated into the USP's Linear Alignment Matrix. On October 11, 2024, the final draft was presented at the USP Business Meeting during the Joint Annual Convention at The Manila Hotel.

In 2025, under the term of Dr. Filipinas R. Rojo, Dr. Sarah Victoria L. Zampaga was appointed UFTC Chair to oversee its refinement and submission to PCR. A cover design competition was held among fellows in training, with Dr. Jo Leane R. Salveron declared the winner on June 18.



Presentation of the inaugural copy to past USP President, Dr. Benigno Santi II

During the 1st USP Midyear Convention, the USP Fellowship Training Manual was officially inaugurated on June 28, 2025.

August 27, 2025 marked a major milestone for the USP, when it finally released its training manual to all USP-accredited training institutions, a capstone moment marking the culmination of years of dedication and unity.

## USP Fellowship Training Council Conducts Essentials and Updates Series on Ultrasound



By: Dr. Sarah Victoria L. Zampaga  
Chair, USP Fellowship Training Council (2024-2025)

The USP Fellowship Training Council successfully held its Essentials and Updates Series, a five-part online scientific meeting designed to enhance the knowledge and examination readiness of fellows-in-training for the Philippine Board of Ultrasound Examinations. Beyond academic preparation, the program also identified potential convention speakers and nurtured future organizers, strengthening the society's academic community.



5 installments of the Essentials & Updates Lecture Series

Conducted via Zoom from June to August 2025, the series highlighted key subspecialties in diagnostic ultrasound. Each session was led by fellows-in-training, allowing them to showcase their clinical acumen and engage in academic exchange. The event drew a multidisciplinary audience of consultants, residents, radiographers, sonographers, and other ultrasound professionals—fostering a collaborative learning environment.

### Session Highlights

- OB-Gyne and Breast Ultrasound – June 4, 2025. Focused on advances in obstetric and gynecologic imaging.

Highlight: Dr. Katleya Teresa G. Manlapaz shared expert insights on breast ultrasound best practices.

- Pediatric Ultrasound – June 18, 2025. Explored congenital, neonatal, and developmental imaging.

Highlight: Dr. Ralph Rommualdo Zuniega delivered a comprehensive lecture on congenital brain malformations, emphasizing key imaging correlations.

- Genitourinary Tract Ultrasound – July 9, 2025. Enhanced understanding of renal, bladder, and male reproductive system imaging.

Highlight: Dr. Tito Vinluan Jr. presented Doppler Ultrasound of the Native Renal Vessels, underscoring its role in renal vascular pathology.

- Gastrointestinal and Hepatobiliary Ultrasound – July 23, 2025. Applied case-based learning and pattern recognition in GIT and hepatobiliary imaging.

Highlight: Dr. Reynan Hernandez discussed hepatobiliary diseases, focusing on diagnostic pearls and sonographic features.

- Small Parts Ultrasound – August 6, 2025. Covered thyroid and shoulder ultrasound with emphasis on structured interpretation.

Highlight: Dr. Danwyn Janel Mercado delivered a detailed TI-RADS review, stressing structured reporting and recognition of red flags.

### Supporting Partners

The series was made possible through the generous sponsorship of Biopharma Medical Solutions, Inc., represented by Ms. Aida Borlaza. Their support ensured high-quality virtual delivery and nationwide accessibility.

### Commitment to Excellence

The Essentials and Updates Series underscores the Council's dedication to advancing radiologic education. By equipping fellows-in-training with updated, practical knowledge while cultivating potential leaders and educators, the USP Fellowship Training Council continues to shape the next generation of competent and confident imaging professionals.

As ultrasound technology and practices evolve, this initiative reaffirms the Ultrasound Society of the Philippines' commitment to maintaining global standards in diagnostic imaging—ensuring practitioners are better prepared, better informed, and better connected.

## Wave of Progress: USP Expands Fellowship and CPD Programs



By: Dr. Rosalinda D. Ocariza  
USP Accreditation Committee Member (2024-2025)

### Introduction

Fellowship training represents the pinnacle of medical specialization in the Philippines, equipping physicians with advanced expertise in radiology and ultrasound. As the healthcare landscape continues to evolve—especially in the years following the COVID-19 pandemic—ensuring standardized and high-quality fellowship training has become more critical than ever. To meet this challenge, Philippine medical societies have strengthened systems for evaluating and accrediting training institutions.

### USP Fellowship Program Accreditation in the Philippines

At the forefront of this effort is the Ultrasound Society of the Philippines (USP), the accredited subspecialty society under the Philippine College of Radiology. Headquartered in Quezon City, USP oversees standards, fellowship training, continuing education, and accreditation processes for ultrasound practitioners nationwide.

The USP Fellowship Training Council evaluates and accredits ultrasound fellowship programs across the country. Accreditation is granted to institutions that meet established benchmarks for clinical training, mentorship, and educational excellence. Accredited programs undergo periodic re-evaluation to ensure consistency and quality.

For fiscal year 2025, 37 institutions across the Philippines hold accreditation as ultrasound fellowship training centers. This year alone, two new institutions were granted accreditation, while seven successfully renewed theirs—underscoring USP’s commitment to elevating training standards and preparing practitioners for world-class care.

### Why Accreditation Matters

Accreditation is more than a regulatory process—it is a safeguard for quality medical training

and patient care. Accredited programs:

- Adhere to clinical and educational standards
- Employ qualified mentors and faculty
- Provide access to modern facilities and technologies
- Follow structured curricula with clear learning objectives
- Uphold ethical practice and fair assessments

For physicians, training in an accredited institution is essential to:

- Qualify for board or subspecialty certification
- Demonstrate clinical competence
- Expand professional opportunities locally and abroad

### Additional Roles: Education, Workshops, and CPD

USP is recognized by the Professional Regulation Commission (PRC) as a Continuing Professional Development (CPD) provider. It regularly organizes conventions, workshops, and lectures to keep professionals updated. Recent offerings include the first-ever USP mid-year convention themed “Waves in Motion: A Deep Dive in Musculoskeletal Ultrasound” and an online lecture series covering essentials and updates in OB-Gynecology/Breast, Pediatric, GUT, GIT, and Small Parts ultrasound.

### Regional Outreach

USP extends its educational efforts beyond metropolitan centers through initiatives like the USP Workshop Caravan, which recently brought hands-on training to Northern Mindanao—broadening access and addressing regional disparities in healthcare education.

### Summary

Through its fellowship accreditation programs, CPD initiatives, and outreach efforts, the Ultrasound Society of the Philippines plays a vital role in shaping the future of ultrasound practice in the Philippines—ensuring excellence, inclusivity, and improved patient care nationwide.

# Reflections & Narratives: Professional Journeys

One moment changed everything.

Dr. Sarmenta, my mentor at the time, reviewed one of my scans. I had labeled the pancreas as “obscured.” Without judgment, he took the probe, placed it on the patient, and—just like that—the pancreas appeared, perfectly visualized. I was stunned. “How did you do that?” I asked. His gentle guidance lit a spark: ultrasound wasn’t just about pressing buttons or sliding a probe—it was about precision, technique, and experience. That moment marked the beginning of a deeper pursuit.

In the early days, I compared my scans to those of my mentors and constantly questioned myself. Why did theirs look so much better? Was I not applying enough pressure? Was I holding the probe wrong? These questions pushed me beyond my comfort zone. I began timing my scans, tracking improvements, and reviewing every study with growing critical awareness. I experimented with different techniques and reporting styles, gradually developing my own method. Every mistake was a lesson. Every small improvement, a victory.

Throughout my training, I was fortunate to learn from mentors who embodied the art and science of ultrasound. They were calm, patient, and passionate. Their confidence came not just from years of practice, but from a deep belief in the value of this tool. They taught me that ultrasound isn’t merely about image acquisition—it’s about clinical reasoning, bedside presence, and patient connection. Under their guidance, I realized that ultrasound is more than a modality



## Why I Chose to Become a Fellow of the USP: a Journey from Uncertainty to Purpose

*Dr. Allister Louis L. Uy  
1st Placer, Philippine Board of Ultrasound 2024*

Many have asked why I chose to specialize further in ultrasound. The answer is neither simple nor singular—it’s a journey of uncertainty, persistence, and ultimately, purpose. My introduction to ultrasound was far from inspiring. During a routine clinical rotation, I found myself fumbling through scans, barely understanding the grayscale images flickering on the screen. My focus was mechanical: capture anatomical structures clearly and finish all scans within the shift. At the time, I only knew one pathology—anechoic meant fluid. Structures like the pancreas and ovaries felt like mythical creatures—rarely seen, always elusive.



*Oath Taking of the Fellows of the USP in 2024*

—it's a mindset: inquisitive, methodical, and human-centered.

Being a male physician added another layer of complexity. Initially, I faced hesitation from female patients during breast and transvaginal or transrectal scans. But with respectful communication and improved technique, I gained their trust. Even now, as a consultant, I remain mindful of these interactions and continue striving for excellence, especially in sensitive exams.

Passing the diplomate exam was not an endpoint—it was a new beginning. I asked myself: Are my skills enough? Am I ready to sign off on unremarkable studies with confidence? What if I miss something? These questions didn't arise from doubt, but from a desire for mastery. I dove deeper into the literature, reading ultrasound textbooks and journals, recognizing previously unfamiliar pathologies with growing certainty. Those textbook-perfect cases taught me to sharpen my differential diagnoses and trust my clinical instincts.

As I transitioned into a teaching role, I found myself learning even more from the trainees I mentored. Their questions challenged me to clarify my thoughts, refine my techniques, and articulate findings more precisely. Teaching ultrasound has not only improved my scanning skills but also strengthened my communication and leadership abilities.

Ultrasound, often the first imaging modality patients encounter, carries immense diagnostic potential. A routine scan can uncover life-threatening conditions. Early recognition can save lives. This immediate impact is what draws me to this field—where real-time visualization meets clinical decision-making, and where collaboration fuels continuous learning.

Choosing to become a Fellow of the USP is not about following in the exact footsteps of my mentors, but about carrying forward the values they exemplified: curiosity, discipline, and service. I want to master this craft, teach it to others, and contribute to the advancement of this dynamic field.

Ultrasound has taught me far more than how to interpret images. It has taught me to listen carefully, think critically, act decisively, and lead with intention. It has shaped how I practice, teach, and serve.

Ultrasound has taught me far more than how to interpret images. It has taught me to listen carefully, think critically, act decisively, and lead with intention. It has shaped how I practice, teach, and serve.

For me, ultrasound is no longer just a specialty—it is a calling. And this, I know, is only the beginning.



## Finding My Footing: A New Radiologist's Journey

*Dr. Maria Kristina Base*

### From Training to Practice: A Radiologist's Early Journey

Transitioning from residency and fellowship into independent practice is both exhilarating and daunting. After years of structured training and guided reporting, stepping into the role of a practicing radiologist means carrying a new kind of responsibility. It's a season of growth—full of challenges, yes, but also full of promise.

#### Early Steps

My first few months as a consultant radiologist were filled with hope. I was eager to apply years of training and build something meaningful. But the shift from training to practice brings realities you don't always prepare for. Coming from a non-medical family, I quickly realized that setting up a practice demands more than clinical knowledge—it requires adaptability, resourcefulness, and courage.

#### Facing the Challenges

One of the first lessons I learned is that practicing far from your training ground can feel isolating. Without mentors nearby, decisions rest squarely on your shoulders. Rejections, frustrations, and uncertainty can weigh heavily. Yet, I've found that opportunities often favor not the most decorated, but those who are present and willing when needed.

Another hurdle has been the mismatch between my training and the needs of my community. There is a strong demand for prenatal imaging, but few OB-sonologists in the area. Unfortunately, due to the pandemic, I did

not gain hands-on experience in prenatal scans during my residency. My training focused mainly on general and vascular ultrasound—valuable, but less commonly requested here.

Much as I want to serve these patients, I know it's important to practice within my capabilities. Seeking further training before taking on prenatal scans was a difficult but necessary decision. It taught me that patient safety must always come first.

And then there's the familiar challenge every new practitioner faces: balancing speed with accuracy. In residency, cases were reviewed with mentors, and time was abundant. In practice, efficiency is expected—yet accuracy must never be sacrificed. Learning to trust my own judgment while knowing when to seek a second opinion has been one of the most valuable lessons so far.

### Moving Forward

The silver lining is that every challenge brings a chance to grow. With perseverance, discipline, and a lot of Divine Assistance, I've found the strength to keep moving forward. Support from colleagues and institutions has also been a steady encouragement.

To address the gap between training and patient needs, continuous learning is essential. Our professional societies offer webinars, workshops, and caravans to keep members updated. But ultrasound, unlike CT or MRI, is not purely theoretical—it's a skill that requires time, practice, and repetition. A brief seminar may provide knowledge, but true competence comes only from hands-on experience.

One idea worth exploring is the development of short-course training programs. A focused 3- to 6-month course could help practicing radiologists build proficiency in specific areas, such as prenatal ultrasound. Long enough to establish basic skills, yet short enough to remain feasible for those already in practice. Beyond strengthening individual competence, such programs would help radiologists secure our place in an increasingly competitive medical landscape.

### Final Thoughts

The move from training to practice is rarely smooth. It brings excitement, but also moments

of self-doubt and struggle. Yet, it is precisely in these moments that we grow beyond what training alone can teach.

Residency lays the foundation—but true growth happens in practice, where responsibility rests on our shoulders and learning never stops. By embracing lifelong education, supporting one another, and creating opportunities to refine our skills, we not only improve as individual radiologists but also strengthen our profession as a whole.

The road ahead won't always be easy, but it's a journey worth taking—with perseverance, humility, and hope guiding each step.



## The Doctor Behind the Mask

*Rolex Girl*

The ultrasound is both a silent witness to defeat, like the "BIG C," and a weapon of power; for "to know, finally, is the beginning of choice."

If walls could speak without the clause of confidentiality, the narratives would start with "matter-of-fact" statements like:

"I am HIV Positive, my partner outside is oblivious to my truth."

"Please tell my seaman husband I am only 2 weeks pregnant, not 12 weeks."

"I am and I was too scared to have this breast mass checked, but the pain is now unbearable."

"I have no one to pay for my check-up and diagnostics, I have no one."

"Please help this child's future by making a report to the embassy with a 3rd trimester, dated 4 months ago."

Inside this oasis of a room, I have witnessed the spectrum of emotions possible, and when I have questions bordering on doubt, inadequacy, and "what if," I think my role is in empowering patients, after the scan, to decide; no longer in confusion and darkness but with clarity of an official report.

The mask is both my shield and my hiding place. I write this as a tribute to a fallen comrade, Dr. Mercy Aguilar Venturina, a "Radiologist to the Barrio", who fought valiantly until 22 July 2025, when, exhausted and in unbearable pain, she gave up the ghost.

# Reflections & Narratives: Human Stories Behind the Probe



## The Unforeseen Echo

*Dr. Carina M. Yapching*

The usual hum of the air conditioning inside the ultrasound room, that steady backdrop to the shadows and echoes on the screen, felt off that day. It was like a bad note before a sad song. The patient who entered was frail, his skin jaundiced, with a pale-yellow hue from illness. My heart, which had seen countless body parts, beat normally, not knowing what it was about to face.

I started, as always, with the liver, my eyes tracing its familiar contours, a practiced ritual of diagnostic exploration. Then, my gaze drifted to the pancreas, a region I had navigated a hundred times before. What I saw stopped me cold: thick, uneven, a dark mass that shouldn't be there. Time just stopped. My stomach dropped like a stone. My heart, usually so steady, started to race wildly. A sick feeling churned inside me. My mind, usually full of facts and differential diagnoses, went completely blank, then suddenly flooded with questions: What? Why him? How could this be? Is this real? Is this truly happening?

My eyes started to burn, a tell-tale sign that tears were coming. No, this can't be. It's impossible. My fingers, usually so sure, shook slightly as I kept scanning, a desperate attempt to find something, anything. The dilated bile duct, the sludge in the gallbladder, each new finding felt like another punch of confirmation, but I desperately clung to any other explanation. Pancreatitis can still cause this. It has to be pancreatitis. It was a silent plea, a fragile shield against the truth that was closing in.

I finished the scan, the ultrasound printer's gentle whir mocking the storm inside me. I turned to my patient, pulling myself together, fighting to keep the

tears from falling. "Nothing alarming," I heard myself say, the words sounding hollow and fake. "The pancreas looks big and abnormal, but maybe it's just swollen. We can do a CT scan, just to be sure we rule out the more serious and concerning stuff." The half-truth, or rather, the desperate hope, tasted bitter.

Our eyes met then. In that quiet moment, we both understood. No words were needed. He knew. I knew. We both recognized the unspoken truth, the unforeseen echo that had just appeared in the quiet hum of that ultrasound room.

It was cancer. And it was my father.



## My Final Test

*Dr. Archimedes A. Gonzaga*

In 2013, after five years of private ultrasound practice, I faced what I now call my "final test"—a moment that forced me to choose between a personal dream and a stranger's life.

Weeks earlier, I applied for a Schengen visa through the Norwegian Embassy. It was part of a company-sponsored dream tour of Scandinavia: Denmark, Germany, Finland, Sweden, Latvia, Estonia, and Russia. Places I'd only imagined were now within reach. The trip was set for June 18 to July 1.

Then came Friday, June 14—my last workday before the trip. That morning, I received an urgent email from the embassy: they needed three years' worth of payroll records. The warning was clear—failure to comply could jeopardize my visa. I scrambled to gather the documents, scanned them onto a USB, and raced to an internet café, hoping to beat the 5 p.m. deadline.

But duty called.

A government hospital requested an ultrasound for a pregnant woman with vaginal bleeding. I was pressed for time, but a STAT request couldn't be ignored. After her scan, another emergency erupted—a Code Red.

A lanzones vendor had been stabbed in a drunken altercation. The X-ray showed a massive cardiac shadow—classic tamponade. The surgery consultant ordered a transfer to Cagayan de Oro for TCVS surgery. But I knew: he wouldn't survive the trip. I quietly muttered, "He cannot cross the barge Ozamiz to Lanao." The surgery resident repeated my words to the consultant.

Then came the order: "Refer to the radiologist for STAT pericardiocentesis."

Time froze. My watch read 4:50 p.m. I had ten minutes to reach the café and secure my European dream. But before me lay a gasping man, his wife crying beside him: “Our children are still small... we have no other skills but to sell fruits.”

What would you have done?

I looked at the clock once more, then gave the command: “Prepare a 50cc syringe, G14 needle, 3-way stopcock, sterile gloves...” The room burst into motion. In one minute, everything was ready.

I turned to his wife. “Pray,” I said. Through tears, she whispered, “I don’t know how.” I raised my voice: “Pray!” Trembling, she obeyed: “Lord, I don’t know how to pray, please let my husband live. Please guide the doctor.”

The patient was cold, bluish, and barely breathing. Without anesthesia, I inserted the needle. Blood surged from his pericardial sac. His color returned almost instantly. Then, with a voice I’ll never forget, he gasped, “Ang sarap huminga!” (“It feels so good to breathe!”). I glanced at the clock. It was 5:05 p.m.



He lived. Three days later, he was transferred to CDO. The TCVS surgeon called the needle placement “perfect.” The man went home the next day.

That night, I returned home silent. My wife asked about the visa. I only said, “Okay,” not mentioning I’d missed the deadline. Lying in bed, I stared at the stars, wondering if I had traded my chance to see the other side of the world.

The next morning, Saturday, the phone rang. “This is the Norwegian Embassy. Your visa has been approved. You can pick it up Monday

morning.”

I wept.

Because I knew—had I walked away from that man, I would have lost more than a visa. That day, I didn’t just perform a procedure. I saw God’s hand move through an ultrasound machine, through a desperate prayer, through a willing heart.

I passed my final test not by saving a life, but by choosing to value it above my own dreams. And to this day, I will never stop telling what God did—that an ultrasound machine, meant only to scan, was used to save, for His glory.



## From Healer to Patient and Back: A Journey of Empathy and Resilience

Dr. Berlin Melissa S. Go

### Exposure and Immersion

In fourth grade, I joined an exchange program to spend a day at a public school, leaving my private one. What a delight—freshly roasted cashew nuts, “dirty” ice cream, graffiti-marked tables, and new playmates. More than that, that day was my first brush with lives beyond mine, separated by fence and fortune.

The brief encounter reminded me that well-meaning help may end up quite superficial. For example, a short major medical-surgical-dental mission leaves no room for follow-up of geographically isolated patients. True empathy and service require time.

My mom would constantly remind me to be

patient when I was a medical student. Patients kept asking questions because they were scared, confused, uncomfortable, had limited resources, and were uncertain about how to navigate their new reality. I tried to be empathetic—visiting previous patients, even post-rotation, even when flat-out exhausted, and still with college tutoring afterwards. I wasn't sure it mattered, as I wasn't managing their care anymore. Years later, some patients would stop me on the street, reintroduce themselves, and tell me it did. A profound reversal of roles also convinced me.

### Disruption

In May 2021, I was diagnosed with Stage 4 breast cancer. I was the sole breadwinner, the only caregiver to my mother with dementia. Suddenly, I was the one needing care, with no extra help. It was just me, shifting gears. I now had to rely on the kindness of others, and the lessons from this transition were revealing.

*What did I learn?*

1. *Cancer muscle fatigue brings a complete shutdown*, markedly different from 72-hour duty fatigue. Ordering and picking up food required full mental and physical effort. I ended up feeding myself and my mom just once a day, feeling guilty for the inability to do more. Pain was constant and terrible, minimally relieved by strong analgesics. Opioids were the next step, but I hesitated. I couldn't afford to be incapacitated.

2. *The minute things matter, best not left for the staff later.* Offer a blanket. Cover patients. Gently wipe the gel off and avoid any abrasions. Intuitive caring grants dignity.

3. *Small gifts add cheer.* A fidget toy for anxiety, tasty food that's easily digested, but also meets restrictions: a note or a flower, a hug, a story of similar struggles.

4. I learned firsthand *how painful a bump navigated by the orderly along the corridor can be.*

5. *Privacy and having a village of care are inversely proportional.* The more private one is, the more isolated and depressed one can be—all the more difficult for others to help unobtrusively.

6. *Family comes in various shapes:* relatives, friends, acquaintances, and kindnesses of strangers.

I saw myself in another patient, also in Stage 4, weak, unable to verbalize, with ascites and intraperitoneal metastases. My technologists later asked, "Magiging ganon ka rin, doc?" Perhaps I seemed well—a jarring disconnect. At the end of that examination, I mustered as much cheer as I could, trying hard for my voice not to crack, and said, "Pagaling po kayo!" The patient squeezed my arm.

### Dementia and Grace

Mom, in her lucid moments, would ask why I hadn't told her my condition. So, I'd tell her again. Sometimes she'd ask, "Are you sure it's cancer?" Sometimes she'd offer: "Eh, that's life, just do what you can." No pity. No emotional breakdowns. Just a flat, emotionless "Fighting!" Faith helped, always my pillar of strength.

### Comeback

Being sick teaches you to listen to your body, to conserve energy, to live fully, no matter how imperfectly. A crash course in humility—and to be better, not just in skill, but in spirit.

My mom passed last year. I am still undergoing treatment and responding well. I'm even more keenly aware of how precious and short life is, and immensely grateful for the privilege to continue helping others.



### In My Father's Footsteps

*Dr. Ma. Regina S. Morabe-Dy*

After I graduated from medical school, my father made a promise to buy me a car if I chose Radiology as my specialty. I didn't believe him for a minute, because he is one of the simplest, most frugal people I've ever known, that up to this day, he chooses to ride an old, low-key, entry-level sedan. So, I didn't get too heartbroken that even after finishing my Radiology residency and fellowship trainings that no such gift ever materialized. I suppose he's realized by now that the lure of a new vehicle was never what inspired me to choose this career. It was him.



*Dr. Ferdinand Morabe*, is one of the hardest-working, dedicated, and compassionate radiologists I know. He genuinely loves his work, and my mom says he's been that way since his residency days at the Philippine General Hospital. Ultrasound was his favorite modality, and under the guidance of his consultants—especially Dr. Vicente Romano—he began cultivating his skill in sonography. His diligence during training paid off when Dr. Jaime Tomas invited him to join the consultant staff at the National Kidney and Transplant Institute (NKTII).

He joined the institution in the late 1980s, and NKTII served as fertile ground for him to refine his skills and explore new developments in General Ultrasound, Vascular Ultrasound, and Interventional Radiology. As a renal and transplant specialty center, genitourinary and transplant imaging became his forte. Back then, Vascular Ultrasound was a new technology in the country, and there was a need for non-invasive techniques to evaluate blood flow in renal transplant patients and arteriovenous fistulas of hemodialysis patients. The hospital acquired an early duplex sonography model, combining B-mode and spectral Doppler. With support from the hospital administration, he attended a course on Imaging and Doppler Techniques and completed a workshop on

Vascular Ultrasound in Australia. When the hospital acquired a higher-resolution ultrasound machine with color Doppler capability, he began performing Vascular Ultrasound routinely.

With all the new developments, he also became very active in research. In the year I was born, he published the first papers on normal kidney sizes on ultrasound among Filipinos, setting standard reference values. A year after, he published a paper on his pioneering techniques for ultrasound-guided percutaneous renal biopsy, which had previously been done under fluoroscopy. He published papers on ultrasound-guided percutaneous renal graft biopsy and ultrasound-guided percutaneous nephrostomy. His researches mostly focused on ultrasound-based innovations. He published techniques and experiences in various ultrasound-guided procedures—fine needle aspiration biopsy, endorectal ultrasound-guided transperineal biopsy, biopsy of solid renal masses, and intraoperative ultrasound localization of renal calculi as well as papers on color Doppler imaging of lower extremity deep venous thrombosis, evaluation of live kidney donors, and many more. The Philippine College of Radiology recognized his efforts with an Outstanding Researcher Award during its Golden Jubilee Year in 1999.

Aside from his passion for research, he did administrative work as Department Chairman from 2005 to 2012, and later as Department Manager of the NKTII Diagnostic Center from 2012 to 2020. Now that he's retired from government service, he has rekindled his old love and is working on several papers again.

In spite of all his achievements, he's always quick to deflect praise, attributing his success to those who believed in him—those who supported him early in his career. I didn't grasp the magnitude of his accomplishments until I started training to become a radiologist myself.

As my role model, I knew I could never fill his enormous shoes. It turned out God had other plans for me and a few fortuitous turns serendipitously led me to my current practice focused on CT and MRI—ironically, the modalities he didn't do. Despite our different practices, he remains my biggest inspiration in the field. And if I could be half the radiologist that he is, I would consider it my greatest career achievement.



## Healing Beyond the Probes

Dr. Zarah D. Zabanal

I call her Tita Alma. She's a mother, a retired nurse from the US, who spends her retirement back in her homeland, the Philippines, with her only daughter.

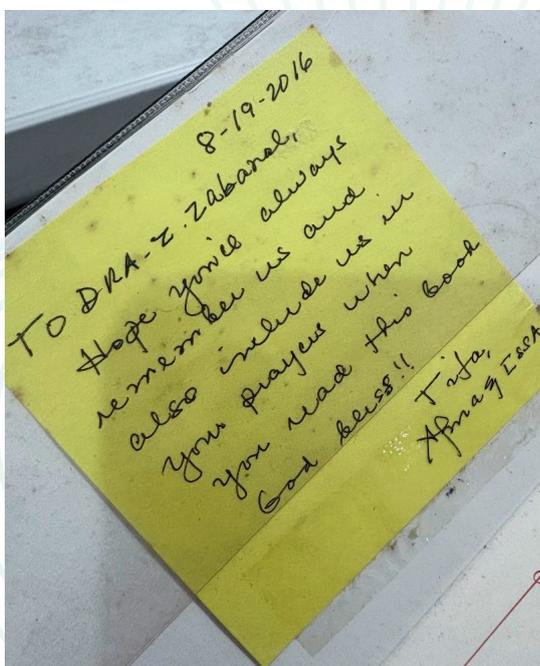
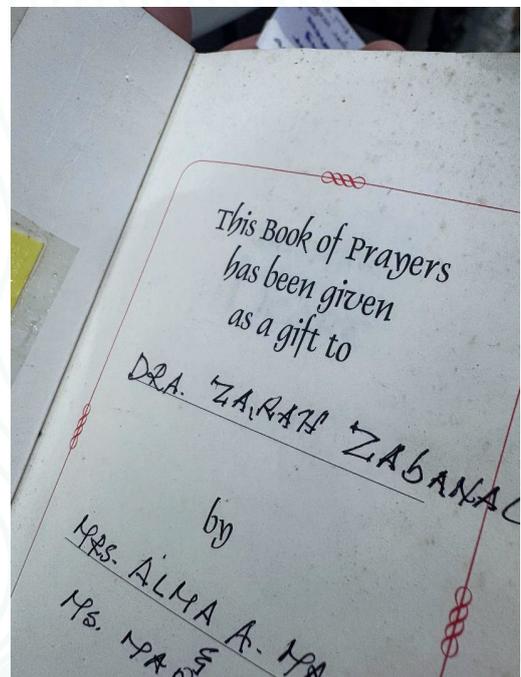
One morning, our staff informed me, "Dra. Maselan, po, the next patient is here" (mareklamo, masungit). Indeed, her looks were intimidating; she seldom smiled. Known for being strict, everything around her had to be newly changed and in perfect order. The staff would always be busy, alert, and silent whenever she was present.

As the ultrasound study began, I followed my usual routine: smiling, greeting her, and extracting her history. Gradually, she became my regular patient, sharing stories with me. One day, we spent an hour in the ultrasound room as she poured out her heartaches as a mother. I listened, embraced her, and assured her that I would pray for her and her daughter. Over the next few visits, she became more relaxed, no longer concerned about beddings, and she often took a moment to chat. Our doctor-patient relationship came to an end when I resigned from the clinic.

Reconnecting the lines—one day, I had the chance to read her chest radiograph at another institution.

After remembering her name and confirming with the staff, I realized it was Tita Alma whom I knew. I attached a note of hello with her official result, eager to know how she was doing. That simple note opened the door for us to reconnect.

We became friends on Facebook, along with her daughter. I served as a mediator between them, and after a series of messages, everything fell into place by God's grace and mercy. They soon invited me to dinner. Sadly, Tita Alma succumbed to illness from breast cancer, and on December 25, 2018, she was taken back home to heaven. Her memories will always remain in my heart, and the prayer book she gave me has become my companion during these challenging times as I fight breast cancer.



Ultrasound has been God's instrument for our paths to cross for a deeper purpose beyond medical concerns. It is during our scans that we hear stories, share laughter, and sometimes even shed tears with our patients. Our patients find comfort and trust knowing that a doctor cares for them. Keeping this in mind, we will always seek ways to treat and communicate with them with love and understanding, for we never know how much it will impact both their lives and ours. Every time you hold those probes and start your scan, smile and make your patients feel comfortable, even if you're tired. That is the most rewarding feeling we, as sonographers and sonologists, can experience. There is indeed healing beyond the probes. To Tita Alma, thank you for the memories. See you in heaven, but not too soon. 😊😊😊



## Probe and Prejudice

*Dr. Danilee May Flor A. Penafort*

It was a quiet Sunday duty at the reading room of our tertiary public hospital in Quezon City. I was a first-year radiology resident then, mostly handling emergency referrals and routine scans. The morning had been slow, the kind of shift where even the clock seemed to take a nap.

Around mid-morning, the rad tech on duty handed me a request for a transvaginal ultrasound for early pregnancy. I took the form and walked out to call the patient, expecting yet another standard OB scan. At the waiting area sat a couple. One wore baggy basketball shorts and an oversized jersey, head bent over a phone. The other wore super short shorts and a pink spaghetti strap top, as if she were heading to a beach trip right after her checkup.

“Ma’am,” I called out gently, “ultrasound ko na po kayo.”

I led them inside and began orienting the lady in pink about the procedure: how we would use an endocavitary probe to visualize the uterus and check on her baby’s viability. As I spoke, I noticed a smile playing on her lips. Then, softly at first, I heard it – a small giggle. It grew into unmistakable laughter that filled the small scanning room.

“Doc,” she finally said between laughs, “di ako ang i-ultrasound... siya.”

She gestured towards the person in baggy clothes, who looked up with wide, embarrassed eyes. For a second, I felt my face flush, but soon I was laughing too.

Turns out, they were an unlikely couple in society’s eyes – a self-confessed gay man and a lesbian woman, bound by a friendship so deep it blossomed into love. The father shared with me that he had stopped taking his hormone pills – the ones he used to grow breasts before – just so they could have this baby together. They told me their story as I set up the machine: how they met, how they dreamed of raising a child together, how nervous they were waiting for this ultrasound confirmation.

As I scanned, I let them hear the sound of their baby’s heartbeat for a few seconds – that soft, rhythmic flicker of life amplified in the room. Tears welled in their eyes as they held each other close, as if hearing that tiny heartbeat was the greatest gift they could ever receive.

Three months later, I was serving as an ER triage officer when the same couple rushed in, nearly midnight. The mother was bleeding heavily. I could never forget the pleading in their eyes as the father clutched my hands, trembling. “Doc, please! Save our baby.” Despite everything done that night, they lost their little one. Just as I rejoiced with them when they first heard their baby’s heartbeat, I cried that night as I watched their dream slip away.

There, in that dimly lit ultrasound room and again in that frantic ER bay, I saw the many faces of love – fierce, brave, and tender. Medicine is not just about anatomy or pathology, grayscale images or waveforms. Sometimes, it is simply about witnessing the beauty and pain of human stories, and letting them change you, even for just one quiet Sunday morning... or a heartbreaking midnight three months later.



## The Roads They Paved for Us

*Dr. Hasmin Maria O de Vera-Diaz*

### The Silent Investments of Parenthood

In the quiet moments of our lives, when we pause to look back at our journey, one truth often stands out: we are where we are today because someone made a choice to put us first. For many of us, that “someone” is a parent. Their sacrifices are often subtle, woven into daily routines and unspoken acts of love. They don’t keep a list or expect a tally of gratitude. They simply give—over and over—because they see in us the future they dream of.

### Sacrificing Time

Time is one of the most precious resources anyone can offer, and parents give it freely. It shows up in the early mornings when they prepare us for school, in the long hours waiting during music recitals, and in the sleepless nights

spent nursing us through fevers. They may skip social events, hobbies, or even much-needed rest just to be present in our milestones and struggles. These moments may seem ordinary at the time, but they become the foundation of our sense of security and belonging.

**Financial Priorities**

Raising a child is not just an emotional commitment—it is also a financial one. Parents often rearrange budgets and postpone personal purchases so they can cover tuition fees, extracurricular activities, or unexpected medical bills. A parent’s wardrobe may go unchanged for years, or family vacations may be replaced with more practical expenses. While these decisions may seem small in isolation, they add up to a lifetime of choices that prioritize a child’s needs over personal comfort.

**Putting Dreams on Hold**

Many parents quietly place their own dreams and ambitions on the back burner. It could be a mother who declines a promotion to spend more time at home, or a father who forgoes further studies to focus on earning a stable income. These choices are rarely easy and often come with a sense of what might have been. Yet, for parents, the fulfillment of watching their children grow, learn, and succeed can outweigh the loss of personal opportunities.

**Emotional Strength**

Not all sacrifices are visible. Parents often carry their own worries in silence, choosing to shield their children from stress. They may smile through financial uncertainty or offer encouragement even when they themselves feel discouraged. This emotional labor is invisible but powerful—it teaches resilience, perseverance, and the ability to face life’s difficulties with grace.

**The Lasting Impact**

The sacrifices parents make are not just about meeting immediate needs—they are investments in the future. Every extra hour of work, every moment spent teaching or guiding, and every dream deferred is a seed planted in the hope that their children will grow into kind, capable, and independent adults. The legacy of love and selflessness they leave behind becomes a moral compass for the next generation.

**A Call to Remember and Honor**

In our fast-paced lives, it is easy to overlook these daily sacrifices because they often blend seamlessly into the background of family life. But taking the time to acknowledge and appreciate them can strengthen our bonds and deepen our gratitude. A simple “thank you” may not repay years of dedication, but it can warm a parent’s heart more than we realize.

So, the next time you enjoy a success, whether big or small, remember that somewhere along the way, a parent made a quiet choice that helped you get there. Their sacrifices may not have made headlines, but they have shaped the story of your life.



**My Memorable Trips Abroad**

*Dr. Abigail L. Pornobi*

Each journey we take in life offers new perspectives, but the most meaningful ones expand the horizons of our mind and spirit. As a fellow-in-training, attending radiologic conferences abroad within my six months of training gave me the chance to learn from different cultures and, more importantly, from my mentors—Dr. Archie Causing and Dr. Anna Lyn Egwolf. They reminded me that even as consultants, they never stop learning and adapting to the times. Their example continues to inspire me.

Among my travels, Japan and Singapore stood out as a wonderful blend of professional enrichment, relaxation, and cultural immersion. The 12th Asian Congress of Abdominal Radiology, held on the beautiful island of Awaji near Kobe, coincided with the 38th Annual Meeting of the Japanese Society of Abdominal Radiology. The scientific program featured top-notch topics in kidney, OB-GYN, GI, and urinary tract imaging, as well as honorary lectures by Drs. Takamichi Murakami, Masahiro Jinzaki, Jaap Stoker, and Christine Cooky Menias were particularly enlightening. The three-day event was packed with oral and poster presentations from across the region, and the recurring theme of Artificial Intelligence made it clear: our field is evolving rapidly.

A special Congress reception on the first day allowed us to build connections over a buffet of the finest food and drinks. The following days were equally enriching, with lectures and updates in imaging. Lunchtime was a treat—bento boxes that were a feast for both the eyes and the tummy. Between lectures, we explored Awaji Island and Osaka. As a first-time visitor to Japan, I was captivated by Osaka Castle, the Nunobiki Herb Gardens, Awaji Island Kaikyo National Park, and the Hello Kitty Smile. The Osaka World Expo 2025 was also open, offering a glimpse of over 160 countries in one place. It was overwhelming—in the best way.



*At the 12th Asian Congress of Abdominal Radiology with team Philippines!*



Soon after, I traveled to Singapore for the Asian Musculoskeletal Society (AMS) and the Singapore Congress of Radiology (SGCR), as well as the Workshops in Interventional Radiology Education Singapore (WIRES), held from August 29 to 31, 2025, at the Singapore EXPO Convention Center. Our MSK specialist, Dr. Abigayl Javillonar-Lopez, emphasized that while advances are important, knowing which topics are most practical for our everyday practice in the Philippines is key.

I attended a 2-day workshop on Basic and Advanced Musculoskeletal Ultrasound, where we scanned in real-time and received feedback from MSK radiologists. It was hands-on, insightful, and filled with practical tips. The conference featured four sub specialty tracks and over 80 lectures, catering to more than 1,000 participants. I focused on ultrasound topics, including liver and renal CEUS, imaging of HCC and renal cancer, MR GU “Cases for Aces,” and “Top 5 Trends in Digital Health for 2025.” AI was again a central theme, with applications in ultrasound, neuroradiology, MSK imaging, and Interventional radiology.

A highlight was attending lectures by Dr. Donald Resnick, the Father of Musculoskeletal Radiology. He spoke on meniscal failure patterns and shared his journey from aspiring chest radiologist to bone imaging pioneer. Meeting him—learning from him, shaking his hand, and even taking a selfie—was unforgettable.



*With Dr. Donald Resnick and our Filipino MSK radiologists at the AMS- SGCR Wires Conference 2025*

These experiences made me reflect: what about in my country, the Philippines? I often hope that the advances used in Japan and Singapore will someday be available to us. It won't happen overnight, but we hustle while we wait. We strive to learn about CEUS and AI, preparing ourselves to lead in the field of imaging. Hopefully, we trainees will gain more exposure and opportunities to apply these learnings in our own medical centers. When we scan more effectively, we manage our patients better. Truly, we are living in exciting times! At the 12th Asian Congress of Abdominal Radiology with team Philippines!

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