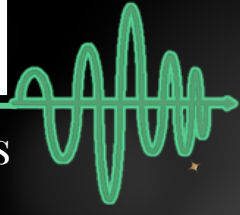




THE USPWAVELENGTH

Official Newsletter of the Ultrasound Society of the Philippines
Special Celebratory Issue | April 2026



MOST
OUTSTANDING
SUBSPECIALTY
SOCIETY AWARD

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EDITORIAL: A TRIUMPH WORTH CELEBRATING



Dr. Melani F. Mapalad-Manio

USP Second Vice President (2025-2026)

In moments of recognition, we are reminded not only of what we have achieved but of the driving force that carried us there. Winning the PCR's Legends Award as The Most Outstanding Subspecialty Society of the Philippines is more than a title- it is a testament to the dedication, vision, and unity that define our society.

This honor reflects years of relentless pursuit of excellence in subspecialty practice, education, and service. It acknowledges the countless hours our members have devoted to advancing knowledge, mentoring the next generation, and extending compassionate care to patients across the country. It is proof that when passion meets purpose, the impact resonates far beyond our own circles.

But this award is not the culmination of our journey—it is a milestone. It challenges us to continue raising the bar, to innovate, to inspire, and further widen our influence by making our presence visible to the world. It reminds us that leadership in our field is not measured solely by accolades, but by the lives we touch and the legacy we build.

As we celebrate this achievement, let us honor every member whose commitment and grave efforts made this possible. Let us also look forward with renewed energy, knowing that our society stands as an exemplary part in Philippine healthcare. Together, we will continue to shape the future of our subspecialty, encompassing the threats by proving our excellence in the field and standing our ground.

This victory belongs to all of us. And it is only the beginning.

CONGRATULATORY MESSAGES FROM THE PRESIDENTS



Dr. Cartini Cruz

USP President (2022-2023)

Warmest congratulations to the Ultrasound Society of the Philippines for being recognized as the First Outstanding Subspecialty Society at the PCR Legends Awards of the Philippine College of Radiology.

As a past president, my heart is filled with gratitude—our collective hard work, dedication, and commitment to the society have truly paid off.

This recognition reflects not only the excellence of our programs and initiatives, but also the spirit of collaboration that defines our society.

Kudos to each and every one of us who have contributed to this milestone—past and present officers, as well as our members. This achievement inspires us to strive even harder and to continue making meaningful contributions to the field of ultrasound and patient care.

May we continue to move forward with purpose, staying true to our MISSION and VISION, and steadfast in upholding our CORE VALUES of Unity, Service, and Passion for excellence.

CONGRATULATORY MESSAGES FROM THE PRESIDENTS



Dr. Francis Villanueva

USP President (2023-2024)

Congratulations to us all in the Ultrasound Society of the Philippines for a well-deserved award, winning the PCR Legends.

It has been a very fruitful year for our organization. Winning this award unanimously tells our colleagues that we are not just an ordinary administrative organization, but a group willing to reach out and share our knowledge and experiences with the community. Our hard work and dedication to expand our horizon have paid off.

This award will push us to better our craft and lead the USP community forward, radiating a sense of pride for our subspecialty.

May we continue to raise our laurels to greater heights.

God bless us all.

CONGRATULATORY MESSAGES FROM THE PRESIDENTS



Dr. Filipinas Rojo

USP President (2024-2025)

Congratulations to the ULTRASOUND SOCIETY OF THE PHILIPPINES for being named the MOST OUTSTANDING SUBSPECIALTY SOCIETY OF THE PHILIPPINE COLLEGE OF RADIOLOGY at the FIRST PCR LEGENDS AWARD this 2026! This recognition is a powerful validation to what vision, dedication, and perseverance can achieve when shared by a committed team.

When I joined the USP Board of Trustees in 2019, I encountered a group of passionate leaders whose willingness to serve the Society was both inspiring and contagious. Their example set the tone for a culture of excellence and collaboration that continues to thrive today. Over the years, the Society has launched and sustained meaningful initiatives that have strengthened education, skills development, information dissemination and outreach. Our continuing education activities have expanded nationwide from NCR to Baguio, Batangas, Pampanga, Davao, Cebu and Cagayan de Oro with collaboration with other Philippine College of Radiology Chapters and Allied Subspecialty Societies.

These initiatives are more than accomplishments—they represent the transformation of individual passion into a unified force, driven by purpose and sustained by teamwork. I am deeply honored and proud to be part of this exceptional organization. Congratulations to everyone who made this success possible. Onward to even greater milestones!

CONGRATULATORY MESSAGES FROM THE PRESIDENTS



Dr. Maria Trisha S. Lapus

USP President (2025-2026)

Dearest Fellows and Fellows-in-Training of the Ultrasound Society of the Philippines,

What a beautiful moment we celebrate! The Philippine College of Radiology has named the USP the Most Outstanding Subspecialty Society. This honor shines because of you: your time, your energy, and your wholehearted belief in what we could accomplish together. You joined our activities not for recognition, but out of generosity and love for our society. That spirit makes the USP extraordinary.

There were seasons when our relevance was questioned. Yet through unity, commitment, and hard work, we transformed doubts into renewed purpose and emerged stronger than ever.

Today, we honor the legacy of our past Presidents, the dedication of our Board of Trustees, and the vibrant enthusiasm of every member and trainee. As our beloved late Past President Dr. Cecilia A. Villamor reminded us, "A society survives through the selfless sharing of the talents of its members."

As we scan the horizon, let us carry our values proudly:
United in purpose.
Serving with patients at the heart of all we do.
Passionately pursuing excellence through continuing medical education.

May your membership bring joy, advancement in your work, and healing to the patients in your care. Together, let us achieve milestones that matter and weave memories that last.

Warmest congratulations. To God be the glory!

ULTRASOUND SOCIETY OF THE PHILIPPINES AS RECIPIENT OF THE MOST OUTSTANDING SUBSPECIALTY AWARD IN THE PHILIPPINE COLLEGE OF RADIOLOGY LEGENDS AWARD



Dr. Filipinas R. Rojo

USP President (2024-2025)

The Ultrasound Society of the Philippines was conferred the MOST OUTSTANDING SUBSPECIALTY SOCIETY during the 1st Philippine College of Radiology LEGENDS AWARD last February 19, 2026, at the SMX Convention Center, Manila.

The biennial Philippine College of Radiology LEGENDS AWARDS is primarily intended to give recognition to outstanding Radiology Chapters and Societies and Filipino Radiologists for exemplary performance in various fields of endeavor, clinical practice, research, education and training. The awardee will be bestowed the distinct honor of being a PCR LEGEND that will illuminate the future as role models for the younger crop of Radiologists.

The Chair of the PCR Legend Award Committee is appointed by the Philippine College of Radiology President. The members of the Awards Committee are representatives from the PCR Board of Trustees as well as Presidents of the Chapters, Subspecialty and Allied societies, one from the Residency Training Council and one Industrial representative.

For the Outstanding Subspecialty Society, the criteria is based on Scientific Activities, the Organizational Structure, Community Development Programs and Outreach Projects promoting Medical and Radiology Services, PCR Special Projects (collaboration with PCR societies), Compliance with PCR Board Decision and Policies and Fellowship activities.

The Ultrasound Society of the Philippines has definitely exceeded most of the criteria, not only for two years but has been sustainable for about 5 years. With the substantial USP programs and projects, it is difficult to make this concise.

Here are major outputs that contributed to this recognition:



- I. SCIENTIFIC ACTIVITIES and PCR SPECIAL PROJECTS (Collaboration with PCR Societies)
- II. SPECIAL PROJECTS
- III. MANUALS AND PUBLICATIONS
- IV. DELEGATION TO INTERNATIONAL MEETINGS
- V. COMMUNITY DEVELOPMENT PROGRAMS AND OUTREACH PROJECTS
- VI. COMPLIANCE WITH PCR BOARD DECISIONS AND POLICIES and ORGANIZATIONAL STRUCTURE

I. SCIENTIFIC ACTIVITIES and PCR SPECIAL PROJECTS (Collaboration with PCR Societies)

The USP Scientific activities range from Webinars to Face-to-Face lectures and to the USP Caravan which features lectures with workshops.

The Ultrasound Fellowship Training Council was created in 2019 with Dr. Maria Trisha Lapus as the first UFTC Chair. With the onset of the COVID-19 pandemic in 2020, the UFTC immediately innovated utilizing Webinars for the lectures to its members and eventually formulated the Comprehensive Case Review Series, which is a series of 5 webinars done every 2 weeks from June to August covering the following topics: Breast and OB-Gynecology Ultrasound, Pediatric Ultrasound, Genitourinary Ultrasound, Gastrointestinal Ultrasound and Small Parts Ultrasound. The primary target audience are the Fellows-In-Training intending to take the Philippine Board of Ultrasound examination however the audience included also practicing radiologists as well as PCR residents-in-training, so much so that attendance to these webinars reached around 300-600 pax.



The USP Caravan with Lecture and Hands-on Workshop with topic on Obstetrics, Vascular and Musculoskeletal Ultrasound started in 2023 with Dr. Michael Rico Mesina as the Scientific Committee Chair and eventually followed by Dr. Maynard Redor. USP collaborated with PCR Chapters and conducted these in different parts of the Philippines such as with the PCR-NCR Chapter in Manila, PCR-Southern Luzon Chapter in Batangas City and PCR-Northern Luzon Chapter in Baguio City in 2023. USP likewise worked with PCR-Central Luzon in San Fernando, Pampanga and PCR-Southern Mindanao Chapter in Davao City in 2024 and in 2025, with PCR-Northern Mindanao in Cagayan De Oro City. USP has reached out to the radiologists and radiologic technologists from Luzon, Visayas and Mindanao.

Three more specialized Caravans were conducted from 2024-2025 as follows: a. "MSK Ultrasound Masterclass" in collaboration with Skeletal Radiologic Society of the Philippines and PCR Cebu Chapter held in Cebu with foreign speakers; b. "Vascular Ultrasound Lecture Workshop" with NKTl and PCR NCR Chapter in Manila and c. "PSUCMI and USP Goes to Zamboanga City: Understanding Special Clinical Applications of Ultrasound" held in Zamboanga City.

USP also conducted workshops during the PCR Annual Conventions last 2024 and 2025 on the topic of Liver Elastography and on MSK ultrasound. The first "Meet the Stars, Scan the Stars" with basketball legends as the model patients for the participants to scan for MSK was conducted during PCR 2024.

Joint Annual Conventions with the CT MRI Society of the Philippines were likewise successfully conducted through the years. USP Workshop "Meet the Stars, Scan the Stars" made a comeback in JAC 2024.

USP would like to extend our gratitude to our industrial partners who have helped us in the successful conduct of the scientific activities to the different parts of the Philippines.





II.SPECIAL PROJECTS

A new special program initiated in 2025 was the First USP Mid-Year Convention with the Theme: Waves in Motion - A Deep Dive Into Musculo-Skeletal Ultrasound in cooperation with Asian Musculoskeletal Society and Skeletal Radiology Society of the Philippines held in Manila

The highlight within the USP Midyear Convention was the PAGPUPUGAY honoring all the past presidents of the Ultrasound Society of the Philippines since 1988. This formal ceremony was most heartwarming, meaningful and memorable as we traced USP history and the legacies of those who came before us.

III.MANUALS AND PUBLICATIONS

In lieu of Scientific Papers, the Ultrasound Fellowship Training Council headed by Dr. Maria Trisha Lapus was able to develop, draft and collate the Ultrasound Fellowship Training Council Manual since 2020, together with the different training officers and USP Board of Trustees through the years, with online and with Face-To-Face meetings.

Present UFTC Chair, Dr. Sarah Victoria Zampaga continued with the initiative until the final layout with the culmination of the release and signing of the Official Ultrasound Fellowship Training



Council Manual during the First MidYear Convention in June 2025. This was electronically disseminated to all UFTC Training Officers and Accredited Training hospitals on August 2025. The creation of the Official USP Newsletter, USP Wavelength was also initiated and released its first edition last JAC 2025.

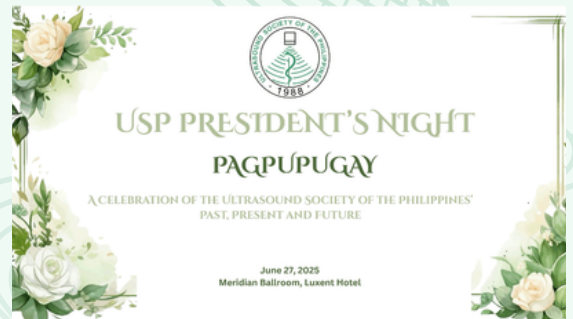


IV.DELEGATION TO INTERNATIONAL MEETINGS

Three members of the USP Board of Trustees, Dr. Filipinas Rojo, Dr. Abigail Milo and Dr. Francis Aaron Dizon attended the 2024 Asian Oceanian Congress of Radiology – The Precision of Radiology held last March 22-25, 2024 at the Taiwan International Convention Center, Taipei, Taiwan.



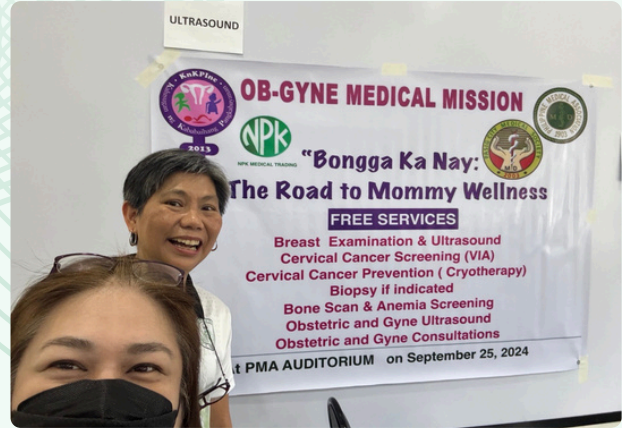
Two members of the USP Board of Trustees, Dr. Filipinas Rojo and Dr. Melani Manio with two senior Radiologists, Dr. Warfe Engracia and Dr. Rodney Fernan attended the World Federation of Ultrasound in Medicine and



Biology 2025 held last May 29 - June 1, 2025 at the Kyoto International Conference Center.

V. COMMUNITY DEVELOPMENT PROGRAMS AND OUTREACH PROJECTS

From 2023 to 2024, USP has coordinated with the Pasay-Paranaque Medical Society, Pasig Medical Society, Kalusugan ng Kababaihang Pangkabayanan and the Sacred Heart of Jesus Parish in Muntinlupa to provide breast and general ultrasound services to underserved communities in Paranaque, Caloocan, PMA auditorium in Quezon City and in Muntinlupa. These were coordinated by Dr. Roger De Venecia and Dr. Celeste Baldonado



VI. COMPLIANCE WITH PCR BOARD DECISIONS AND POLICIES and ORGANIZATIONAL STRUCTURE

USP abides by the laws and regulations set by the PCR and actively participates in PCR-led initiatives.

USP follows set rules on the Election of Officers with regular society meetings and with quality reports to be submitted to PCR.

USP has also updated the Constitution and SEC papers following the legal process and this is spearheaded by Dr. Celeste Baldonado.

All the initiatives of the ULTRASOUND SOCIETY OF THE PHILIPPINES are performed with the heart and mind, living up to the ideals of Unity, Service and Passion for Excellence.

Thus, this recognition as the MOST OUTSTANDING SUBSPECIALTY SOCIETY for the first PCR LEGENDS AWARD corroborates our planning, preparations, efforts, energies and dynamism and further emboldens us to do more and be more.





MEET THE FACES BEHIND THE WIN

Dr. Ephraim Emmanuel A. Maniego

On February 19, 2026, the Ultrasound Society of the Philippines (USP) was honored as the Most Outstanding Subspecialty Society during the PCR Legends Awards. This recognition is the fruit of years of dedication, collaboration, and service. From rebuilding connections after the pandemic to pioneering initiatives like the USP Caravan—an academic outreach that carried ultrasound education across the nation—the society’s journey reflects resilience, innovation, and unity.

In this feature, the trustees share their stories of challenges and triumphs, unveiling the spirit that carried the USP to this milestone.

RESILIENCE AFTER THE PANDEMIC

Dr. Ma. Cartrini O. Cruz (Past President 2022-2023)

Dr. Maniego: You led the USP at a pivotal time. How did that shape your leadership?

Dr. Cruz: The USP will always hold a special place in my heart. I began my term as President of the USP at a unique time—just after the pandemic, when the world was slowly finding its way back to normal. After months of virtual meetings and online activities, we were finally able to reconnect, rebuild, and move forward together.

Dr. Maniego: What initiatives stand out from your term?

Dr. Cruz: That year became a time of renewal and momentum. Many meaningful activities were planned and successfully carried out, bringing our members together once again. One of the most memorable initiatives was the USP Workshop Caravan, which allowed us to reach out and connect with the different chapters of the Philippine College of Radiology across the country. It was our way of strengthening ties, sharing knowledge, and celebrating the spirit of our community.

Dr. Maniego: What do you feel looking back?

Dr. Cruz: None of these would have been possible without the dedication, passion, and unwavering support of the dynamic members of the Board of Trustees. Their commitment made every challenge lighter and every achievement more meaningful. As I look back on my term, my heart is filled with gratitude. It was truly a venture of collaboration, resilience, and shared purpose. Serving the USP alongside such an incredible team has been both an honor and a privilege—an experience I will always cherish. The USP was not just a chapter of my leadership—it became a lasting part of my heart.



Dr. Arni's reflections on renewal after the pandemic highlight how the USP found its rhythm again. From rebuilding connections to launching caravans, her leadership set the stage for the society's resurgence—a momentum that Dr. Francis Villanueva would later carry forward.

PERSEVERANCE TOWARD RECOGNITION

Dr. Francis R. Villanueva (Past President 2023–2024)

Dr. Maniego: Dr. Villanueva, what was your role in the Legends Award journey?

Dr. Villanueva: During my presidency, I asked if the USP could join the PCR Legends Awards, given our many activities—caravans, online conferences, and medical missions. With the help of our secretary in compiling requirements, we prepared an impressive presentation. Though the contest was postponed, we waited patiently. More than a year later, we were declared the winner. It was a moment of vindication, proof that our efforts were not in vain.



Dr. Francis's account of patiently waiting for the Legends Award recognition shows the perseverance behind the USP's triumph. From his leadership, the story naturally flows to the perspective of Dr. Abigail Milo, who experienced this journey as one of the youngest trustees.

COLLABORATION AND MENTORSHIP

Dr. Abigail M. Milo (BOT 2018–2024)

Dr. Maniego: Dr. Milo, you joined the Board just before the pandemic. What was that experience like?

Dr. Milo: I have worked closely with a lot of greats in the Ultrasound Society of the Philippines since I was nominated as part of the Board of Trustees just before the COVID pandemic started—with Dr. Benigno Santi as the president, and later when Dr. Francis Villanueva was the incumbent president. I had the privilege to work with them closely as the youngest member of the Board of Trustees. It was truly an inspiring and very humbling experience.



Dr. Maniego: How would you describe the group dynamic within the Board?

Dr. Milo: The group is dynamic, composed of leaders with diverse strengths yet united by a shared vision—to help the society thrive and elevate the practice of ultrasound in the country. Each president brings unique expertise and energy, creating a collaborative environment dedicated to supporting members' growth.

Dr. Maniego: What do you think has been the Board's greatest contribution during your time?

Dr. Milo: Together, the Board through the years has been committed to developing well-rounded sonologists through continued education, mentorship, and innovation in ultrasound practice. That commitment has been the foundation of our strength and the reason the USP continues to flourish.

Dr. Abby’s reflections on collaboration and mentorship highlight the Board’s dedication to strengthening the society from within. Yet, as Dr. Roger de Venecia reminds us, the USP’s mission also extends outward—bringing ultrasound care directly to communities in need.

COMPASSION IN OUTREACH

Dr. Roger S. de Venecia (BOT 2019–2024)

Dr. Maniego: You often highlight outreach. Why is it so important?

Dr. De Venecia: There is a moment that many of us in the Ultrasound Society of the Philippines quietly carry with us—a moment that reminds us why ultrasound is not merely a diagnostic tool, but a bridge between medicine and the communities we serve.



A few years ago, it all started with just an idea and an invitation to join our clinical counterpart in the Pasay-Parañaque Medical Society for a breast cancer screening outreach program. During our outreach mission, we set up a modest ultrasound station in a community hospital in Parañaque City. The rooms were just enough, the line of patients long, and the equipment simple compared with what we were used to in tertiary hospitals. Yet the atmosphere was filled with something rare: anticipation mixed with hope.

Dr. Maniego: Can you share a moment that stayed with you?

Dr. De Venecia: I remember one woman that afternoon. Her story started when she had discovered a small lump in her breast a month earlier but had been too afraid to have it checked and likewise financially unable to seek medical evaluation. When she finally sat down for the scan, there was a heavy silence in the room. As the probe moved gently across her breast, the grayscale image slowly revealed what her hands had first noticed. In that moment, ultrasound became more than an imaging modality—it became reassurance, guidance, and the first step toward care. Her facial expression and her eyes did not ask for complicated explanations. It just showed a person who simply wanted to know that someone had listened to her concern and had taken the time to look.



Dr. Maniego: What did you see in other outreach efforts?

Dr. De Venecia: A similar scene unfolded during another outreach activity in Manila, where we set up a small tent, ventilated by a portable AC unit, having loaned beds from -

volunteers and ultrasound machines from one of our industrial partners. Our team of volunteer sonologists worked through the day scanning pregnant mothers, elderly patients with chronic illnesses, children, and individuals who may have never undergone any imaging examination in their lives.

What struck me most was not the number of scans we performed, but the quiet gratitude in the tent. For many of them, that moment with an ultrasound probe represented access to a level of care they had never imagined possible. Most of them may not fully understand the medical terminology we used, but they understood one thing clearly: someone had finally looked inside and cared enough to help.

Dr. Maniego: What does this mean for the USP's legacy?

Dr. De Venecia: These outreach programs reflect what the Legends Award truly stands for: a shared commitment to bring diagnostic care beyond hospital walls and into communities that need it most. It is a reminder that our society's strength lies not only in academic excellence but in compassion and service.

Dr. Roger's stories of outreach underscore the society's compassion and service. From tents and borrowed machines to the quiet gratitude of patients, his words remind us that USP's strength lies not only in academic excellence but in humanity. This theme of resilience and innovation continues in the journey of Dr. Maria Trisha Lopus.

INNOVATION IN TRAINING AND EDUCATION

Dr. Maria Trisha S. Lopus (Present President 2025–2026)

Dr. Maniego: Dr. Lopus, what came about your decision to join the USP Board of Trustees despite your hearing impairment?

Dr. Lopus: The first time I was invited to run for the USP BOT back in 2018, I declined because I am severely to profoundly hearing impaired on both sides. The following year, someone nominated me again, so I took that as a sign that I should run and ask for help in overcoming the challenge. I was the Residency and Fellowship Training Officer at Manila Doctors Hospital when I started with the USP BOT, which probably explains why then-President Dr. Danilo Lagamayo appointed me to head the newly established USP Fellowship Training Council. I had no prior experience, so I studied the newly amended USP Constitution. The UFTC had 14 functions, none of which had yet been performed in USP. This gave me freedom to do the job without prior expectations.



Dr. Maniego: What was the most challenging project you undertook?

Dr. Lopus: At the top of the list was the formulation of a USP Fellowship Training Manual. I believed the Fellowship Training Officers would be more invested if they helped write it. To streamline, FTOs were divided into five teams with coordinators.

The expected output was a set of learning outcomes: the knowledge, skills, and attitudes a fellow-in-training should achieve. The two major challenges were the fast turnover of FTOs and the heterogeneity of output. We overcame these through sheer dedication and teamwork. We had two 8-hour-long meetings, one in 2023 and another in 2024, where we edited the work collated by coordinators. In 2024, Dr. Sarah Zampaga entered the USP BOT. She refined the manual, started a design competition, and produced its final digital and hardbound forms.

Dr. Maniego: How did the pandemic change your approach to training?

Dr. Lapus: In 2020, the COVID pandemic struck. We did not even have a JAC, BOT election, or PBU. Using Zoom, we began with case reports by fellows, then added lectures by FUSP consultants.



The online platform allowed us to reach many trainees, consultants, and Rad techs under a limited budget while prioritizing health and safety. Dr. Filipinas Rojo and Dr. Roger de Venecia were our most requested moderators. Dr. Mico Mesina was our first online consultant speaker, and his lecture on musculoskeletal shoulder ultrasound had wonderful reviews. Later, as a USP BOT member, he headed the Scientific Committee and conceptualized the USP Lecture and Workshop Caravan, which was highly welcomed at the end of the pandemic.

Dr. Maniego: What lasting initiatives came out of this period?

Dr. Lapus: In time, our online lectures and case reports morphed into the USP Board Review Series. I patterned the division of labor in the same way as for the training manual—five teams corresponding to segments of the curriculum. Team members were appointed particular tasks: project manager, coordinator, technical director, artistic director, quiz master, and case contributors. Our current UFTC Chair, Dr. Zampaga, is doing an amazing job. The board review is progressing rapidly. Many FITs have written to thank us for helping them review. In truth, it was they who reviewed themselves and each other.

Dr. Maniego: What do you hope your legacy will be?

Dr. Lapus: I have seen, both as a person with medical difficulties and as the earlier head of the UFTC, that challenges will always exist. It is our ability to develop our strengths, our willingness to contribute them to the team, our trust in each other, and our faith in God that make the impossible possible and the ordinary legendary.

Dr. Trisha’s pioneering work on training manuals and online education shows how USP adapted to challenges and turned them into opportunities. Yet innovation did not stop there. As the society regained momentum, new trustees like Dr. Michael Rico Mesina introduced bold initiatives that expanded USP’s reach beyond hospital walls. His vision for the USP Caravan marked a turning point—transforming academic programs into a nationwide movement that brought ultrasound education directly to communities across the country.

INNOVATION AND OUTREACH: THE USP CARAVAN

Dr. Michael Rico B. Mesina (BOT 2022 to present)

Dr. Maniego: Dr. Mesina, as one of the newer members of the Board in 2022, how did you first get involved?

Dr. Mesina: When I was inducted in 2022, then-President Dr. Ma. Cartrini O. Cruz assigned me to the Scientific Committee. My task was to innovate our academic programs and develop new activities. My mindset was clear: how can we best reach out to our members and the wider radiology community at the ground level, instead of settling for occasional seminars?

Dr. Maniego: How did the idea of the USP Caravan come about?

Dr. Mesina: With the USP Fellowship Training Council slowly gaining traction, I wanted something impactful, repeatable, and portable—something that could take advantage of ultrasound’s accessibility. Then came the eureka moment: “Why not have a caravan? Instead of limiting activities to Metro Manila, we could set up high-yield scientific programs and work with different PCR chapters across the country to bring ultrasound education closer to colleagues everywhere.”

Dr. Maniego: Was it difficult to convince the Board to pursue this?

Dr. Mesina: At first, yes. We had to be careful with resources, but once industry partners agreed to support the endeavor, and with the pilot program set in familiar grounds at the Philippine Heart Center, the caravan was greenlighted. Despite challenges, everything fell into place—venue, lecturers, facilitators, logistics. On April 30, 2023, the very first USP Caravan came into fruition. I remember worrying if they would take time out from their busy schedules to attend, but with God's grace, it was a smashing success. Attendance was overwhelming, feedback was excellent, and the workshops were highly engaging.

Dr. Maniego: How has the caravan evolved since then?

Dr. Mesina: Over the past four years, the USP Caravan has traveled across Luzon, Visayas, and Mindanao, offering quality training on in-demand ultrasound procedures—vascular, musculoskeletal, and OB ultrasound. It has become one of the keystone activities of the society, especially now that many specialties are in



“arms race” to learn as much ultrasound as possible. By continuously upgrading skills and making education more accessible, the USP makes a significant difference in the practice of radiology.

Dr. Mesina’s caravan initiative exemplifies how innovation and accessibility can reshape education, turning ultrasound into a truly portable tool for learning and service. By bringing workshops and lectures to different PCR chapters nationwide, he helped set up a new rhythm of outreach and collaboration. This spirit of blending diverse strengths and perspectives resonates deeply with Dr. Celeste Baldonado, who captures the Board’s dynamic unity in her metaphor of harmony—likening their collective work to the richness of a fruit salad.

HARMONY IN DIVERSITY

Dr. Celeste B. Baldonado (BOT 2022 to present)

Dr. Maniego: How would you describe the Board’s dynamic?

Dr. Baldonado: I remember asking Dr. Trish, what being on the Board of Trustees entails. She told me that it involves work, but reassured me not to worry, because we help each other. At the time, I only half-understood what she meant. Now, I can truly see that her words are so true, and I have come to think of our work together like a fruit salad.

Dr. Maniego: What do you mean by fruit salad?

Dr. Baldonado: A fruit salad is made up of many different fruits, each with its own color, flavor, and texture. Alone, each fruit has its unique qualities, but when combined thoughtfully, they create a harmony that is greater than the sum of their parts—a delightful balance of tastes and sensations. In much the same way, our work on the Board entails a harmonious blending of diverse perspectives, experiences, and expertise. Each of us brings something distinct to the table, informed by our personal backgrounds and passions. Some contribute more, some less, but all of us contribute in meaningful ways, and we do so with energy, collaboration, and even a sense of fun.

Dr. Maniego: What do you hope for the future?

Dr. Baldonado: This harmony, this synthesis of individual strengths working toward a shared purpose, is what makes our work fulfilling. It is more than just completing tasks; it is a coming together of ideas and experiences that enriches all of us. I hope that we can always stay this way—cooperative, supportive, and passionate, finding joy not only in the work we do but also in the way we do it together.



Dr. Celeste’s “fruit salad” metaphor beautifully illustrates the diversity and constructive collaboration within the Board. This sense of unity resonates with Dr. Francis Dizon, who stepped out of his comfort zone to join the trustees and discovered the value of shared passion.

GROWTH THROUGH COLLABORATION

Dr. Francis D. Dizon (BOT 2023–2024)

Dr. Maniego: What was it like joining the Board as one of the younger members?

Dr. Dizon: Though my stint as a member of the board of the trustees of the Ultrasound Society of the Philippines was brief, I can proudly say that it was a meaningful one. Most of the board of trustees were more senior than I am, some even my mentors during my



residency and fellowship training years. I am also fully aware that each member came from various medical institutions, with their own culture and sometimes opposing views on certain matters. It is for these reasons that I was initially apprehensive of going out of my comfort zone and joining the board.

Dr. Maniego: What did you discover as you worked with them?

Dr. Dizon: As the days went by, I saw firsthand that what matters more is the passion, commitment, and love for our craft and for the society. Each member has something to offer, no matter how small or how big those contributions are. All these traits helped craft policies that would eventually benefit the general membership and its trainees. These traits helped in overcoming the challenges in planning and eventually executing the various programs and activities of the society. Along the way, I also learned how to better deal with certain things that I would not have learned elsewhere. It was worthwhile stepping out of my comfort zone so that I could also grow personally and professionally.

Dr. Francis’s reflections on growth and collaboration highlight how even brief stints on the Board can leave lasting lessons. This theme of collective effort is echoed by Dr. Melani Manio, who emphasizes the everyday sacrifices behind the award.

DEDICATION IN EVERYDAY SACRIFICES

Dr. Melani F. Mapalad-Manio (BOT 2023–present)

Dr. Maniego: Dr. Manio, what do you believe this award stands for?

Dr. Manio: As one of the trustees who witnessed the journey up close, I can say with certainty: the award belongs to every meeting, every late-night message, every compromise, and every moment we chose collaboration over convenience.

Dr. Maniego: How did the Board work together during those times?

Dr. Manio: Our story did not begin with grand plans. It began with simple, sometimes



Dr. Manio: chaotic but always heartfelt meetings—mostly in restaurant private rooms, many on Zoom, and many viber messages in between clinics, duties, and family life. These meetings were where ideas were born, refined, challenged, and strengthened. They were where we learned each other’s rhythms—who always had presentations ready, who asked the tough questions, who kept us grounded and who reminded us to dream bigger, and then finally everyone deciding that all things are possible for the love of USP.

Dr. Maniego: What defines USP in facing challenges?

Dr. Manio: Every organization faces challenges, but what defines the USP is how we respond to them. When timelines tightened, we leaned on each other’s strengths. When opinions differed, we listened with respect. When fatigue set in, someone always cracked a joke or reminded us why the work mattered. We always face the problems head-on, with dedication, conviction and always with guidance from our mentors and predecessors.

Dr. Lani’s words remind us that the USP’s triumph was built not on grand gestures but on countless small acts of teamwork. This continuity of spirit is seen again in Dr. Sarah Zampaga, who returned to the Board with renewed passion and vision.

VISION FOR EDUCATION AND EXCELLENCE

Dr. Sarah Victoria L. Zampaga (BOT 2024–present)

Dr. Maniego: Dr. Zampaga, you returned to the Board after many years. How has that journey been?

Dr. Zampaga: Fifteen years ago, I was a young consultant and Board Member standing among a sea of seasoned doctors—learning, observing, and trying to find my place within the USP community. I was eager, inspired, and hopeful to contribute in whatever way I could. But today, I return—a little older, certainly wiser—with a passion and drive that have grown a hundredfold.

Dr. Maniego: What has changed since then?

Dr. Zampaga: Much has changed over the past 15 years, yet the spirit of the Board is still wonderfully familiar. The dedication to engage our members, to serve the society, and to advance the mission of the USP and PCR is just as strong as I remember. At the same time, the world around us has evolved. Technology has advanced rapidly, the practice of medicine has transformed, and the expectations of training and education have grown more complex.

Dr. Maniego: What accomplishment stands out most for you?

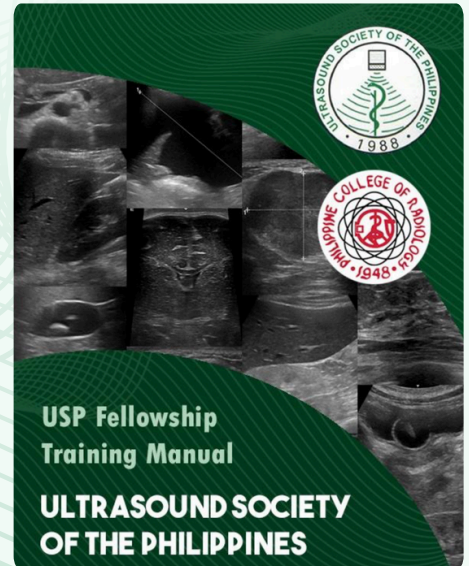
Dr. Zampaga: The USP Training Manual has finally come to fruition under the leadership of Dr. Trisha Lopus. Nearly a hundred minds contributed to its creation—each



bringing expertise, insight, and commitment to a single goal: strengthening our training programs for the future. For me, this has been the most meaningful way to begin my second stint on the Board.

Dr. Maniego: What lies ahead?

Dr. Zampaga: As Chair of the UFC, we continue to envision projects that will further strengthen our training programs and support our fellows and members. All these efforts are guided by the core values that define our society—Unity, Service, and Passion for Excellence. The journey continues, and I am grateful to walk this path once again with all of you.



Dr. Sarah’s role in completing the USP Training Manual reflects the society’s commitment to education and excellence. As she looks ahead, her vision is complemented by the fresh energy of newer trustees like Dr. Maynard Redor.

TEAMWORK AND CAMARADERIE

Dr. Maynard Y. Redor (BOT 2024–present)

Dr. Maniego: As a newer trustee, how did you experience the workload?

Dr. Redor: At first, the extensive list of projects felt overwhelming. Timelines were short, responsibilities heavy. Yet genuine teamwork made all the difference. Trustees stepped in to help beyond their assigned roles, showing the spirit of tulong-tulong.

Dr. Maniego: What made the effort worthwhile?



Dr. Maniego: The success of each project—conventions, lectures, feedback—proved the exhaustion worthwhile. For me, the most rewarding part has been the camaraderie: different personalities and institutions united by one goal—to serve our members and advance ultrasound for the benefit of our patients and our country.

Dr. Maniego: What does leadership mean to you?

Dr. Redor: Leadership is not about titles, but about shared responsibility, quiet sacrifices, and collective passion. That is what I have seen in the USP, and what I hope to continue contributing to.



Dr. Maynard’s emphasis on teamwork and camaraderie brings the narrative full circle—showing that whether seasoned or new, each trustee contributes to the society’s strength. Together, their voices weave the tapestry of unity, resilience, and passion has earned the USP its recognition

Listening to the voices of the USP Board of Trustees, it becomes clear that this award is not the result of one person’s effort, but a story woven from many acts of service, sacrifice, and teamwork. From Dr. Cruz’s leadership after the pandemic, to Dr. Villanueva’s persistence, Dr. Milo’s youthful energy, Dr. De Venecia’s compassion in outreach, Dr. Lapus’s innovation in training, Dr. Mesina’s pioneering vision of the USP Caravan that carried ultrasound education across the nation, Dr. Baldonado’s harmony of perspectives, Dr. Dizon’s growth through collaboration, Dr. Manio’s everyday dedication, Dr. Zampaga’s renewed passion for education, and Dr. Redor’s spirit of teamwork—their stories come together as one.

The USP Caravan, in particular, stands as a turning point in the society's nationwide presence. By bringing workshops and lectures directly to different PCR chapters, it became a keystone activity that not only strengthened ties among members but also ensured that ultrasound education reached radiologists across Luzon, Visayas, and Mindanao. This initiative exemplifies how innovation and accessibility can transform the practice and elevate the society's role in advancing healthcare.

The Ultrasound Society of the Philippines thrives because of this unity and shared passion for excellence. The Legends Award is not only a recognition of past work, but a reminder that real leadership is found in working together. Today's members who carry this spirit will be tomorrow's leaders, and the legacy of the USP will live on through all those who helped achieve this win.



PRESIDENT'S ACCEPTANCE ADDRESS



Dr. Maria Trisha S. Lopus

USP President (2025-2026)

Acceptance Speech on behalf of the Ultrasound Society of the Philippines, delivered on February 19, 2026.

Dearest colleagues, mentors, and friends, good afternoon.

Ultrasound is an operator-dependent modality. This statement is textbook knowledge, but over the years, it has been used not just as a fact but also as an insult. We, the people behind the probe, have often been seen as the modality's scapegoats or liabilities. It is an unfortunate mindset because it undermines our specialized training and overlooks the practical value of our work in the Philippines.

Affordable. Accessible. Available.

Indeed, our path has never been easy. It has been plagued with self-doubt, disrespect, and skepticism. But what if the confidence we lack is the push we need to grow?

I joined the USP Board of Trustees in October 2019. Since then, I have learned from the wisdom of several past presidents, from Dr. Benigno Santi II up to my immediate predecessor, Dr. Filipinas Rojo. I have worked with many dedicated and talented Boards of Trustees, including our current team: Drs. Michael Rico Mesina, Melani Mapalad-Manio, Sarah Lukban-Zampaga, Celeste Baldonado, Maynard Redor, Maribel Paguio, Marie Jo Sison-Lawig, and Rico Gacutan, as well as our ever-loyal and efficient USP Secretariat administrator, Mrs. Norelyn Calderon-Sayson.

Together with our members and trainees, we have brought many projects and initiatives to life, such as the USP Workshop Caravan, Midyear Convention, President's Night, Board Review Series, Fellowship Training Manual, Ultrasound Medical Missions, USP Wavelength Newsletter and more. Reaping the rewards of our shared labor with them is one of the greatest joys of my professional life.

Today, at the PCR Legends awards ceremony, the Philippine College of Radiology, led by President Dr. James delos Santos, named the USP as its first **Most Outstanding Subspecialty Society**. We accept this award with gratitude and humility. This honor is not just for the USP Board of Trustees; it is for all Fellows and trainees of the Ultrasound Society of the Philippines. As Radiologists, we view our patients through various lenses, but we are the face of Radiology that every patient sees.

As a society, we will continue to serve the PCR by promoting inclusivity in our scientific programs. We will consistently partner with the PCR's regional chapters, modality- and system-based subspecialty societies. We will uplift ultrasound training and practice to reach international standards. And we will never treat this accolade as an end in itself. Let it be our inspiration to innovate, to collaborate, and to pass this blazing torch to future generations of USP leaders.

PRESIDENT'S ACCEPTANCE ADDRESS

In many movies I have seen, the hero must choose between being “good” and being “great.” The former is often favored. I respectfully disagree. As Fellows of the Ultrasound Society of the Philippines, we are called to grow both in skill and in spirit—with every lesson, every achievement, every critique, and yes, with every mistake. Our patients, even those who can afford nothing more, deserve nothing less. And our humanity does not make us the ultrasound modality’s weakness. We are its strength. Its heart. Its pulse. Its power.

Invaluable. Irreplaceable. Inexorable.

And when the applause fades and the lights dim, this truth will infinitely remain: While it takes knowledge and skill to make a Champion, it takes courage and grace to be a Legend. Look out, Philippines—we are both.

The Era of the Operator has come.

Thank you so much to the Philippine College of Radiology. ***Mabuhay ang Ultrasound Society of the Philippines!***

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ULTRASOUND SOCIETY OF THE PHILIPPINES
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VASCULAR ULTRASOUND LECTURE WORKSHOP

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Knobology and Waveforms

DR. RIZA MARQUEZ-PLANTA
Renal Doppler Ultrasound

DR. RENE BAUTISTA
Hepatic Doppler Ultrasound

DR. JARED MASIDDO
Carotid Doppler Ultrasound

DR. RUDOLF KUHN
Lower Extremity Venous Doppler Ultrasound

DR. JUAN CARLOS REYES
Soft Tissue and Testicular Doppler Ultrasound

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29 JUNE 2024, SATURDAY
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Scan the Stars, Meet the Stars: A Musculoskeletal Ultrasound Workshop

Experience the latest ultrasound technologies from Siemens Healthineers, featuring PBA legend players as special guests:



Vince Hizon



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Marlou Aquino



Jayvee Gayoso

October 12, 2024 | 8:00 AM – 12:30 PM
The Manila Hotel Tent City

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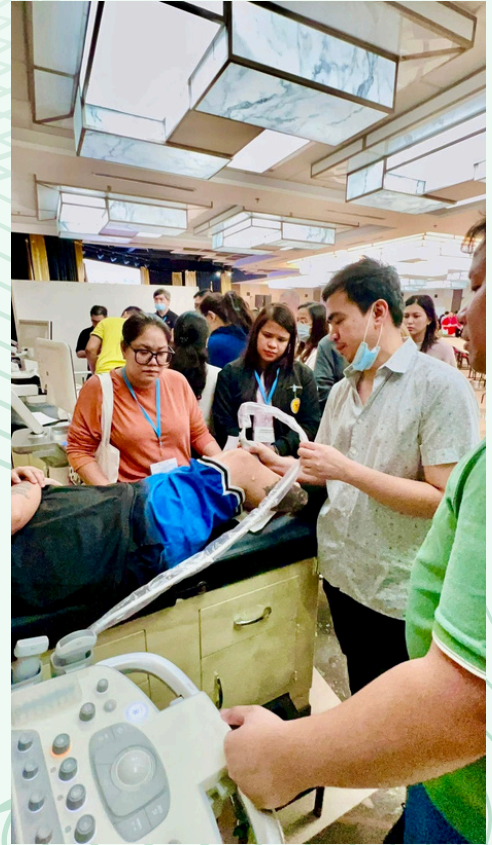
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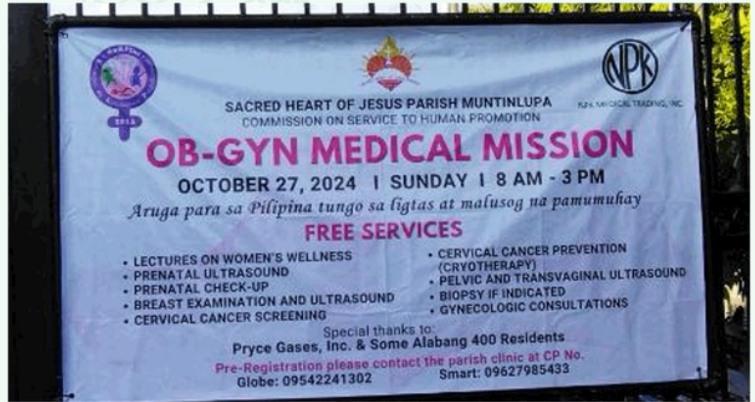
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**Ultrasound Workshop Caravan goes to Central Luzon
April 21, 2024 8:00 am - 4:00 pm
Dr Jose B Lingad Memorial General Hospital
San Fernando, Pampanga**



**January 17, 2025
Ultrasound Society of the Philippine
First Board of Trustees Meeting 2025**



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ULTRASOUND SOCIETY OF THE PHILIPPINES

**Ultrasound Society of the Philippines
Board of Trustees 2023-2024**

First row from left to right:
 Maria Trisha S. Lapus, MD- Member, Ma. Cartrini O. Cruz, MD- Immediate Past President,
 Francis R. Villanueva, MD-President, Abigail M. Milo, MD-Secretary, Francis Aaron D. Dizon, MD-Treasurer

Second row from left to right:
 Michael Rico B. Mesina, MD- P.R.O, Celeste B. Baldonado-Member, Roger S. De Venecia, MD-Second Vice President,
 Filipinas R. Rojo, MD-First Vice President, Melani Mapalad-Manio, MD-Member

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