



PAMET Newsletter

Philippine Association of Medical Technologists-USA, Inc. Northern California Chapter

PRESIDENT'S MESSAGE *by Jillian Mendoza*

December 2012

Volume 24 Issue 2

Winter is here again. Time flew by in a flash and now we are in the most awaited holiday season. From our combined efforts and sacrifices, PAMET leaves behind a successful year with great accomplishments as we approach next year's wide range of goals awaiting fruition.

I believe 2012 was a watershed year of learning, a commitment required for continual professional growth particularly in knowledge and skill. Such learning includes networking with professional colleagues, self-study professional reading certification and seeking advanced degrees. Clinical Laboratory Scientists in the Bay Area and Medical Technologists in the Philippines were invited to participate in PAMET's continuing education seminars where reputable speakers presented information pertinent to their field of expertise.

Furthermore, PAMET hosted its yearly review class this fall. While most of its registrants are still preparing to hurdle the board exams, two of our students took their chance and passed the ASCP board exam. Congratulations to Fidelis Cabatic, our new CLS and Loan Do, our new MLT. To our unlicensed Medical Technologists, set a challenging and inspiring goal, keep your hopes and dreams high and stay focused. Believe in yourself and know that your dedication will earn you what you desire. We need your help as our laborato-

ries have a shortage in Clinical Laboratory Scientists. As the need increases and resources decrease, we remain steadfast in our commitment to help you pass the board exam.

Last July, two community services were completed. Marian Castillo attended Avon Walk in San Francisco while Evelyn Roux and Nona Balingit headed the Relay for Life in Millbrae.

On the other hand, Alan Roux chaired our fundraisers with one of our famous casino trips in the months of March and June. This fall, PAMET explored a newly found fundraiser through ballgame concessions, selling food to the fans. These concessions were headed by our witty and hard-working Mila Braganza and Jun Nepacena. Their graceful smiles and unending patience were utilized by the officers and families in serving the public. Though logistically involved, it was inspiring to acquire this new experience for CLSs like us. It was more than meaningful as the proceeds went to the needy, such as American Red Cross for Sandy Storm in New York and New Jersey and Bantay Bata, an organization for the needy children in the Philippines.

Our Christmas Party on December 7th was a grand festivity. We held it in lieu of the summer picnic this year as a simple gift to our members. The guests enjoyed the cama-

raderie among friends and colleagues, raffledrawing, dancing, entertainment by our Sacramento friends and Christmas Carols by "Banyuhay", a choral ministry group.

To my fellow officers, I would like to take this opportunity to thank you for your loyalty, support, kindness, dedication, timeless effort and willingness to help, free services to the needy and above all your voluntary hours spent for the organization. Without you, this organization wouldn't be in existence and successful. I would also like to thank your family for showing their moral support for you and for PAMET.

Finally, I thank Our Lord Almighty for giving us guidance, peace, strength in fulfilling our goals and achievements, and hoping that the year ahead will be as fruitful. As we await the coming of our Savior this Advent season, all PAMET officers wish and pray that you and your loved ones are filled with hope, peace and joy in celebrating the birth of our Lord.

Happy Holidays to all!

Jillian Mendoza



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Happy New Year to All!

Wishing you a year of health wealth, happiness luck warmth. And loads of love of your dear ones

Hope the New Year showers you with All that is beautiful

Continuing Education

by Jun Nepacena, CLS, CE Coordinator



Jun Nepacena

The holiday season is just around the corner. It's hard to believe year 2012 is about to end and we will be welcoming 2013. Nonetheless, 2012 has been a very busy year for PAMET Northern California's Continuing Education program. Our proud organization offers 4 CE Seminars each year. This year, PAMET Northern California pride itself with its accomplishments and exceeded our goals. We had a total of five Continuing Education Seminars for 2012 and all of these seminars were well attended by our members. We strive to promote CE seminars in the Bay Area by providing highly qualified and expert lecturers in the medical technology profession. The following is a list of PAMET Northern California's CE seminar conducted for 2012.

1. February 3, 2012 - Modern Trends in Clinical Laboratory Practice, Manila Philippines

2. Feb 25, 2012 - Comprehensive Diagnosis of Lymphoproliferative Disorder and Neoplasm, Fremont, CA
3. May 12, 2012 - Automated Body Fluids/Hematology Case Studies, Changing Face of QC, and HIV, Fremont, CA
4. September 29, 2012 - Peripheral Smears: The Primary Diagnostic Tools, Fremont, CA
5. November 3, 2012 - RBC Morphology and Bone Marrow Basics, South San Francisco, CA

2013 promises to be another year for PAMET NORCAL to offer our members and fellow professionals topics in Blood Bank, Microbiology, Point of Care, Molecular and other subjects that would surely benefit everyone. A Mediterranean seminar is also being planned in October. As ever, all PAMET NORCAL officers

and advisers will continue to work hard to meet all our members' expectations.

As your CE seminar chairperson, I pledge to continue and improve PAMET's CE program in the coming year. I thank all the members, officers and advisers for your continued support to our professional organization. Our journey to achieve professional excellence in the medical technology field continues and together, we will pursue to become more competent and excel in this ever challenging profession.

HAPPY HOLIDAYS TO ALL!!! May you and your loved ones continue to have more blessings, prosperity, and good health in the years to come.

Respectfully yours,

Jun Nepacena,

CE Seminar Chairperson

Review Class Update *by Belle Ocampo, CLS*

PAMET finished its 34th Review Class last November 18, 2012. It was a bit challenging due to constructive changes and conflicting schedule of our lecturers. In spite of this complex set-up, we were able to conduct our yearly review session. The trust, understanding, willingness, and patience shown by the students and lecturers definitely paid off.

Furthermore, our 2012 review class was such a loveable and enthusiastic group. The students are determined to learn and pass this approaching AAB board exam in March 2013. They formed a group study and took advantage of the classroom on weekends while available. The determination, self-discipline, friendship and moral support to each other significantly contributed to the success of the class.

I would like to congratulate one of these students in this group. Fidelis Cabatic, our new CLS now solely decided to challenge the ASCP board exam and luckily passed it. To those who will be taking the exam this March, please have confidence in you. We will certainly be there for moral support and to wish you all the best.

In service to all unlicensed medical technologists, we are here to prepare you in taking the Medical Technology Board Exam for AAB and ASCP.

Please check us up at www.pametnorcal.org for all details in regard to the upcoming Review Class in September 2013.

Belle Ocampo, CLS

Review Chairperson

Belle Ocampo



2012 Review Class with Officers



A Celebration of Hope at Christmas Party *by Helen Grace Aquino*

We are always on the go. Countless errands and activities fill our days. In the midst of all the nonsense, heartbreaking tragedies, disasters and loneliness, we constantly search for moments of peace. Years back, on one of my family trips, when I turned to the backseat and saw my then young daughter, Joey, sticking her head out of the window, enjoying the breeze and the scenery, I was suddenly reminded of what really matters.

Looking at her, help me pause, breathe and remember that the most important moment is always right now.

So we, the officers of PAMET felt this is the right time to give thanks to our families and members for their continued, undying support to the organization. What better way to celebrate it... a Christmas party at His Lordship ship in Berkeley. We started the night nibbling on hors

Helen Grace Aquino



d'oeuvres of crab stuffed mushrooms, spinach and phyllo kisses, chicken satay with peanut sauce while we mingle among new and old friends. Then sat down dining on baked fresh atlantic salmon

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Prostate Cancer

by Bernard C. Cook, PHD, DABCC, FACB

A Look At Current and Future Screening Biomarkers

Excerpts from Clinical Lab News Volume 38, No.8, Aug. 2012

By Leticia M. Acosta, CLS-Biochem., MS



According to the American Cancer society, prostate cancer (PCa) is the second most common type of cancer found in American men and the second leading cause of cancer death after lung cancer, with approximately 241,000 new cases reported in 2011. It is estimated that annually one in six men will be diagnosed with PCa, yet only in 36, or approximately 34,000, is expected to die of the disease. Because PCa is typically not lethal, more men die with their disease than from it, making PCa management costly.

Today, blood tests for prostate specific antigen (PSA) are widely used to screen PCa. This article will describe the current controversies in using this tumor biomarker and introduce two very different novel markers for detecting PCa : a proPSA isoform of free PSA and PCA3, a nucleic acid marker.

The PCa Diagnostic Dilemma:

While detecting PCa benefits many men, the blood test most frequently used to detect the disease, PSA , is less than perfect. The controversy over PSA screen was rekindled recently when the U.S. Preventive Services Task Force released an updated statement on PSA testing for men with a "0" rating, recommending for the first time that healthy men avoid getting regular PSA tests. There is limited specificity of PSA for detecting PCa. Depending on the clinical setting, the cancer positivity rate of typical prostate biopsies from men with elevated PSA levels is only 20-40%. In other words, as many as four out of five biopsies result in negative findings for PCa.

Every year in the U.S., as many as 750,000 prostate biopsies are NEGATIVE. These negative biopsies come with significant cost to the healthcare system, as well as considerable medical risks to the patient. The procedure poses significant bleeding and infection.

When a prostate biopsy is positive for cancer, the dilemma becomes how to appropriately manage the man's treatment. A high-grade cancer (GS equal to or more than 7) should prompt consideration of aggressive treatment options. But the decision whether to treat a low-grade cancer, is less clear. Even some GS7 cancers can be managed with conservative treatment. Many of these cancers do not kill men over a 10-20 year time period, and physicians have many treatment options available. Therefore, the challenge is how to make PSA a better marker for significant PCa.

In 1966, the Food and Drug Administration (FDA) first approved PSA as a biomarker for monitoring men with PCa. In 1994, it was approved for pea screening. Research showed that the rate of PSA increase- the velocity or doubling time- appeared to be an important indicator of significant disease. After considerable research, the diagnostic performance of PSA today does not match, for example that of cardiac troponin in diagnosing acute myocardial infarctions.

Does PSA Screening Save Lives?

A number of powered studies have demonstrated that PSA increases the number of cancers detected while they are still localized, thereby increasing life expectancy for men with the disease. However, in the 2000s, investigators initiated several studies. The authors reported that the rate of deaths did not differ between screened and non screened groups. The second multicentric study, the European Group who worked for 9 years concluded that PSA based screening reduce the rate of death from pea by 200/0 but was associated with a high risk of over-diagnosis. In light of the limitations of PSA as a pea detection tool, much effort has been focused over the years on alternate biomarkers to supplement, or even replace the PSA as a tumor detection tool.

tool.

Isoforms of Free PSA

PSA exists in two different forms in serum: a complex of PSA and alpha-1-antichymotrypsin (complexed PSA), and a free form, not bound to an inhibitor (free PSA). Researchers demonstrated that free PSA was higher in benign tumors and lower in cancerous tumors. thereby improving the biomarker's specificity for Pea. Research showed that free PSA is three different molecules, all enzymatically inactive. The pro-enzyme form of PSA is termed proPSA . This looks promising as a tool for screening men for Pea.

PCA3RNA

Proteins are not the only type of marker being investigated for more specific detection of PCa. Researchers identified prostate cancer gene 3 (PCA3), first known as 00#, using display analysis to compare the mRNA expression patterns of normal versus tumor tissue of the human prostate. It is over expressed in 95% of prostate cancers tested, compared with adjacent non-neoplastic prostatic tissue. Earlier this year, the FDA approved the first molecular test based on

PCA3, the PROGENSA PCA3 test, intended to aid in the decision for repeat biopsy in men 50 years or older who have had one or more previous negative prostate biopsies.

Future research will undoubtedly focus on combinations of protein and nucleic acids markers to add to the initial information provided by total PSA. It will take time for physicians to gain comfort in making decisions with these new tools, but clearly there is a real need for better biomarkers for PCa.

Leticia M. Acosta,

CLS-Biochem., MS

A Celebration of Hope continues....

topped with lemon buerre blanc and roast prime rib of beef served with creamy horseradish and parley red potatoes surrounded by elegant, Christmas decorations designed by Evelyn Roux. The event was emceed by Mila Braganza and Dan Dominguez. We danced the night away with the music and video provided by DJ Gabriel. Not only were those door prizes given, a series of twenty five dollars and gift cards, three Coach bags donated by UCSF and one hundred fifty dollars went to lucky winners. We were entertained too by the Christmas carols sang by the Banyuhay Choir Music Ministry, a group of music enthusiasts driven by strong urge to serve the church and community while touching peoples' lives through music. That night, they launched and sang their first original CD "Pasko Sa America", whose platinum sponsor was PAMET NorCal. Proceeds of this CD will benefit

charities like ABS-CBN Foundation–Bantay Bata. Listening to them, made me reminisce of what Christmas is back home, the Philippines.

Not just caroling, we were also charmed by the Arabesque dancers—Dr. Luz Dia-Guerrero, Jesusa May Dia , Ann Salome Dia, belly dancing to the tune of Sakira's "Eyes like yours" and" Arabesque.

Christmas is a necessity, there has to be at least one day of the year to remind us that we're here for something else besides ourselves. We often take for granted the very thing that most deserve our gratitude. To all our guests, to each and everyone we are honored with your presence at this celebration. May peace and happiness be your gifts at Christmas and your blessing all year through!

Helen Grace Aquino CLS

2012 Christmas Photos



Above left: Original PAMET group; Center: Banyuhay Choral Ministry; Right: CDPH guests; 2 Upper right—Mila & Dan—emcees and Officers ; Below left: Vallejo group; Center: Three sisters from Sacramento Chapter performing "Belly Dancing"; Below right: Sacramento group.



A Letter from Fidelis Cabatic, The New CLS

This is just to say Thank You, to you, to the PAMET staffs, PAMET officers, and my classmates, for all the encouragement, support, and the endless effort that everyone have provided in the course of the last eight weeks... I gained so much respect to the PAMET organization and all of its volunteers for making this review class available each year, as it provides every candidate a chance to gain basic knowledge and the right focus to become successful.

My ordeal have not been that easy. I graduated years ago and have since been working in the pharmaceutical industry, from Pfizer Philippines, to Roche US, and Novartis US, specializing in cardiovascular disease states. When I decided to review for the CLS

Exams, our family friend, Mrs. Vivian Escanio rightfully suggested PAMET, and that made me the first candidate to register this year. I started reading through some materials around mid July and I honestly cannot forget the dilemma and the frustrations I went through, realizing how much I need to learn. I was inadequate, scattered, totally lost. When the review started last September, I was even more overwhelmed....But it is this new found family, the hardworking and patient PAMET staffs, the lecturers who are mostly a picture of success in this profession, and my classmates who were willing to share what they know . The class kept me in my toes, the staffs kept up with everybody's request, the glimpse

of SUCCESS that the staffs and lecturers shared in their years in this profession...that gave every candidate an example of what to strive for... All these, made everything possible for me. I was inspired, determined, couldn't have done it without PAMET.

Again THANK YOU very much to everyone. I wish every member of my class the same success in the weeks and months to come.

God Bless,

Fidelis Corrales Cabatic, CLS

PAMET Relay For Life Journey 2012 *by Evelyn Roux, CLS*

Relay for Life is a worldwide movement helping American Cancer Society CELEBRATE, REMEMBER, and FIGHTBACK cancer. This is a 24 hour marathon. Supporters in every community gather at a local school track and field or park and form teams for an overnight event to raise funds for the cause and most importantly raising awareness of the importance of cancer prevention.

This year, dedicated PAMET officers once again joined and helped fundraise as we started 4 years ago in the Solano County followed by Fremont and Milpitas areas, and now Millbrae. As the Team Captain this year, and Nona Balingit as my co-Team partner, we named our team "PAMET 4 LIFE 2012". We were the link between PAMET and our local Relay for Life planning committee.

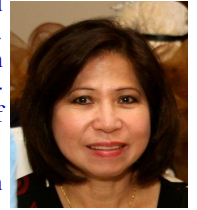
As usual, PAMET officers were the team

members and were motivated to raise funds by asking friends, family members, co-workers and significant others to participate and raise donations. Initially, our fundraising goal was \$1000, but we exceeded our expectations and raised a little over \$2,600 thru our group efforts.

On July 28, the first day of the event, Alan, Nona with husband Rollie and son Patrick, Emily my daughter, Mila, Vicky, Marian, and Belle, arrived at 6:30am to decorate and set-up our booth, canopy tent and a tent for the overnight stay. The Relay for Life - Millbrae theme this year was "CARNIVAL". We decorated our booth according to this year's theme. By mid-day almost all officers were present.

The event started with an opening ceremony and cancer survivors shared their innermost experiences and were honored and recognized.

Two of our officers joined as they were also survivors. I also honored my mom who is also a cancer survivor and my dad who died of colon cancer.



The first survivor lap began right after the ceremony. During laps, we had our monthly officers' meeting and at the same time fundraised by selling cupcakes which were donated by Mila's friends, Turon (fried banana), pork dumplings, and Lumpia Shanghai (mini eggrolls). The guests at the track kept coming back to buy these treats and the proceeds of \$100 was donated to the cause. After the meeting, music was played at the event's stage and all were entertained by listening and dancing with the rhythm.

Evelyn Roux, CLS



Left: Evelyn & Nona and their families headed this Relay for Life 2012 in Millbrae, CA



Officers in uniforms ready to serve at the ballgames

Pamet Officers at the concessions... *by Mila Braganza*

"Deafening words of hot dog please, nachos please, popcorn please, pretzel please, what kind? salted or unsalted?" These are the PAMET officers and families transformed into concession workers at San Jose State for four Saturdays this year.

It was such a great experience and adventure to work with the purpose to raise funds and at the same token, have fun. These wonderful experience happened at San Jose State during the Spartan games. We learned how to convince fans to buy more with our rehearsed smiles and sales talk.

Actually, the last game, Spartans against LA Tech was the busiest of them all. Fortunately, we survived the service with the big help of our "Knights of Columbus" friends. What made it more rewarding was, part of the funds that were raised were donated to the victims of the Sandy super storm in NY and NJ and also to "Bantay Bata", an organization for the needy children in the Philippines.

We definitely look forward to volunteering again next year. Volunteers are welcome to join!

Mila Braganza



PAMET USA 10th Biennial National Convention at Sea, Carnival Cruise Lines, August 19 – 26, 2012 *by Marian Castillo CLS*



It was another memorable reunion of friends from other parts of the US. It is always nice to spend time with friends and just have plain fun. This event is attended by all PAMET delegates and members from across the United States including PAMET Philippines.

Thirty-three members from Northern California were able to attend. Some of us extended our cruise by spending 2 days to explore New Orleans. Here, we were able to experience nightlife on Bourbon Street. We had dinner at ACME Oyster House for some seafood and oysters. We did a full day cruise around New Orleans including the swamp tour to see some baby alligators (don't know where the adults were). Our tour guide had firsthand experience of Hurricane Katrina flooding, so she took us around the areas hit the hardest by the flood and showed us the street she used to live that no longer exist. New houses are now built with appropriate escape routes at the rooftop including the houses funded by movie actor Brad Pitt.

Several activities were lined up on board while "at Sea":

A) Continuing Education Seminars provided by PAMET volunteers. Eighty-six members attended the seminars and were provided with CE certificates.

- 1) Electronic Crossmatch by Ricky Martinez, Nevada;
- 2) Stress, Its effects on the Immune System and Updates on Alzheimer's Disease by Shirley Cruzada, Nevada;
- 3) Preventing Pre-Analytical Errors and CLSI EP-23 Overview by Rex Famitang-co, Nebraska;
- 4) Viruses DNA and RNA by Loreto Negado, San Diego;
- 5) Drug Testing in Newborn, Meconium Drug by Dr. Enrique Ostrea;
- 6) Current Landscape Of Medical Technology in the Philippines by Ronaldo Puno, PAMET Philippines.

B) Election of new officers for 2012-2014. This was also "Filipino Night" where everyone dressed up in our traditional Filipino outfits.

The following are the names and chapters of the **Newly Elected PAMET USA Officers**

- President Elect: Art Trinidad, So. California
- 1st Vice President: Shirley Cruzada, Nevada
- 2nd Vice President: Ester Buot, Texas
- 3rd Vice President: Tom Rivada, New Jersey
- Corr. Secretary: Aida Ramos, NY
- Rec. Secretary: Evangeline Robles, NY
- Treasurer: Offie corpus, So. California
- Asst. Treasurer: Glenda Bautista, Texas

PRO: Rex Famitangco, Nebraska
Board of Directors:
 Let Negado, San Diego
 Charity Avena, Sacramento
 Jun Nepacena, No. California
 Marian Castillo, No. California
 Annie Villareal, Michigan

CONGRATULATIONS TO THE NEW PAMET USA OFFICERS FOR 2012-2014!!

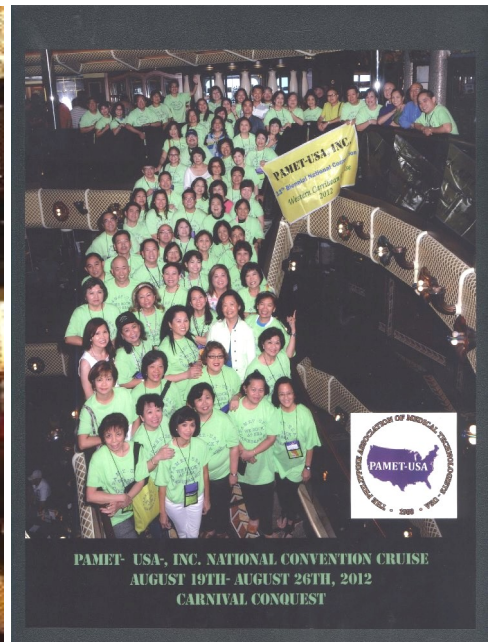
Awards:
Most Outstanding Members:
 Leticia Acosta, No. California
 Shirley Cruzada, Chicago
Presidential Award:
 Rex Famitangco, Nebraska
Most Outstanding Chapter:
 PAMET Northern California

Next Executive Board meeting will be in August, 2013 in Chicago. This also happens to be the 25th year anniversary of PAMET USA formed in Chicago. This will be another memorable event. Hope you can join us.

Next convention: To be decided.
MABUHAY!!

Marian Castillo

Photos from New Orleans and during the Caribbean Cruise Convention



JOB POSTINGS



UCSF CLINICAL LABORATORY University of California, San Francisco

Join UCSF Medical Center's Department of Laboratory Medicine team as a Clinical Lab Scientist in San Francisco, where we are dedicated solely to health sciences and have always been considered one of the premier medical centers nationally and internationally.

Our Clinical Lab Scientist positions generally work in the following areas:

Chemistry, Hematology, Blood Bank, Immunology, Microbiology, and Bone Marrow Transplant

Requirements for all positions include graduation from an accredited college; Clinical Laboratory Scientist license from the California Department of Health; and previous experience in the specialty area for which you are applying for is preferred.

To apply, please visit www.ucsfhealth.org/jobs and search for Keyword 'Clinical Lab Scientist' for all positions available. To find out more about current openings email Cheryl Hardin at

CLINICAL LABORATORY SCIENTISTS - PM

Verinata Health, Inc., a privately-held company, is driven by a sole and extraordinary purpose – maternal and fetal health. Through its proprietary technologies, Verinata offers non-invasive tests for early determination of fetal chromosomal abnormalities. The company's mission recognizes and supports the national guidelines recommending first trimester aneuploidy risk assessment and aims to reduce the anxiety associated with today's multi-step prenatal screening process. Verinata Health believes that all women who desire such a risk assessment should be offered a single blood draw test with a definitive result. Verinata's first product is a non-invasive, early prenatal diagnostic test capable of determining fetal chromosomal abnormalities including trisomy 21 (T21), which is associated with Down syndrome.

Our company is located in Redwood City, CA. We are looking for enthusiastic and self-motivated talent with demonstrated experience in working in a collaborative environment. This opportunity to work within a small entrepreneurial team offers tremendous growth opportunities, with competitive benefits and compensation.

We are seeking California licensed Clinical Laboratory Scientists who are highly motivated to join our efforts in processing maternal blood and performing genetic analysis.

RESPONSIBILITIES:

- Responsible for testing and reporting clinical laboratory results used to aide physicians in the diagnosis and treatment of patients.
- Selection, implementation, and evaluation of results for Quality Control materials used in statistical process control of laboratory assays

- Troubleshooting assays and equipment for which QC materials fail to perform adequately
- Participation in activities required to support all necessary licensure for the clinical laboratory, including quality management functions and on-site inspections of the laboratory
- Responsibility for maintaining updated understanding and knowledge of the methods employed in the laboratory and the use of the resulting information by physicians through continuing education activities

REQUIREMENTS:

- B.S. in medical technology, or biological sciences with a curriculum meeting national testing personnel standards
- California Clinical Laboratory Scientist license in categories appropriate for the area of testing performed
- Minimum of 2 year experience in a industry clinical laboratory setting involving molecular pathology and/or nucleic acid analysis
- Excellent communication, teamwork player, organizational and time management skills are essential

To be considered for this opportunity, please submit resume to: <https://home.eease.com/recruit/?id=2042141>

Verinata Health, Inc. is an equal opportunity employer.

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Verinata 800 Saginaw Drive, Redwood City, CA 94063



2013 Schedule of the Year

Four Continuing Education Seminars

Summer Picnic in August

Review Class in September

CE on Mediterranean Cruise in September

Christmas Party

*Please check exact dates on the web
@www.pametnorcal.org*

PAMET NORTHERN CALIFORNIA
2562 Copa del Oro Dr.
Union City, CA 94587
