



ASIAN HOSPITAL AND
MEDICAL CENTER

Global Expertise. Filipino Heart.

ONLINE APPOINTMENTS

SYSTEM NOW ON

Version 2.0

EASIER.FASTER.SAFER.



<https://online.asianhospital.com>



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YOU MAY NOW BOOK YOUR APPOINTMENTS!

Breast Center

Monday to Saturday except Sunday and Holidays | 8:00 AM to 5:00 PM

For inquiries, please contact
Asian Cancer Institute-Breast Center
(02) 8-771-9000 locals 5706 or 8420

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CENTER
FOR
EXECUTIVE
HEALTH



YOU MAY NOW BOOK YOUR APPOINTMENTS!

Center for Executive Health

Monday to Saturday except Sunday and Holidays | 8:00 AM to 5:00 PM

For inquiries, please contact
Center for Executive Health
(02) 8-771-9000 local 8456

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CENTER FOR
WOMEN'S HEALTH



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Center for Women's Health

Monday to Saturday except Sunday and Holidays | 8:00 AM to 5:00 PM

For inquiries, please contact
Center for Women's Health
(02) 8-771-9000 locals 5765 or 8487

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PNEUMOCOCCAL DISEASE AND PNEUMONIA VACCINE

PNEUMONIA AFFECTS EVERYONE

This is an infection of the lungs that can cause mild to severe illness in people whether young or old.
Common signs of Pneumonia can include cough, fever, and difficulty in breathing

SYMPTOMS

- Chest pain when you breathe or cough
- Confusion or changes in mental awareness for aged 65 and above
- Cough, which may produce phlegm
- Fatigue
- Fever, sweating and shaking chills
- Nausea, vomiting, or diarrhea



WHO ARE SUSCEPTIBLE TO PNEUMONIA?

- Adults 65 and above
- Children less than 5
- People with co-morbidities
- Smokers



WHO NEEDS TO GET THE PNEUMOCOCCAL VACCINE?



Infants



Young children



Adults age 65 and older

Request for vaccination may be scheduled either thru
online appointments via

<http://online.asianhospital.com>

Center for Executive Health

(02) 8-771-9000 locals 8456 and 8457

References: Centers for Disease Control and Prevention | Mayo Clinic | Scrubbing in BaylorScott&White Health

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NEW AND IMPROVED TREADMILL STRESS LAB FACILITY

UPGRADED FEATURES

- NEGATIVE PRESSURE Controlled Environment
- State-of-the-Art equipment
- Pleasant and comfortable ambiance
- Systematized queuing system

In this pandemic, cutting-edge engineering controls were utilized in designing our Treadmill Stress Lab Facility. This is to ensure the safety of everyone and prevent infection including COVID, Tuberculosis and other airborne diseases.

Negative pressure rooms save lives and prevent infection!

For inquiries, contact:

Asian Cardiovascular Institute
Heart Station

(02) 8-771-9000 local 5748

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in partnership with **stagezero** by **pink**
freedom from cancer
begins now.

The Breast Defense

A Lay Webinar on Breast Cancer Awareness

October 1, 2021 • Friday • 9:30 AM to 12:00 NN

PROGRAMME

9:30 – 9:35 AM

Invocation
National Anthem

9:35 – 9:40 AM

Opening Remarks
Alodée Mejia, MD
Breast Surgery

9:40 – 9:55 AM

Lecture Series
Screening for Breast Cancer
Leizl Valerio, MD
Radiology

9:55 – 10:20 AM

Surgery for Breast Cancer
Anthony Dofitas, MD
Breast Surgery

10:20 – 10:35 AM

Breast Reconstruction
Marlon Marquina, MD
Plastic Surgery

10:35 – 10:50 AM

**Chemotherapy, Hormone Therapy and
Targeted Therapy for Breast Cancer**
Joanne Arcillas, MD
Medical Oncology

10:50 – 11:05 AM

Radiation Therapy for Breast Cancer
Jon Arcillas, MD
Radiation Oncology

11:05 – 11:10 AM

**Video presentation of Breast Center / Asian
Cancer Institute / Aesthetix Asian / Asian
Hospital Tagged Safe**

11:10 – 11:55 AM

Open Forum/ Q & A

11:55 AM - 12:00 NN

Closing Remarks
Aldine Astrid Basa, MD
Head, Asian Hospital Breast Center

For inquiries, contact:
Asian Cancer Institute
Breast Center
(02) 8-771-9000 locals 5706 or 8420

Scan to register:





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Chrysanthemum I

- Chemotherapy
- Immunotherapy
- Hormonotherapy
- Targeted Therapy
- Support Drug and other
Specialty Drug Therapy
- Blood Transfusion

For inquiries, contact:

Chrys I – Infusion Unit

(02) 8-771-9000 locals 5706 and 8420

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Chrysanthemum II

- **Supportive Care**

- Nutrition-Diet Counselling
- Pain Control
- Physical-Functional Rehabilitation
- Psycho-Oncology Counselling
- Support Group

- **Integrative Care**

- Acupuncture
- Herbal Supplements
- Therapeutic Massage
- Tai Chi / Qi Gong
- Naturopathy

- **Palliative – Hospice Care**

- Symptom Control
- Individual, Family Counselling
- Social-Ethical-Spiritual End of Life Support
- Hospice-in-Hospital
- Hospice-at-Home (Continuity of Care)

For inquiries, contact:

Chrys II – Supportive and Integrative Services
(02) 8-771-9000 local 8139

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CONQUER CENTER

- Radiotherapy IMRT / IGRT (Breast Cancer 33 sessions)
- Radiotherapy IMRT / IGRT (Prostate Cancer 38 sessions)
- Radiotherapy IMRT / IGRT (Cervical / Endometrial Cancer 28 sessions)
- Radiotherapy IMRT / IGRT (Lung Cancer 25 sessions)
- Radiotherapy IMRT / IGRT (Head and Neck Cancer 35 sessions)
- Radiotherapy IMRT / IGRT (Bone / Brain Metastasis 10 sessions)
- SRS / SRT
- SBRT
- Brachytherapy (Henschke / Cylinder)

For inquiries, contact:

Conquer C Center
(02) 8-771-9000 locals 8070 and 5842

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EMMANUEL CENTER

- ENT FNAB Package
- Nasopharyngeal (Flexible / Rigid)
- Laryngoscopy (Flexible / Rigid)
- Fine Needle Biopsy - General
- Core Needle Biopsy with Ultrasound-Guided – General
- Core Needle Biopsy without Ultrasound – General
- Ovarian Cancer Surveillance
- Uterine Cancer Surveillance
- Cervical Cancer Screening – Liquid-Based
- Cervical Cancer Screening – Conventional
- Colon and Rectal Cancer Screening
- Lung Cancer Screening
- Prostate Cancer Screening

For inquiries, contact:

Emmanuel Center

(02) 8-771-9000 locals 5729 and 8243

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PARK & VAX

Easy as **RVP!**

Aside from getting your COVID-19 vaccine, make sure you are also protected from Flu and Pneumonia this season!



Register and
Schedule



Visit and
Park



Pay and
Go

Flu Vaccine

Pneumococcal Vaccine Polyvalent-23 (5 years)

Pneumococcal 13-valent Conjugate Vaccine

Vaccination protects you from illnesses
and may reduce the risk of COVID-19 complications

For inquiries, contact:
Home Care Business Unit
(02) 8-771-9000 locals 8427 and 5871
(0916) 253 6413
homecareservices@asianhospital.com

*Subject to Senior Citizen discount

*Prices may change without prior notice due to variation of suppliers



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**SPORTS MEDICINE
& HUMAN PERFORMANCE CENTER**

TELEHERSISYO

**NEED HELP TO STAY
PHYSICALLY ACTIVE
AND REACH YOUR
FITNESS GOAL
AT THE COMFORT
OF YOUR HOME?**



TELEHERSISYO

- An online live interaction exercise program between coach and client/s using a video conferencing application
- It has an access on a variety of exercises and workout programs depending on the client/s needs

AVAILABLE FITNESS PROGRAMS

- Sports Performance - Strength and Conditioning
- Weight Management Program
- Corrective and Optimal Recovery Exercise (C.O.R.E)
- Posture, Orthopedic and Strengthening Exercise (P.O.S.E) inspired by Yoga movement
- Group Exercise or High Intensity Interval Training (H.I.I.T) inspired by Metatfit program

ENROLLMENT TYPE

- One-on-one Personal Training
- Monthly Enrolment (Individual)
- Monthly Enrolment (w/ Buddy)

**WHAT ARE YOU
WAITING FOR?
START YOUR FITNESS
JOURNEY WITH US!**

For inquiries, please contact:

Sports Medicine and Human Performance Center
(02) 8-771-9000 locals 5757 and 5749

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Aesthetix
Asian



DEPARTMENT OF OPHTHALMOLOGY



Surgical Eyelid Enhancement

Blepharoplasty

PRECISION
+ ART

Trust the Oculoplasty Experts

For inquiries, contact
Aesthetix Asian
(02) 8-771-9000 local 8225

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BOTOX

Goodbye lines, wrinkles, and creases!

What is Botox?

Botox is a brand name of a drug that doctors have been using for decades to treat wrinkles and facial creases, as well as other health problems.

What are the uses of Botox?

Botox is most often used to reduce the appearance of wrinkles on the face and neck: forehead lines, area between eyebrows (frown lines), on the sides of the eyes (crow's feet), and neck lines. It may also be used to treat other health conditions such as excessive sweating of the underarms, palms and feet, painful muscle spasms of the neck and shoulders, migraine or chronic headache, blinking that you cannot control and eyes that do not line up with one another.

How does Botox work?

Botox blocks signals from the nerves to the muscles, and will cause these muscles to relax and weaken. Thus, the skin on top of the muscles will smoothen, and the wrinkles of the face will be reduced.

How is Botox done?

A very fine needle is used to administer Botox to the specific muscles and discomfort is minimal, so anesthesia is not necessary. The number of injections will depend on the areas to be treated and the procedure may take as short as 10 minutes.

What to expect after Botox:

To minimize unwanted complications after treatment, your doctor will advise you adequately. Little or no downtime is expected, though you may be advised to stay upright for 4 hours and not to rub the treated areas. Full effect is seen in 7 to 14 days, after which, a touch-up session may be scheduled.

How long will the effect of Botox last?

The effects of Botox will last from 3 to 6 months. As muscle action slowly returns, the lines and wrinkles begin to reappear and may need to be treated again.

For inquiries, contact:

Aesthetix Asian

(02) 8-771-9000 local 8225

References: healthline.com
webmd.com



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CENTER FOR
WOMEN'S HEALTH

FIRST TRIMESTER COMBINED TEST

First trimester screening is essential to evaluate the baby's overall development and check to see if he / she is at risk for genetic conditions

**Transvaginal Ultrasound with
Nuchal Translucency & Uterine Doppler**

Php 5,200.00

(SAVE 25%)

**Consult your AHMC OB-GYN
and book your appointment now!**

For inquiries, contact:

Center for Women's Health

(02) 8-771-9000 locals 5765 and 8478

facebook.com/AHMCCWH



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**HELP SAVE LIVES,
DONATE YOUR
BLOOD NOW**

Basic Eligibility Guidelines

- Must be 18 to 65 years old, minors must secure consent form from parents/guardians
- Must weigh at least 50 kg / 110 lbs
- Must be in good health at the time of donation
- Must not have cold, the flu, sore throat, cold sore, stomach bug, or any other infection
- Pulse rate must be in between 60 and 100 beats/minute with regular rhythm
- Blood pressure in between 90 and 160 systolic and 60 and 100 diastolic
- Able to pass the physical and health-history assessments

For inquiries, contact:

Blood Donor Center

(02) 8-771-9000 locals 5789 and 8311

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WHY GETTING THE FLU SHOT ISN'T ALL ABOUT YOU

HERD IMMUNITY

It is the idea that when most people get the flu vaccine, it helps protect the population as a whole

PROTECTING OTHERS

Getting the vaccine not only protects you, but everyone you come into contact with—this is especially important for those who are unable to get the flu vaccine themselves

HOW THE FLU SPREADS

You can spread the flu to others up to 6 feet away by sneezing, coughing or just talking—even before you start showing symptoms

WHO'S SUSCEPTIBLE TO THE FLU?

Young children, adults 65+, pregnant women, those with co-morbidities like Asthma and Diabetes. Despite the pandemic, anyone may still get the flu and get hospitalized. Taking extra precaution is a must!

HEALTH BENEFITS OF GETTING THE FLU VACCINE

- It can reduce worsening and hospitalization for flu-related chronic lung disease such as persons with COPD, Diabetes and Chronic lung disease
- It may also protect the people around you including those who are more vulnerable to serious flu illness like babies, young children, older people and those with chronic health conditions

THE CDC
ESTIMATES THAT
310,000
PEOPLE WERE
HOSPITALIZED
DUE TO THE
FLU DURING
2015-2016



GET YOUR FLU VACCINE NOW!
It's best to get immunized early in the flu season

Request for vaccination may be scheduled either thru
online appointments via

<http://online.asianhospital.com>

Center for Executive Health
(02) 8-771-9000 locals 8456 and 8457

References: Center for Disease Control and Prevention | Scrubbing in BaylorScott&White Health

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Department of Obstetrics and Gynecology
Department of Pediatrics
Maternal and Child Unit

Invites you to the

VIRTUAL Simply Maternal Series

FREE Lay Forum for Expectant Moms!

May 29, 2021 | 9:00 AM to 11:00 AM

- Caring for the Expectant Mom
- Pre-natal Care during Pandemic
- Pre-natal Counselling
- Shared Decision-Making between you and your OBGYN doctor

July 31, 2021 | 9:00 AM to 11:00 AM

- Eat your way to Healthy Pregnancy (Proper Diet & Nutrition)
- What should I know about Obstetrics Anesthesia?

September 25, 2021 | 9:00 AM to 11:00 AM

- Caring for my Newborn
- Developmental Milestones
- Importance of Immunization

To register, you may **SCAN THE QR CODE**:



Webex link will be sent to the
pre-registrants via email on May 28, 2021

June 26, 2021 | 9:00 AM to 11:00 AM

- Newborn Screening
- Newborn Critical Congenital Heart Disease (CCHD) Screening
- Newborn Hearing Screening

August 28, 2021 | 9:00 AM to 11:00 AM

- Breastfeeding 101
- Kangaroo Mothercare

October 30, 2021 | 9:00 AM to 11:00 AM

- Skin Care 101
- Tooth Care
- Pre-Natal Exercise

For inquiries, contact the Corporate Communications
(02) 8771-9000 local 8017
cadeleon@asianhospital.com

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in collaboration with



NEW ACVI VASCULAR LYMPHEDEMA CLINIC

We offer comprehensive services to patients with Lymphedema of various origins

SERVICES

- Initial and post consultation and assessment by Vascular Cardiologist
- Initial consultation and assessment with Deep Vein Thrombosis (DVT) Screening by Vascular Cardiologist
- Initial assessment for Vascular Lymphedema Therapy
- Vascular Lymphedema Therapy
- Value-based Bundle Vascular Lymphedema Therapy

Book your appointment now!

For inquiries, contact:

**Asian Cardiovascular Institute
Heart Station**

(02) 8-771-9000 locals 5748 and 5929



Photo Courtesy: <https://lymphedematrementact.org/about-lymphedema/>

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