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**PHILIPPINE DENTAL ASSOCIATION**  
FILIPINO DENTISTS IN KSA - CHAPTER

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THE  
**MINNA**





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# Philippine Dental Association

## FILIPINO DENTISTS IN KSA

### Mission and Vision

Committed to uplift the standard of the dental profession, The FDK fully subscribe to the fact that all effort directs renewed individual commitment for change and it should bring each and every dentist to unite for progress to improve the quality of life of our people.

### Objectives

- to maintain the standards of the dental profession through progressive dental education
- to encourage scientific researches and programs
- to foster mutual respect and fellowship among dentists and with individuals of allied professions
- to serve the Filipino community

### PDA HYMN

I

The Philippine Dental Association  
Dedicated to help and serve our nation  
We stand for charity and we're one in unity  
Our goal the progress of our country  
Onward go with might and spirit  
With God's help we will succeed  
So let us strive with all our might  
To ease the pain of mankind

II

We serve the rich and the poor  
All the hardship we endure  
Be it night or day we have no complaint  
Our oath we do uphold  
Our lives are dedicated  
To heal and alleviate  
So hand in hand our goal and aim  
Is PDA's Glory and Fame



III

The Philippine Dental Association  
Dedicated to help and serve our nation  
We stand for charity and we're one in unity  
Our goal the progress of our country  
Onward go with might and spirit  
With God's help we will succeed  
So let us strive with all our might

Music and Lyrics By:  
Dr. Rodolfo E. Reyes, Sr.  
Past President, Nueva Ecija Dental Chapter



EMBASSY OF THE REPUBLIC OF THE PHILIPPINES  
سفارة جمهورية الفلبين  
RIYADH



## MESSAGE

My warmest congratulations to the Filipino Dentists in KSA (FDK) on the release of the seventh issue of "The Mina." Your commitment to the professional growth of your members is truly commendable, and your hard work is making a real difference.

FDK has long been a source of hope and support for the Filipino Community in the Kingdom. Your continuous medical missions and outreach programs are a beautiful example of the "Bayanihan" spirit in action a powerful reminder that we carry our shared unity and compassion wherever we are.

I wish you all the best and continued success as you represent the Philippines with such pride here in Saudi Arabia.

Congratulations and Mabuhay!

  
**RAYMOND R. BALATBAT**

Ambassador Extraordinary and Plenipotentiary  
of the Republic of the Philippines  
to the Kingdom of Saudi Arabia and the Republic of Yemen

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# Migrant Workers Office

RIYADH, KINGDOM OF SAUDI ARABIA



## MESSAGE

### TO THE FILIPINO DENTISTS IN THE KINGDOM OF SAUDI ARABIA:

The Labor Section of the Philippine Embassy, or the Migrant Workers Office in Riyadh, congratulates its officers and members on their preparation of “**The Mina**” a 7<sup>th</sup> re-iteration containing information on its activities, research, or educational materials useful for the profession or the general public as well.

In addition, the publication showcases the community services or outreaches rendered by the FDK-KSA, truly not only the organization makes our smiles better, our gums healthier but it has not forgotten the greater good, specially those of our less fortunate Kabayans in Saudi Arabia. A fitting example is the recent dental services at the all-female shelter of MWO Riyadh conducted on 8 August 2025, including blood letting assisted by other professional and fraternal organizations.

The changing landscape of the dental profession in Saudi Arabia presents also professional and employment challenges, specially because of certain professions limited to Saudi nationals and the digitalization of contracts. I wish the best for all of your members to hurdle these challenges as you continue to improve and upgrade your skills and knowledge of the profession or explore other avenues of professional and personal growth.

September is a few months month from the usual celebration of the Philippine Dental Health Month but taking care of our dental health, and overall well-being does not depend on a monthly basis, it should be on a daily basis.

Mabuhay ang Filipino Dentists of Saudi Arabia Chapter, and congratulations po.

  
Atty. Dominador A. Salanga  
Labor Attache II  
MWO-Riyadh

# PHILIPPINE PROFESSIONAL ORGANIZATION

CENTRAL REGION SAUDI ARABIA



## To the Filipino Dentists in the Kingdom of Saudi Arabia ,

Indeed , in the years I had been in Saudi Arabia , the Filipino Dentists in the Kingdom are known and renowned . Filipino Dentists are known for their ability and perfection in their field of practice . The Filipino Dentist in the Kingdom are the first preference of dental patients . This might be because of the gentle touch and excellent service given to every patient that they serve .

The Filipino Dentist are more popular now more than ever and we must thank the Filipino Dentist in the Kingdom of Saudi Arabia (FDKSA) for going out of the box . FDKSA's members are active , not only as a Dental Doctor practitioner but they go beyond their call of duty , to the extent of serving the Filipino OFW community , in every way they can .

I am a witness to their selfless voluntary works , rendering free dental care service to OFW's on every occasion possible , feeding programs at the Bahay Kalinga OFW Care centers , organized and collaborate blood donation programs , collaboration works and program with the Philippine Professional Organization Central Region Chapter (PPO-CRSA) organization members . The FDKSA is one of the Pillar of PPO-CRSA , and it sadden me that for some years now we were not able to secure the theoretical examination for our fellow OFW Dental Graduates to take the Theoretical Exam under the EO (SPLE exam use to offer the theoretical examination to give opportunity for our fellow OFW who are not yet PRC Licensed) . I pray that in the years to come , the Dentist Theoretical Exam will be offered once again here in abroad through the Special Professional Licensure Examination by PRC . But that is not the cream of this message .

*this message is meant to praise the Filipino Dentist in KSA for their resilience in times of trouble, to admire their patience, to see and follow their collective effort to accomplish their task and what is more admirable is they complete the task with excellence.*

To the men and women of Filipino Dentist in the Kingdom of Saudi Arabia , may you always be successful in your Pursuant of Excellence .

Mabuhay and Congratulations .

Respectfully Yours .

Engr. Benjamin Jr. F. Cabaya . PEE  
PPO-CRSA Chairman  
Philippine Professional Organization  
Central Region Saudi Arabia  
IIIE-CRCSA Chapter President  
Institute of Integrated Electrical Engineers  
Central Region Chapter Saudi Arabia





## PHILIPPINE DENTAL ASSOCIATION INC.

My warmest greetings and Congratulations to the **Filipino Dentists in Kingdom of Saudi Arabia Chapter!**

Leadership is not merely the result of being elected to office. It is not defined by titles,

humility and purpose. True leaders rise not only in moments of triumph but also in times of challenge driven by a constant desire to serve and uplift others.

As dental professionals and members of the Philippine Dental Association, we are called to lead not only in our communities but also in our practices. Growth whether clinical or personal is a continuous process. Just as dentistry evolves through innovation, research, and refined techniques, so too must we evolve as individuals committed to excellence. Leadership and professional growth go hand in hand. The pursuit of excellence in patient care demands that we stay open to learning, to change, and to collaboration. It requires courage to try new approaches, discipline to strive for mastery, and vision to inspire others to do the same.

Let this gathering be more than just an academic exchange. Let it be a celebration of our shared commitment to progress and a renewed call to lead with purpose. As you engage in sessions, exchange knowledge, and connect with colleagues, may you also be reminded of the greater impact we can make together.

Today marks a significant moment for you, **Dr. Maria Leonora Santos Reyes**, and for PDA, as we begin the journey of implementing this philosophy and paving the way for others to follow. Together, with PDA, we stand united in our pursuit of excellence.

**Mabuhay ang Filipino Dentists in Kingdom of Saudi Arabia Chapter!**  
**Mabuhay ang Philippine Dental Association!**

Dr. Lucilo "Junn" G. Niñal Jr.  
PDA President 2025-2026





It has been my honor and privilege to have served as the 13th FDKSA Chapter President under the PDA Batch Kapatiran AY 2024-2025. How time flew so swiftly, 'twas just like yesterday when we embarked on our journey and was able to reach the finish line in a heartbeat. As we looked back on the successful completion of our term, I am filled with immense gratitude and pride. This noble endeavor was made possible through the collaborative efforts, unwavering dedication, shared vision and support from our Kapatiran EXECOM, BODs, Working Committees and Members.

*Driven by our genuine desire to make a difference, We believed that through unity, dedication and teamwork, we can overcome any obstacles and challenges thereby achieving great things; thus our PDA theme this year "Strength in Unity".*

Which has been our motivation, inspiration and our guiding principle right from the start. Together we made a difference, we had accomplished all our goals and planned activities for the betterment of our beloved Chapter. It is with great honor that we were able to continue the legacy set forth by our predecessors and leave an impact on the hearts of our Dear Members.

One of the most significant milestone in the history of FDKSA is that for the first time in 13 years, the PDA President in the person of Dr. Ronaldo P. Nuñez graced our induction & Turnover ceremony together with VP for Luzon South Dr. Delia Corazon I. Barba.

Likewise, I am humbled to announce that within the span of 11 months, we were able to accomplish 36 activities and events not to mention other obligations like attending PPO Monthly meetings.

Congratulations to Us all,

Thank you so much for being part of this meaningful journey.

This is your FDKSA kapatiran President 2024-2025 Dr. Aperlita Dalino Bautista signing off!



**Dr. Aperlita Bautista**  
PDA FDKSA CHAPTER  
Batch Kapatiran  
President F.Y. 2024-2025

Mabuhay ang PDA!  
Mabuhay ang FDKSA!  
Mabuhay ang OFWs!  
Mabuhay tayong Lahat!



As the child of a previous OFW in Saudi Arabia, I take pride in being a member of FDKSA, a reputable organization within the kingdom.

Today marks another significant milestone in our journey. I am the first inaugural President of FDKSA, started as SPLE member. My primary motivation for joining FDKSA stems from my participation in the SPLE refresher, after which I took the dentist examination. I arrived here in 2007, working as a dental assistant in a small clinic exclusively yours in Badia. When I arrived here, I believed that I would never have the opportunity to achieve my dream of obtaining the PRC license, as I could not return to take the exam. I never anticipated that God had a wonderful plan for me here in Saudi Arabia.

In 2017, I was inducted as a member of FDKSA during Dr. Jill Paspé's presidency, and I received a plaque recognizing me as an outstanding new member. That same year, the PRC canceled the examination due to certain issues. By God's grace, President Rodrigo Duterte visited Saudi Arabia and instructed the PRC to resume the dentist examination. After passing the examination & obtaining my license, I made a promise to myself: as a gesture of gratitude to FDKSA, I will continue the organization's mission of assisting our fellow dental professionals who have been aspiring to obtain their licenses from 2017 to the present and into the future. I will remain your SPLE Chairman.

Currently, I serve as your Madasigon President, and I am still in disbelief that I have attained this position. A simple girl from a small city in Cagayan Valley has become the President of the 1st International Chapter of the Philippines Dental Association. With the batch Madasigon theme being

### *"Together in Pursuit of Excellence"*

We, as FDKSA, work collaboratively to achieve the highest standards of excellence. Our ongoing efforts to improve, learn, and grow as a team are paramount. Most importantly, we are dedicated to our personal commitments and to our organization.



**Dr. Maria Leonora Reyes**  
PDA FDKSA CHAPTER  
Batch Madasigon  
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# *PDA FDKSA: A Journey of Faith, Fortitude, and Firsts*

By: **Dr. Rhenee Rose I. Torres**

In every great story lies a journey, a test of perseverance, unity, and unwavering faith. For the Filipino Dentists in the Kingdom of Saudi Arabia (FDKSA), the road to becoming the first ever constituent International Chapter of the Philippine Dental Association (PDA) was not just a story of recognition, but a powerful testament to the resilience and pride of Filipino dental professionals abroad.

It began in 2011, under the passionate leadership of Dr. Lourdes N. Mandayag, FDK President (2011-2012), a humble yet significant year when the organization, originally known as Filipino Dentists in the Kingdom (FDK), was founded. That date marked more than the birth of an organization, it ignited a spark among Filipino dentists in the Kingdom. Over the years, FDK functioned as an affiliate under the Philippine Dental Association (PDA), serving as a beacon of unity and professionalism for overseas Filipino dentists.

However, FDK's journey was not without its trials. During the term of Dr. Delfin R. Federico, FDK President (2020-2021), a bold move was initiated to transition from an affiliate status to a recognized constituent Chapter of the PDA. This application led to the removal of FDK from the list of affiliates pending the outcome of its accreditation request. For many organizations, such a setback could have meant the end of a dream. But for FDK, it was only the beginning.

In 2021, the case was reopened. Under the leadership of Dr. Dennis Jose B. Torres, FDK President (2021-2022), and with the strong support of Dr. Angelo Militante, PDA President at the time, the vision of the chaptership was rekindled. The entire FDK family rallied together to complete every requirement, prepare every document, and face every challenge with courage.

Through steadfast preparation and unwavering confidence, FDK stood before the Executive Committee of the PDA, defending a legacy of service and unity that had been cultivated over a decade.

Their dedication paid off when the application was endorsed and granted a home chapter under South Luzon Makati Chapter, a transitional step requiring final deliberation by the House of Delegates (HOD).

Then came December 2022, during the Annual Session of the PDA-HOD. The air was filled with hope as FDK's official delegate, Dr. Dennis Torres, moved to open discussion on the association's application for constituent-chapter status. After thorough deliberation, the motion was adopted as Board Resolution No. 56, which stated: "Approving the Application of the Filipino Dentists in the Kingdom of Saudi Arabia (FDKSA) as the Constituent Chapter of the Philippine Dental Association", with no objections, the House of Delegates granted final ratification, formally recognizing FDKSA as PDA's first international constituent chapter during the term of President Dr. Shamira Kristine Tonio (2022-2023).

The FDKSA chapter's journey, from its founding to its triumphant 2022 recognition, is a powerful testament to our collective pride, proving that with unity and purpose, an ambitious dream can become a living legacy. This story belongs to every Filipino dentist abroad, serving as an inspiring reminder that you are never too far from home to make a profound impact. It underscores that being part of an affiliate chapter transcends mere membership; it's about joining a movement, a community that affirms your voice, efforts, and identity as a Filipino dental professional. Let this achievement ignite the same spirit of excellence, unity, and pride in all Filipino dentists around the world.

**TOGETHER, WE REACH BEYOND BORDERS.  
TOGETHER, WE CREATE HISTORY.  
TOGETHER, WE BUILD THE FUTURE OF  
FILIPINO DENTISTRY.**

**MABUHAY ANG FDKSA. MABUHAY ANG  
BAWAT PILIPINONG DENTISTA SA BUONG  
MUNDO.**

# “Works that matter, Crafted with Passion”

by Dr. Minerva Gonzaga Santos  
2021-2023 Past Vice President FDKSA-V



## AESTHETIC SOLUTIONS SIMPLIFIED

Every time I see people, I can't help but to look at their teeth when they smile, laugh or just simply talking. It's either I admire their teeth or imagine solutions to improve them from simplest to the grandest treatments.

Let's start with the “SMILE”



Facial harmony, dental harmony and gingival harmony are very important in designing a perfect smile. If one of these things cannot be achieved, at least achieve to harmonize two of these. You have to listen to your patients concern and at the same time do the facial analysis, observe the lip and teeth positions.



Does the teeth show when the patient talks or doesn't show at all?... well it should show but not to the extent that excessive gum also shows just by talking.



Treatment for Gummy smile: Measure the free gingiva and cut only approximately 1mm below it. {for a General Dentist like me I won't attempt to expose the bone} Cut the gum close to the level of the gum of the adjacent teeth and proportion to the teeth on the right or left quadrants. From the crest of the planned cervical going incisally on the mesial first and do the same on distal using #11 blade as it has cleaner and more accurate cuts, no

risk of thermal damage to the adjacent structures and no burnt tissue smell. The advantage of gingivectomy is to get rid of the unhealthy gingiva and seat the planned prosthesis on a stable and pocket free abutments preventing food impaction and gingivitis in the future. Please make sure to remove all the excess cements subgingivally for proper adaptation of the veneers.



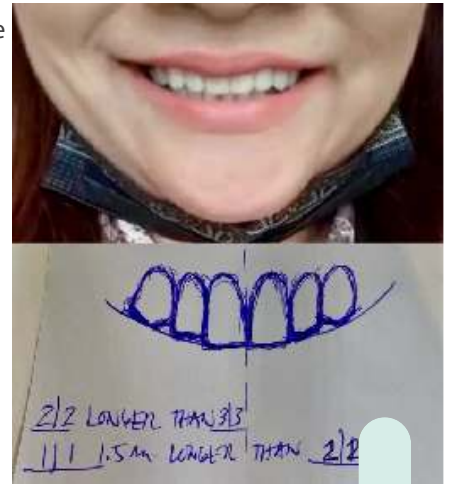
Now when it comes to the patients who doesn't show the teeth at all when they talk, we can make the teeth longer by simply doing a Cosmetic Veneer/Composite Veneers if natural teeth have no decays but only short or Emax Veneers if the case is a bit extensive.

Very important note in cementing Emax Veneers. The usual procedure after etching the Veneer and the abutment is to apply the Silane on the veneer then apply bonding agent to both the veneers and abutment and then light cure them before applying the light cure resin cement. But most probably after doing so, sometimes you might notice it doesn't seat anymore like it used to during the trial. The reason behind is that the cured bonding agent might had occupied space and changed the fit of the Veneer. So the better thing to do is, after application of the bonding agent to both the Emax and Abutment is not to cure them yet. Apply the Veneer Cement, let the Emax seat well to the abutment, remove some excess Cements and light cure them all together if non vital teeth. That way there will be less chance that

the fitting of the Veneer will change. But for the vital teeth, it will be safer to cure the bonding agent on the abutment first before placing the cement to prevent hypersensitivity after cementation.



As I observed in a lot of anterior missing teeth cases with resorbed edentulous ridge, the Dentists and Dental Technicians don't take a lot of effort in restoring the Facial, Dental and Gingival Harmony. They tend to set the teeth starting from the resorbed edentulous ridge resulting to very short teeth that doesn't even show when the patient talks, giving an 'Inverted smiley' look outline of their teeth. Who will even like to look at their faces in the mirror if all they can see is just sadness even when they smile or laugh because of that inverted smiley on their teeth? If the Dentists and Dental Technicians themselves can't recognize the problem, then what more can you expect from the patients?



I won't forget a patient who came to my clinic one day saying that she doesn't even want to look at her face in the mirror anymore. Immediately I decided to do her teeth even though there isn't enough time till my next appointment. Her main complaint was her lower anterior teeth being very long (it's because the posterior bridge was constructed very low). I listened to her complaint and shared her concern at the same time. But prior to that I told her that the upper anterior teeth are the main problem. I don't see much of them while she was talking to me and it had the 'Inverted Smiley' look. She is a very compliant patient, so we started by removing her upper old PFM Bridge which was done in Germany by a Filipina Dentist. I constructed a quick temporary bridge using the mold of her old bridge but added like 5mm in length to show her the plan to make it the real 'Smiley Look'. And when she saw the temporary bridge, she literally cried..she can't believe that this is possible and later on said that I copied her old teeth even without me seeing her before. And the rest of the outcome was priceless for the patient and me of course as I see her as a very confident beautiful woman inside out. Having beautiful smile made her a very confident, strong, happy woman which reflected in her personal life being with her loving husband, and Filipino communities in the Western Region. Our dental journey drew us close to each other, we built respect and trust,

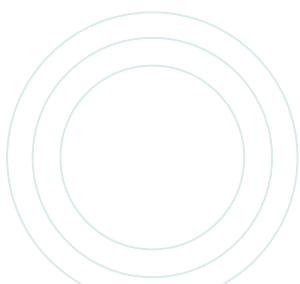


furthermore became our personal advisors and in God's will became our Ninang.

Going back to the treatment plan, the Pontics of course will be extra-long, but if you will give the Dental Technicians the instruction of using pink porcelain to mimic the height and the color of the gingiva adjacent to the prosthesis will do the trick. Please note that it shouldn't be thin on the area of the residual ridge. It has to be thick on that area to compensate for the loss of bulk on the resorbed ridge. That bulk will also serve like a permanent filler 'Plump effect' on the patient's Upper Lip stretching the lines around it. Please make sure to check the normal/acceptable angulation of the Central and Lateral Incisors on the proximal view. In this patient's case it's -100 labial inclination.



**Troubleshooting:** When the bridge or crown doesn't seat well and you have no idea where to adjust so it will seat properly, I suggest to mix a small amount of the silicon light putty material, put it inside the prosthesis and seat in the abutment, wait until it sets, remove the bridge or crown and you will see the pressure spots, now you'll have the idea where it hit first and why it doesn't seat properly. You can adjust it by removing the counterpart of that on the abutment rather than just keep reducing the abutment until it becomes very weak.



**"Works that matter, Crafted with Passion"**  
 by Dr. Minerva Gonzaga Santos  
 2021-2023 Past Vice President FDKSA-WR

# A View of Modern Dentistry

BY DR. TERENCE D. PINEDA

Dentistry is experiencing swift technological advancements that are transforming both patient experiences and dental practice operations. Notable developments include the emergence of digital dentistry, which incorporates 3D printing, digital impressions, and CAD/CAM systems. These innovations are enhancing procedures and simplifying diagnosis and treatment planning, resulting in more personalized and efficient care.

## KEY CHANGES OUTLINED:

### 1. DIGITAL DENTISTRY & AUTOMATION:

#### Digital Impressions:

Replacing traditional molds with digital impressions using intraoral scanners offers greater patient comfort and more accurate data for dentists.

#### 3D Printing:

This technology enables rapid creation of crowns, bridges, and surgical guides, often in a single visit, streamlining workflows.

#### CAD/CAM Systems:

Computer-aided design and manufacturing technologies are revolutionizing the creation of dental restorations, allowing for same-day repairs and restorations.

#### Digital Diagnostics:

Digital Algorithms can analyze X-rays and other scans to detect issues like cavities, gum disease, and even early signs of oral cancer, leading to earlier interventions and potentially less invasive treatments.

### 2. MINIMALLY INVASIVE TECHNIQUES & REGENERATIVE DENTISTRY:

#### Lasers:

Lasers are being used for various procedures, including surgery and periodontal treatment, offering greater precision, reduced tissue damage, and faster healing times.

#### Regenerative Techniques:

Using stem cells and bioactive materials, regenerative dentistry aims to encourage natural healing and tissue repair, potentially reducing the need for more invasive treatments.

### 3. ENHANCED PATIENT EXPERIENCE:

#### Reduced Discomfort:

Digital impressions, minimally invasive techniques, and faster treatment times contribute to a more comfortable and convenient patient experience.

#### Personalized Care:

Online data analysis are enabling dentists to create more tailored treatment plans based on individual patient needs and preferences.

#### Increased Accessibility:

Tele-dentistry and digital tools are expanding access to dental care, particularly for those in remote areas or with limited mobility.

### 4. SUSTAINABILITY IN DENTISTRY:

#### Eco-friendly Practices:

There is a growing emphasis on sustainable practices in dental clinics, including energy-efficient designs, waste management, and the use of eco-friendly materials.

#### Biodegradable Materials:

Dental practices are transitioning to biodegradable or recyclable materials for products like toothbrushes and floss, reducing plastic waste.

### 5. CHALLENGES & FUTURE DIRECTIONS:

#### Cost:

Adopting new technologies can be expensive, and ensuring equitable access to these advancements remains a challenge.

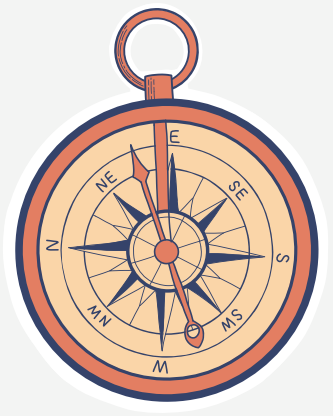
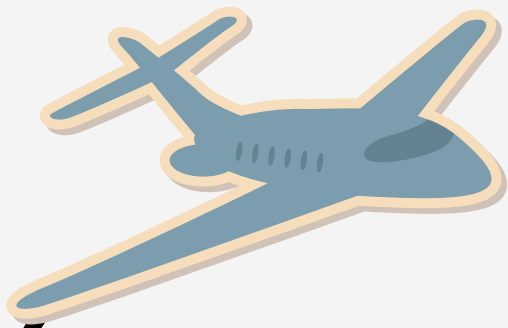
#### Training and Education:

Dentists need to be adequately trained to utilize these new technologies effectively, and ongoing professional development is crucial.

#### Integration of Technologies:

Successfully integrating various digital tools systems into daily practice requires careful planning and implementation.

Overall, the rapidly changing times in dentistry are characterized by a shift towards greater precision, efficiency, and patient-centered care, driven by technological advancements in digital dentistry and minimally invasive techniques.



# Travel your Stress— away

In the rush of daily life, it's easy to get caught in a loop of stress and work overload. Between work, family responsibilities, and the never-ending to-do list, your body and mind can begin to feel worn down even without you realizing it. That's where one simple but powerful solution comes in: travel.

Travel isn't just a break from routine, it's a reset button. Whether it's a weekend trip to the beach out of town or a two-week escape to a new country, travel gives your mind space to breathe. It pulls you away from stress triggers and places you in new environments that inspire calm, creativity, and joy.

If you're waiting for the "perfect" time to take a break don't. Stress doesn't always scream at you. Sometimes, it builds quietly. Travel helps interrupt that build-up before it turns into burnout.

So, whether you're planning a solo trip to reflect, a romantic getaway to reconnect, or a family vacation to bond, travel your stress away one destination at a time.

## Quick Tips to Travel Stress-Free:

- Plan early to avoid last-minute pressure.
- Unplug (even partially) from work while away.
- Choose locations that match your mood (restful or adventurous).
- Travel light to stay flexible and focused on the experience.
- Savor the journey, not just the destination.

You don't escape life by traveling, you return to it refreshed and recharged.

BY DR. JESCETH MANUEL

# Pastel de lengua

A DELIGHTFUL DISH MADE FROM BEEF TONGUE, TYPICALLY SEASONED AND BAKED IN A PASTRY CRUST.

HERE'S A SIMPLE RECIPE TO PREPARE A DELICIOUS PASTEL DE LENGUA:

## INGREDIENTS

### FOR THE FILLING:

- 1 BEEF TONGUE (ABOUT 2-3 LBS.)
- 1 ONION, CHOPPED
- 2 CLOVES OF GARLIC, MINCED
- 2 CARROTS, DICED
- 2 BAY LEAVES
- 1 TEASPOON BLACK PEPPERCORNS
- SALT TO TASTE
- 1 CUP OF DICED TOMATOES (OR CANNED TOMATOES)
- 1 TEASPOON PAPRIKA (OPTIONAL)
- 1 TABLESPOON OLIVE OIL
- FRESH HERBS (LIKE PARSLEY OR CILANTRO) FOR GARN

### FOR THE PASTRY:

- 2 CUPS OF ALL-PURPOSE FLOUR
- 1 CUP UNSALTED BUTTER, CHILLED AND DICED
- 1/2 TEASPOON SALT
- 1/4 CUP OF ICE WATER

## INSTRUCTIONS

### 1. PREPARE THE TONGUE

- RINSE THE BEEF TONGUE UNDER COLD WATER. PLACE IT IN A LARGE POT AND COVER IT WITH WATER.
- ADD ONION, GARLIC, CARROTS, BAY LEAVES, BLACK PEPPERCORNS, AND SALT. BRING TO A BOIL, THEN REDUCE TO A SIMMER. COOK FOR ABOUT 2-3 HOURS UNTIL THE TONGUE IS TENDER.
- ONCE COOKED, REMOVE THE TONGUE FROM THE POT, LET IT COOL BRIEFLY, THEN PEEL OFF THE SKIN. DICE THE TONGUE INTO SMALL PIECES.

### 2. MAKE THE FILLING:

- IN A SKILLET, HEAT OLIVE OIL OVER MEDIUM HEAT. ADD THE DICED TONGUE, TOMATOES, PAPRIKA, AND ANY ADDITIONAL SEASONING TO TASTE.
- COOK FOR ABOUT 10-15 MINUTES UNTIL THE FLAVORS MELD TOGETHER. STIR IN CHOPPED FRESH HERBS AT THE END.
- SET THE FILLING ASIDE TO COOL.

### 3. PREPARE THE PASTRY:

- IN A BOWL, COMBINE FLOUR AND SALT. CUT IN THE CHILLED BUTTER UNTIL THE MIXTURE RESEMBLES COARSE CRUMBS.
- GRADUALLY ADD ICE WATER, MIX UNTIL THE DOUGH COMES TOGETHER. DIVIDE THE DOUGH INTO TWO HALVES, SHAPE INTO DISKS, WRAP IN PLASTIC WRAP, AND CHILL FOR AT LEAST 30 MINUTES.

### 4. ASSEMBLE THE PASTEL:

- PREHEAT YOUR OVEN TO 375°F (190°C).
- ROLL OUT ONE DISK OF DOUGH ON A FLOURED SURFACE TO FIT YOUR PIE DISH. PLACE IT IN THE DISH, LEAVING SOME OVERHANG.
- FILL THE CRUST WITH THE TONGUE MIXTURE AND COVER WITH THE SECOND ROLLED-OUT DOUGH. SEAL THE EDGES AND CUT SLITS IN THE TOP TO LET STEAM ESCAPE.
- BRUSH THE TOP WITH AN EGG WASH (OPTIONAL) FOR A GOLDEN FINISH.

### 5. BAKE:

- BAKE IN THE PREHEATED OVEN FOR ABOUT 30-35 MINUTES OR UNTIL THE CRUST IS GOLDEN BROWN.
- LET IT COOL FOR A FEW MINUTES BEFORE SLICING.

### 6. SERVE:

- SLICE AND SERVE WARM, GARNISHED WITH FRESH HERBS IF DESIRED.

ENJOY YOUR DELICIOUS PASTEL DE LENGUA!



SUBMITTED BY DR. TERENCE D. PINEDA

## EDITORIAL

# THE HUMBLE LEADER'S CHAIR

By COMMITTEE ON JOURNAL

In the Kingdom of Saudi Arabia, Filipino dentists continue to exemplify excellence not only in their profession but in their character. Leadership within this community is not defined by titles or recognition, but by a quiet strength rooted in humility and service. True leaders are those who uplift others, mentoring, supporting, and creating spaces where every member feels empowered to thrive. This servant-hearted approach reflects the core of Filipino values, where compassion and resilience guide our actions.

The essence of the "Humble Leader's Chair" lies in its symbolism: selflessness. It is found in those who mentor without judgment, who organize with purpose, and who advocate for the needs of others before their own.

These leaders are the steady hands behind progress, ensuring that every member of the team is equipped, encouraged, and valued. Their influence may be quiet, but transformative, proving that influence does not require volume but vision and heart.

As we look ahead, the call to lead with humility becomes more urgent and more powerful. In our workplaces, communities, and organizations, let us be leaders who listen before they speak, who serve before they lead, and who build not empires, but legacies. When leadership is rooted in empathy and guided by purpose, it transcends titles and generations, becoming a force that inspires, sustains, and elevates everyone it touches.

Let this Journal be more than just a publication, but a reflection of a shared journey. A space where colleagues are acknowledged, victories are celebrated, and leadership is reimagined, rooted in humility, guided by courage, and driven by heart.



**PDA FDKSA BATCH MADASIGON** *in pursuit of excellence*

# Central Region Batch Kapatiran Events and Activities



**FIRST ORGANIZATIONAL MEETING**



**SPLE EXAMINATION POST-EVALUATION**



**PDA-FDKSA CHAPTER 2ND ORGANIZATIONAL MEETING & PHOTOSHOOT**



**OATH TAKING @ THE PHILIPPINE EMBASSY**



**BOODLE FIGHT FOR A CAUSE**



**HANDING OVER THE PROCEEDS OF THE BOODLE FIGHT TO MR. ROGELIO CAMACHO**



**CELEBRATION OF THE 126TH PHILIPPINE INDEPENDENCE DAY**



**13TH FDKSA CHAPTER ANNIVERSARY**



**3RD ORGANIZATIONAL MEETING & TEAMBUILDING**

**PPO-CRSA THANKSGIVING PARTY POST-SPLE**



**PPO-CRSA BOWLING AND CHESS TOURNAMENT 2024**



**4TH ORGANIZATIONAL MEETING**



**BLOOD LETTING DRIVE SAGEC /SAGLEC CLUB**



**13TH PDA FDKSA INDUCTION & SCIENTIFIC MEETING**



**PALM CREST INTERNATIONAL SCHOOL ANNUAL DENTAL CHECK UP**



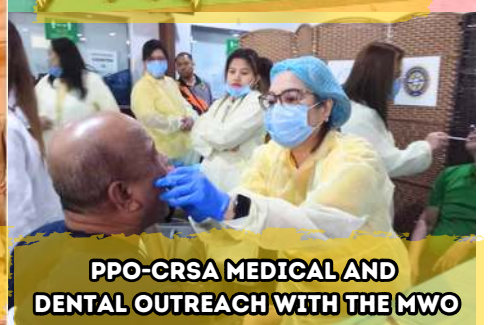
**ZUMBA PARTY IN PINK**



**CLINICAL RESTORATION SYMPOSIUM**



**FDKSA-WR 8TH OATH TAKING**



**PPO-CRSA MEDICAL AND DENTAL OUTREACH WITH THE MWO**



**PDA-FDKSA-NR MEDICAL AND DENTAL CHECK UP AND TREE PLANTING**



**7TH ORGANIZATIONAL MEETING**



**PPO-CRSA TURNOVER CEREMONY & THANKSGIVING**



**1ST PDA-FDKSA GENERAL ASSEMBLY & FAMILY DAY**



**8TH ORGANIZATIONAL MEETING**



**OPEN BADMINTON TOURNAMENT**



**9TH ORGANIZATIONAL MEETING**



**BLOOD LETTING ACTIVITY**



**FDKSA-WR. NATIONAL DENTAL HEALTH MONTH CELEBRATION**



**FDKSA-ER MEDICAL/DENTAL MISSION**



**10TH ORGANIZATIONAL MEETING**



**AVALON ORAL HEALTH SYMPOSIUM**



**IFTAR FOR THE DISTRESSED OFWS @ BK 2**



**CHAPTER BOARD OF DIRECTORS MEETING**



**11TH ORGANIZATIONAL MEETING**



**2ND PDA-FDKSA GENERAL ASSEMBLY & FAMILY DAY**



# \* Western Region activities

## Summary

Team-Building Event (Sept 4–5, 2024, Nala Villa Rawdah Center, Jeddah)

Dentists gathered for team-building activities promoting unity and excellence in dental care, inspiring aspiring Filipino professionals.

Coastal Clean-up (Sept 20, 2024, Buhairat Open Beach)

PPO-WRSA, led by Pres. Wilfredo M. Araza, with FDKSA-WR, organized a successful clean-up, raising environmental awareness.

Community Outreach (Sept 2024, Bahay Kalinga)

PPO-WRSA and FDKSA-WR provided dental services and seminars on cybersecurity, electrical safety, and financial literacy to distressed Filipino workers.

13th Induction & Scientific Seminar (Sept 27, 2024, Riyadh)

Marked a milestone of unity and commitment to dental excellence and community service among Filipino dentists.

Oath Taking Ceremony (Oct 25, 2024, Ramadah Hotel, Jeddah)

FDKSA-WR Batch Kapatiran 2024–2025 took their oath. Recognized leaders and supporters reinforced their pledge to serve with compassion.



Outreach Program (Nov 29, 2024, Bahay Kalinga, Jeddah)

FDKSA-WR provided oral health services to 230 participants, in partnership with MWO and private sponsors, highlighting community spirit and collaboration.

National Dental Health Celebration (Feb 21, 2025, Jeddah Front Corniche)

A large-scale event to promote oral health awareness, featuring Filipino dentists from Jeddah and Riyadh, with community engagement and education.

Women's Month Dental Mission (Mar 22, 2025, Bahay Kalinga)

In line with International Women's Month, FDKSA-WR and PPO-WRSA provided dental services, in collaboration with Filipino professional groups.

Outreach Dental Mission at IPSJ (May 1, 2025)

Conducted for 60 Grade 1 students, featuring dental check-ups, hygiene demos, fluoride applications, and distribution of oral care kits and gifts.



DR. MYRNA J. CATAPIA  
PDA FDKSA-WR  
Vice President

# Western Region



**TEAM BUILDING**



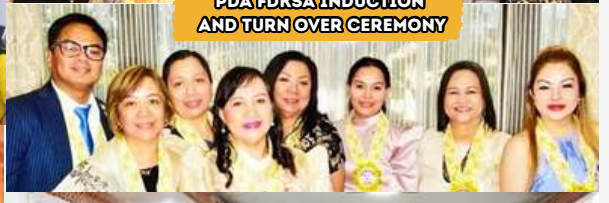
**COASTAL CLEAN-UP DRIVE**



**DENTAL MISSION W/ PPO**



**PDA FDKSA INDUCTION AND TURN OVER CEREMONY**



**PDA FDKSA-WR 8<sup>TH</sup> OATH TAKING CEREMONY**



**OUTREACH AND DENTAL MISSION IN BAHAY KALINGA**



**NATIONAL DENTAL HEALTH MONTH**



**DENTAL MISSION-INTERNATIONAL WOMEN'S MONTH**



**OUTREACH DENTAL MISSION- IPSJ**



# Eastern Region



**SPLE 2024**

**KALAYAAN 2024 - 126TH PHILIPPINE INDEPENDENCE DAY**

**PPO- SPORTSFEST 2024**

**CAREER FAIR 2024- IPSA**

**BLOOD CAMPAIGN- KFMC**

**PPO-SA COUNCIL MEETING**

**PPO-SA CLOSING SPORTS FEST**

**FAMILY FUN DAY 2025 - IPSA**

**TREE PLANTING SAIHAT, DAMMAM**

**PPO-SA OATH TAKING AND TURN OVER 2025**

**BLOOD LETTING - SFH DAMMAM 2025**

**NDHM 2025**

**WHEEL CHAIR DONATED**

**DENTAL MISSION @ BAHAY KALINGA**

**127<sup>TH</sup> INDEPENDENCE DAY HATAW PINOY**

# Northern Region

## OVERVIEW

THE FILIPINO COMMUNITY IN THE NORTHERN REGION OF SAUDI ARABIA HAS ONCE AGAIN DEMONSTRATED ITS SPIRIT OF SOLIDARITY AND COMMITMENT TO SERVICE THROUGH VARIOUS ACTIVITIES ORGANIZED BY THE FILIPINO DENTIST IN THE KINGDOM OF SAUDI ARABIA. THIS REPORT ELABORATES ON THE IMPACTFUL EVENTS CONDUCTED IN 1ST AND LAST QUARTER OF 2024, WHICH INCLUDE A BLOOD DONATION DRIVE, A TREE PLANTING ACTIVITY, A MEDICAL AND DENTAL MISSION, AND THE CONTINUOUS VOLLEYBALL TOURNAMENT.

### 1. BLOOD DONATION DRIVE:

ON NOVEMBER 9, 2024, FDK ORGANIZED A BLOOD DONATION DRIVE AT MARKAZ DAHM, AIMED AT SUPPORTING LOCAL HEALTH FACILITIES. THE EVENT WITNESSED ENTHUSIASTIC PARTICIPATION FROM FDK MEMBERS AND THE WIDER FILIPINO COMMUNITY, ILLUSTRATING A COLLECTIVE COMMITMENT TO HUMANITARIAN CAUSES.

REGISTERED VOLUNTEERS UNDERWENT HEALTH SCREENINGS BEFORE DONATING BLOOD, ENSURING SAFETY AND ELIGIBILITY. THE LOCAL HEALTH DEPARTMENT PROVIDED VITAL SUPPORT, CONFIRMING THE PROCESSED BLOOD WOULD BENEFIT PATIENTS IN CRITICAL NEED. RELATIONSHIPS WERE STRENGTHENED WITHIN THE COMMUNITY, AS PARTICIPANTS SHARED THEIR MOTIVATIONS AND STORIES, CREATING A SENSE OF CAMARADERIE.



### 2. TREE PLANTING ACTIVITY:

IN CONTINUATION OF THE SPIRIT OF SERVICE FROM THE BLOOD DONATION EVENT, A TREE PLANTING ACTIVITY WAS HELD ON NOVEMBER 22, 2024. PARTICIPATED BY OUR COLLEAGUES FROM THE DK CENTRAL HEADED BY VERY OWN PRESIDENT DOC PEARLY AND ENTOURAGE, PARTICIPANTS FROM THE DRIVE REMAINED ENGAGED, DEMONSTRATING THEIR COMMITMENT NOT ONLY TO HUMAN LIFE BUT ALSO TO ENVIRONMENTAL SUSTAINABILITY WHICH IS ALSO THE YEAR'S THEME OF OUR BELOVED PDA.

THIS INITIATIVE INVOLVED THE PLANTING OF ONE TREE SPECIES EACH IN DESIGNATED AREAS, PROMOTING BIODIVERSITY AND COMBATING CLIMATE CHANGE. THE ACTIVITY WAS DESIGNED TO RAISE AWARENESS ABOUT THE IMPORTANCE OF MAINTAINING NATURAL ECOSYSTEMS AND INSTILLED A SENSE OF RESPONSIBILITY AMONG PARTICIPANTS TO CONTINUE CARING FOR THE ENVIRONMENT. COMMUNITY LEADERS EMPHASIZED THE LONG-TERM BENEFITS OF TREE PLANTING, ENCOURAGING FAMILIES TO ADOPT NEARBY TREES AND MONITOR THEIR GROWTH.



# Northern Region

## 3. MEDICAL AND DENTAL MISSION:

IN CONSONANCE WITH THE TREE PLANTING ACTIVITY MEDICAL AND DENTAL MISSION WAS ALSO LAUNCH, IN COLLABORATION WITH LOCAL FILIPINO ORGANIZATIONS, INCLUDING THE EL REPETADOS EAGLES CLUB AND PHILIPPINE EAGLE AND DENTAL STUDENTS FROM THE UNIVERSITY O HAIL THIS MISSION PROVIDED ESSENTIAL HEALTHCARE SERVICES TO THE COMMUNITY, MANY OF WHOM LACK ACCESS TO BASIC MEDICAL AND DENTAL CARE.

THE FDK GROUP TOOK THEIR TIME TO OFFER FREE CHECK-UPS, DENTAL CONSULTATIONS, AND TREATMENT. THE EVENT SAW A SIGNIFICANT TURNOUT, WITH LOCALE OF SAUDI BENEFITING FROM THE SERVICES PROVIDED. EDUCATIONAL MATERIALS ON HEALTH AND HYGIENE LIKE MOUTH WASHES AND WHITENING WERE ALSO DISTRIBUTED, AIMING TO FOSTER A CULTURE OF WELLNESS WITHIN THE COMMUNITY. MOREOVER, PARTNERSHIPS WITH LOCAL ORGANIZATIONS ALLOWED FOR A WIDER REACH, EMPHASIZING UNITY AND COOPERATION IN SERVING THE COMMUNITY.

## 4. CONTINUOUS VOLLEYBALL ACTIVITIES

THE VOLLEYBALL TOURNAMENT SPONSORED BY FDK-NR BEGAN IN 11TH OF JULY 2025 AND IS SET TO CONCLUDE IN THE 1ST WEEK OF AUGUST 2025. THIS TOURNAMENT HAS BEEN A CENTRAL GATHERING POINT FOR THE FILIPINO COMMUNITY, WHICH TRANSCENDS MERE SPORT. EACH GAME IS CHARACTERIZED BY EXCITEMENT, FRIENDLY COMPETITION, AND PARTICIPATION ACROSS ALL AGE GROUPS.

WHAT MAKES THIS EVENT EVEN MORE SPECIAL IS THE ARRAY OF TRADITIONAL FILIPINO STREET FOOD OFFERED DURING GAMES, FACILITATING CULTURAL EXCHANGE AND CELEBRATION. THESE GATHERINGS NOT ONLY PROMOTE PHYSICAL FITNESS AND TEAMWORK BUT ALSO CREATE AN ENVIRONMENT WHERE MEMBERS CAN CONNECT, SHARE STORIES, AND BUILD LASTING FRIENDSHIPS.

FILIPINO GATHERINGS HAVE BEEN A FULFILLING FOR FDK-NR AND PARTICIPATIVE IN ANY EVENTS, SHOWCASING THE VIBRANCY AND RESILIENCE OF THE FILIPINO COMMUNITY IN THE NORTHERN REGION OF SAUDI ARABIA. THROUGH THE BLOOD DONATION DRIVE, TREE PLANTING EFFORTS, MEDICAL AND DENTAL MISSION, AND THE CONTINUOUS VOLLEYBALL TOURNAMENT THAT PROMOTES WELLNESS & GOODNESS AMONGST FILIPINOS, FDK HAS REINFORCED ITS MISSION TO SERVE NOT ONLY ITS MEMBERS BUT ALSO THE BROADER COMMUNITY. THESE ACTIVITIES EXEMPLIFY TEAMWORK, COMMUNITY SPIRIT, AND THE COMMITMENT TO IMPROVING LIVES, ENSURING A LEGACY OF SERVICE AND ENGAGEMENT THAT WILL INSPIRE FUTURE INITIATIVES. MOVING FORWARD, FDK-NR AIMS TO BUILD ON THESE SUCCESSES, FOSTERING A CULTURE OF VOLUNTEERISM AND SOLIDARITY AMONG FILIPINOS IN THE REGION.



**DR. TERENCE D. PINEDA**  
PDA FDKSA-NR Vice President

# AGRES *dental*

ORTHODONTICS AND  
GENERAL DENTISTRY



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Broadcast Center  
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Cotabato

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In Loving Memory of

*Dr. Imelda B. Marzan*  
FDKSA President Y2013-Y2014

Congratulations:

Dr. MARA REYES – FDKSA President,  
Executive officers, Board Members &  
Committees of FY2025-2026 -Madasigon Batch

14th FDKSA Anniversary  
15<sup>TH</sup> FDKSA Induction of Officers

From: Marzan Family  
Tito Rey Marzan  
Atty. Marey Beth Marzan  
Ms. Irene Jane Marzan  
Dr. Eyrma Yvette Marzan-Estrella  
Ms. Ashley Angel Marzan-Estrella





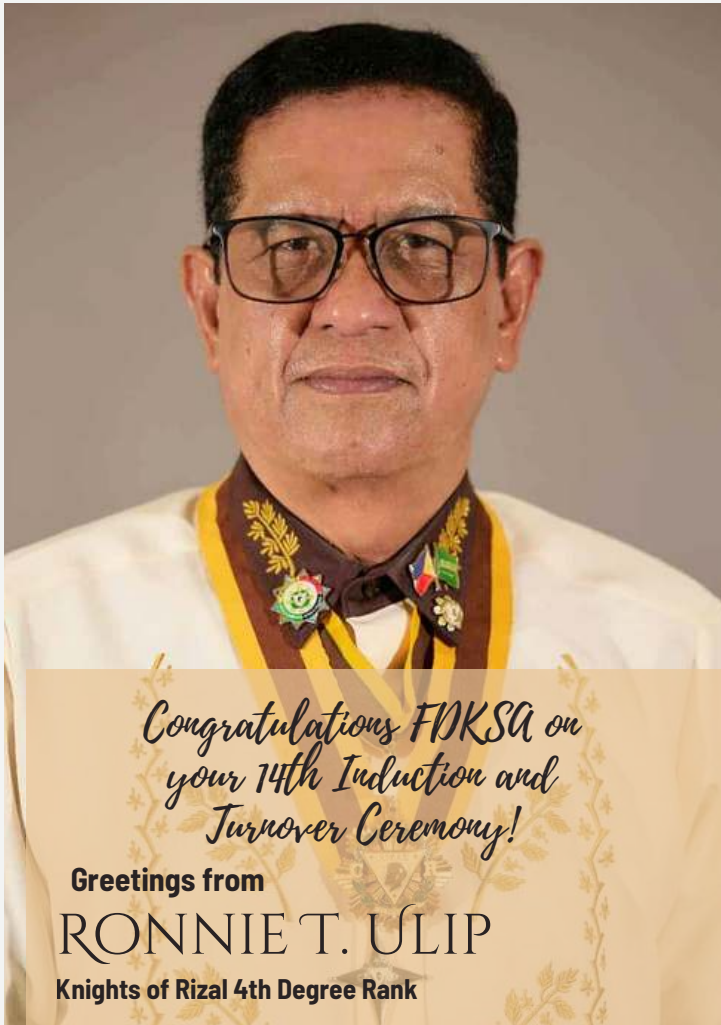
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AGENT CONTACT NUMBER  
 WINSTON:0549360357  
 JUNREY: 0536322898  
 LIAN: 0543919457  
 ALVIN:0563992759

WILD

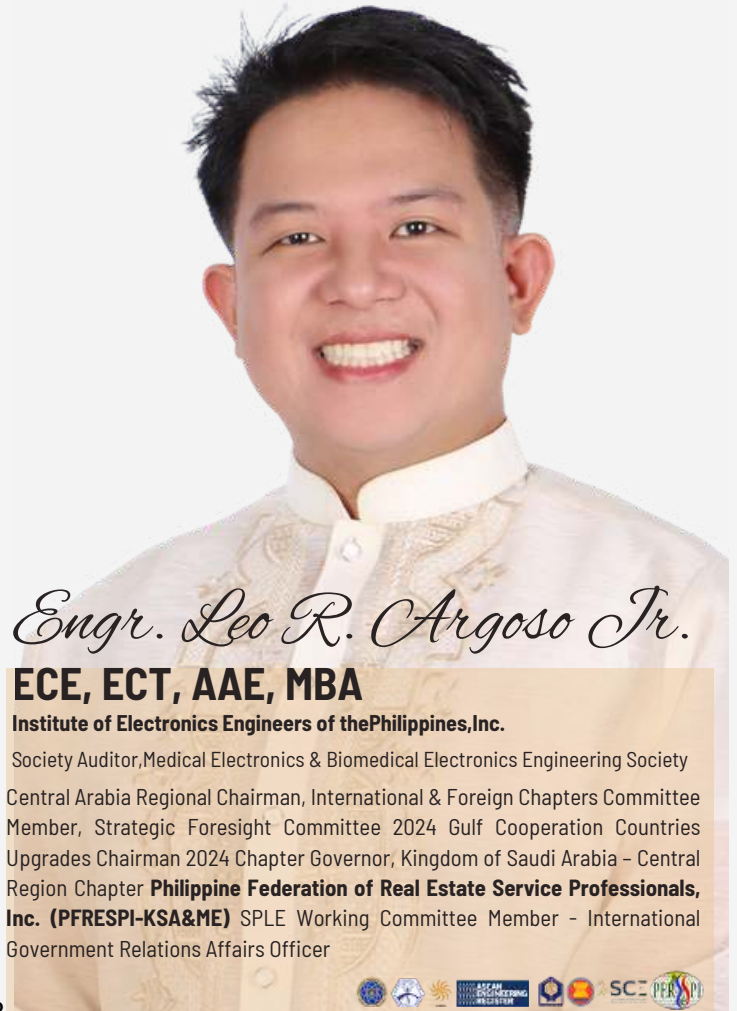


شركة مخزن أدوية جمجوم  
 Jamjoom Medicine Store



*Congratulations FDKSA on  
 your 14th Induction and  
 Turnover Ceremony!*

Greetings from  
**RONNIE T. ULIP**  
 Knights of Rizal 4th Degree Rank



*Engr. Leo R. Argoso Jr.*  
**ECE, ECT, AAE, MBA**

**Institute of Electronics Engineers of the Philippines, Inc.**  
 Society Auditor, Medical Electronics & Biomedical Electronics Engineering Society  
 Central Arabia Regional Chairman, International & Foreign Chapters Committee  
 Member, Strategic Foresight Committee 2024 Gulf Cooperation Countries  
 Upgrades Chairman 2024 Chapter Governor, Kingdom of Saudi Arabia - Central  
 Region Chapter **Philippine Federation of Real Estate Service Professionals,  
 Inc. (PFRESPI-KSA&ME)** SPLE Working Committee Member - International  
 Government Relations Affairs Officer



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Active members F.Y. 2024-2025

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**ALDANA, AMELIA B.**

KING ABDULAZIZ MEDICAL CITY-NGHA  
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**ALIS, IRENE L.**

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**ALVEZ, MARIVIC R.**

CORAL DENTAL COSMET DERMA CLINIC  
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**ALVIEDO, CEDRALINE R.**

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0531054323

**AMOYO, MARIA CONCEPCION, E.**

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**ARABA, ARIANE DANIELLE C.**

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0559878773

**ARASULA, NORA V.**

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0509439326

**AYA-AY, MARIA THERESA D.**

AL EWAN MEDICAL POLYCLINIC  
0500949541

**BANTAY, ACE F.**

0507017291  
SEERA GROUP

**BATTUNG, KRISTINA PAULA**

DR. ABDULAZIZ AL AJAJI DENTAL  
0504817590

**BAUTISTA, APERLITA D. QASR**

ALSEWAK POLYDENTAL CLINIC  
0559764438

**BRIONES, FELICITAS A.**

CORAL DENTAL CLINIC  
0557014596

**COMETA, ZORAIDA D.**

RIYADH CARE HOSPITAL  
0504306765

**DACQUEL, JOCELYN V.**

SIGAL DENTAL CLINIC  
0553917313

**DANNANG, RITA C.**

SAFA AL OROBA MEDICAL COMPLEX  
0507884426

**DAVADILLA, GRACE H.**

0541680143

**DE LEON, ARLENE A.**

AL MUHAIDIB DENTAL CLINIC  
0509784530

**DE TORRES, ANGELA KATHRINA R.**

AAJI DENTAL  
0502307665

**ESPARRAGO, LOLITA M.**

DERM DENTAL CLINIC  
0507822353

**FERNANDO JR., ELIAS B.**

NOVA AL ALAMI POLY CLINIC  
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**GAPASIN, MARIFE B.**

BYSLAN MEDICAL COMPLEX  
0501674662

**GIRONELLA, TERESITA C.**

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0530626810

**JABAY, RUSSEL M.**

CORAL CO. FOR MEDICAL SERVICES  
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**JASARENO, GLORIA C.**

FAMILY HOUSE MEDICAL COMPLEX  
0508019020

**KUDIYIL, VENUS R.**

SAFA AL OROBA  
0565316024

**LAZ, VIRGINIA O.**

SAVAN MEDICAL CENTER  
0501276403

**LOPEZ, ARIANE DANIELLE ARABA**

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**MADAYAG, LOURDES N.**

FAC DENTAL CENTER  
0568132380

**MAGHINAY,ELIMAR O.**

AL RAHEEMA MEDICAL CENTER  
0530385626

**MAGNO, JOSEPHINE**

KING FAHAD DENTAL CENTER 1  
0508131990

**MAMON, LORETTA A.**

KAMC-NGHA  
0553868412

**MANUEL, JESCETH M.**

SIGAL DENTAL CLINIC  
0556213267

**MENDOZA, RACQUEL A.**

SMILE WAY DENTAL CLINIC  
0509998907

**MENIA, ARZEN GRACE D.**

CORAL CO. FOR MEDICAL SERVICES  
0502866576

**MINGO, AMALIA C.**

AL NOZHA MEDICAL CLINIC  
0509011684

**OIDA, YVONNE I.**

ALMUHAIDIB DENTAL COMPLEX  
0502180541

**ORPILLA, MAE JOY A.**

PEARLY TEETH MEDICAL CLINIC  
0580122840

**PANOPIO, KIM ANGELICA L.**

AAJI DENTAL CLINIC  
0548992420

**PASCUA, MYRA JOY O.**

MIRAL DENTAL CLINIC  
0548486114

**PASPE, JILL FRENCH**

AL FAIHA MEDICAL CLINIC  
0550071592

**PEPITO, LESLEY JOY V.**

AL ALAM MEDICAL CENTER  
0540758321

**PEREZ, CYNTHIA D.**

MALAK DENTAL CENTER  
0595957499

**PEREZ, REDENTOR T.**

NASSIM AL KHOZAMA DENTAL LAB  
0507038924

**RIVERA, JANINNE M.**

PSMMC  
0502250935

**REYES, JENNIFER G.**

AAJI DENTAL GROUP  
0545148761

**REYES, MARIA LEONORA S.**

NEW YOU MEDICAL CENTER- AL WURUD  
0508235940

**SALTING, MICHAEL**

AL MESWAK DENTAL CENTER  
0598264300

**SUERO, DULCE AMOR S.**

MINISTRY OF NATIONAL GUARD  
0537317318

**TADURAN, JENNIFER B.**

DENTAL UNIVERSITY HOSP, KSUMC  
0507254340

**TONIO, SHAMIRA KRISTINE B.**

AL MUHAIDIB DENTAL GROUP-  
DAR AL BEADAA  
0552538080

**TORRES, DENNIS B.**

AL ALAMI MEDICAL COMPLEX  
05433526511

**TORRES, MARIA THERESA C.**

AL MUHAIDIB DENTAL COMPLEX  
0531018036

**TORRES, RHENEE ROSE I.**

KING FAISAL SPECIALIST HOSPITAL & R.C.  
0552284180

**TY, BELLA A.**

THANAYA DENTALCENTER 1  
0544415702

**UMITEN, MA LEONORA NORILYN V.**

NOVA DENTAL GROUP  
0547342486

**VILLANUEVA, IMELDA G.**

LORA MEDICAL COMPLEX  
0583115732

**ZAMORA, DANA CANE T.**

DR. ABDULAZIZ AL AJAJI DENTAL  
0504287395

# DIRECTORY Regions

Active members F.Y. 2024-2025

## WESTERN

### ABLON, ANA LEAH

**AGRES, JULIUS S.**  
ROYAL SMILE DENTAL, NJ, USA 1  
5714257379

**ARBOLEDA, LEE Q.**  
THANAYA AL YAQOOT MEDICAL  
SPECIALIST CLINICS  
0530472677

### ASPERILLA, MYRA

**BULATAO, DAISY MAE S.**  
ALMAWJ POLYCLINIC  
0553349984

**CAMBONGA, NELENE I.**  
LAMSA MEDICAL COMPLEX  
0551175543

**CARANDANG, KRISTINE JOY M.**  
SPECIALIZED DENTAL & DENTAL  
IMPLAN COMPLEX  
0562075779

**CATAPIA, MYRNA J.**  
SPC MINISTRY OF NGH AFFAIRS  
0501917415

### FUERTEZ, DAISY MAE

### GINEZ, ELLA S.

**LEUNG, JEREMIAH D.**  
SHAR DENTAL POLYCLINIC  
0551788734

**MALANA, CARMENCITA  
DELA CRUZ**  
SHAR DENTAL POLYCLINIC  
0567568459

**MAPANDI, RASMIA S.**  
SHAR DENTAL POLYCLINIC  
0559406813

**PADLAN, BARBARA E.**  
MAGHRABI DENTAL CENTER  
0567639676

**RAMOS, LYRAH SHARON F.**  
KAMC, SPECIALIZED POLYCLINIC  
0501400521

**RUFINO, EMELY R.**  
KING ABDULAZIZ UNIVERSITY  
DENTAL HOSPITAL  
0554528075

**SANTOS, MINERVA G.**  
MEDICAL REFERENCE CENTER  
0535574436

**TEJADA, PATRICIA H.**  
IDEAL CLINIC  
0501164608

**TUMALIP, NIDA C.**  
0502519276

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**ANGOB, YVONNE C.**  
MDC CLINIC  
0537453514

**AROJADA, JULIE ANN**  
JOHN HOPKINS ARAMCO  
HEALTHCARE  
0501717843

**BANIAS, GRACE P.**  
DR. KHALED ATEEQ DENTAL  
CLINIC  
0552127895

**BASSIG, GREG M.**  
ARMED FORCES HOSPITAL KAAB  
0537336808

**BOLADO, JODELYN A.**  
DR. KHALED ATEEQ DENTAL  
CLINIC  
0535763197

**ESPIRITU, SHYLAA**  
GULF POLYCLINIC  
0537589870

### GUARDIARIO, SONIA S.

**JAVIER, ARSENIA V.**  
RAM DENTAL CARE  
0509336196

**LAURIO, IMELDA G.**  
AL MESWAK DENTALCLINICS  
0537357177

**MARQUEZ, NATIVIDAD R.**  
05551884753

**MONTENEGRO, RHONA B.**  
JABAL RAM DENTAL CARE  
0555698018

**MUESCAN, ERVIE M.**  
NOVA DENTAL COMPLEX  
0551884752

**NABOR, MARIA ROSSANA R.**  
KING FAHAD MEDICAL COMPLEX

**PARAISO, GLORIA O.**  
HMEDICAL COMPLEX  
0530569792

**REODIQUE, ALMA ESTRELLA A.**  
NOVA DENTAL

**PIA, RENE**  
AL MAGLOOTH DISPENSARY

## NORTHERN

**ADAN, MA. RESURECCION G.**  
ALTAKSEES POLYCLINIC HAIL CITY,  
KSA  
0507017291

### ESPANO, CHRISTIAN LEY A.

**ESTRADA, EMERITA**  
IBN SINA POLYCLINIC HAIL CITY,  
KSA  
0502819722

### FABIAN, RODALYN ROSE

**GABRIEL, FATIMA**  
ALTAKSEES POLYCLINIC HAIL CITY,  
KSA  
0505162614

### GASPAR, RONALD

### HOLGADO, DORIS

### MABUNGA, ALYSSA

**MASILUNGAN, DANILO C.**  
UNIVERSITY OF HAIL HAIL CITY, KSA  
0538100521

### MENDOZA, KAREN ANNE

**NIDOY, BONG**  
ALMAS POLYCLINIC HAIL CITY, KSA  
0545211397

### RIGOR, MERILOU

**PINEDA, TERENCE D.**  
UNIVERSITY OF HAIL HAIL CITY, KSA  
0533029423

# DR. ABDULLAH AL EISSA

## ORTHODONTIC CONSULTANT

Highly qualified orthodontist with extensive experience in both general dentistry and orthodontics. After earning a Bachelor of Medicine and Oral and Dental Surgery from King Saud University,

Pursued advanced training and completed a Master's degree in Advanced Dentistry at the University of Southern California.

Certified by the Saudi Board in Orthodontics and a proud member of the Saudi Orthodontic Society,.

Dedicated to delivering high-quality, patient-centered care using the latest techniques and technologies in the field.

Areas of clinical expertise include:

- Ceramic braces and Invisalign (clear aligner therapy)
- Management of speech issues in children related to dental conditions
- Treatment planning for surgical orthodontic cases
- Correction of complex cases involving impacted teeth

Known for combining precision, professionalism, and a personalized approach to help patients achieve healthy, confident smiles.

*Clinic locations:*

- *Prince Sultan Military Medical City*
- *New You Medical Center*
- *Orthodontic consultant E-Clinics*
- *Maleen Dental Center*
- *Elevate*



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Los Angeles  
New York  
San Francisco  
Seattle  
Toronto  
Vancouver

##### Australia

Brisbane  
Melbourne  
Perth  
Sydney

##### Papa New Guinea

Port Moresby

##### Japan

Fukuoka  
Nagoya  
Osaka  
Tokyo (Haneda)  
Tokyo (Narita)

##### South Korea

Incheon (Seoul)  
Busan

##### Southeast Asia

Bali (Denpasar)  
Bangkok  
Da Nang  
Hanoi  
Ho Chi Minh  
Jakarta  
Kuala Lumpur  
Phnom Penh  
Singapore

##### Middle East

Doha  
Dubai  
Riyadh

##### Greater China

Beijing  
Hong Kong  
Quanzhou (Jinjiang)  
Shanghai  
Taipei  
Xiamen

#### DOMESTIC

Bacolod  
Basco (Batanes)  
Busuanga (Coron)  
Butuan  
Calbayog  
Cagayan De Oro  
Caticlan (Boracay)  
Cauayan  
Cebu  
Cotabato  
Davao  
Dipolog  
Dumaguete  
General Santos  
Iloilo  
Laoag  
Legazpi (Daraga)  
Ozamiz  
Puerto Princesa  
Roxas  
San Jose (Antique)  
Siargao  
Tacloban  
Tagbilaran  
Tuguegarao  
Zamboanga

### Cebu Hub

#### INTERNATIONAL

Tokyo (Narita)  
Osaka  
Ho Chi Minh  
Incheon (Seoul)

#### DOMESTIC

Bacolod  
Borongan  
Busuanga (Coron)  
Butuan  
Cagayan De Oro  
Catarman  
Caticlan (Boracay)  
Cotabato  
Davao  
General Santos  
Iloilo  
Laoag  
Ozamiz  
Puerto Princesa  
Siargao  
Tacloban  
Zamboanga

### Clark Hub

Basco (Batanes)  
Busuanga (Coron)  
Siargao

### Others

Davao to Tagbilaran  
Cotabato to Tawi-Tawi  
Zamboanga to Tawi-Tawi



## Fleet



**BOEING 777-300ER**  
CAPACITY: 370



**AIRBUS A350-1000**  
CAPACITY: 295



**AIRBUS A350-900**  
CAPACITY: 295



**AIRBUS A330**  
CAPACITY: UP TO 363



**AIRBUS A321-200 (NEO SR)**  
CAPACITY: 195



**AIRBUS A321-200 (NEO)**  
CAPACITY: 168



**AIRBUS A321-200 (CEO)**  
CAPACITY: 199



**AIRBUS A320-200**  
CAPACITY: UP TO 180



**DE HAVILLAND DASH 8-400**  
CAPACITY: 86



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## Our Commitment to Sustainability

We are committed to providing safe, efficient, and enjoyable travel while operating responsibly. Guided by our vision and sustainability goals, we've adopted a policy to help achieve net zero carbon emissions by 2050.