



Know Your USTMAAA FOUNDATION President

Alfonso Q. Estrada, MD '75

Born in Manila to Dr. Felix A. Estrada and Dr. Juanita J. Quizon, raised in San Juan, Rizal, Al (as he is known to friends) enrolled at the Ateneo de Manila at the age of 5 years. He maintained his place in the Honors' Section through High School. He then did his undergraduate studies at the University of Santo Tomas, finishing in 3 years and 3 summers, and graduating with honors. He then continued at the same university, again graduating with an MD degree with honors in 1975. After an internship at the UST Hospital and a 6-month stint as a probationary officer at Camp Emilio Aguinaldo to fulfill the rural service requirement, he left for the United States of America, starting his categorical internship, and finishing his residency in Internal Medicine and fellowship in Adult Cardiology at St. Francis Hospital in Evanston, Illinois. He then went to Mt. Sinai Hospital in Milwaukee, Wisconsin to undergo a fellowship in the subspecialty of Clinical Cardiac Electrophysiology under world-renowned Dr. Masood Akhtar. He became board certified in Internal Medicine in 1980, Adult Cardiology in 1982 and Clinical Cardiac Electrophysiology in 1994, with successful recertification in Electrophysiology in 2004 and 2014. He began his practice of internal medicine, cardiology, and electrophysiology at St. Francis Hospital in 1983, establishing the Pacemaker and Device Clinic as well as the first electrophysiology laboratory at the same hospital.

After a couple of years in solo practice, he joined up with Dr. Alberto Foschi, and later became a member of North Suburban Cardiology, on staff at St. Francis Hospital, Evanston Hospital, Glenbrook Hospital, Skokie Valley Hospital (now Rush North Shore Medical Center), Northwest Community Hospital, and St. Alexius Medical Center. He was in practice for 25 years in the northern suburbs of Chicago, initially living in Evanston, then moving to Morton Grove and then Glenview, Illinois.

In 2008, an opportunity arose to help develop the electrophysiology program in Terre Haute, Indiana. He moved his residence to Terre Haute and was on staff at Union Hospital and Terre Haute Regional Hospital, while working in a multispecialty group called AP&S Clinic, later renamed as UAP Clinic and then absorbed into the Union Hospital Group. After almost 40 years in practice, he retired in 2017, moving back to Glenview to be near his children and grandchildren.

He is presently teaching Internal Medicine house staff at Ascension St. Francis Hospital and is involved in Phase 3 drug studies in a downtown Chicago office. He continues to join medical missions to the Philippines and spends his winters at a condominium in Bonifacio Global City, Taguig. He has overseen the Heart mission, providing heart procedures (cardiac catheterizations and coronary angioplasties, permanent pacemaker implantations) to indigent patients at the Santo Tomas University Hospital, sponsored by the USTMAAA Foundation.

His recent 4-month stay allowed him to travel to Pampanga, Bataan, Nueva Ecija, Batangas (Punta Fuego and Taal), Cavite, Pangasinan, Laguna, Cebu, Quezon, Boracay in Aklan, the Cordillera Range (Banaue, Sagada, Atok, Baguio) as well as a brief stint to Singapore. He connected with relatives and friends from high school and college, attending many breakfasts, lunches, and dinners at the various eating establishments in and around Manila.

He is an active member of the St. Catherine Laboure Asian American Association, a Filipino-American organization at St. Catherine Laboure Parish in Glenview, Illinois, where he also sings as tenor with the choir. He participates in activities of the Philippine Medical Association in Chicago during its fund-raising

events and humanitarian services, feeding and entertaining Phil-Am senior citizens during Thanksgiving and joining PMAC-sponsored medical missions to the Philippines. He is the Executive Secretary of the PMAC and the secretary of the PMAC Foundation.

Since his retirement, he has travelled to the Czech Republic, Germany, Austria, Hungary, the Caribbean, Japan, Greece, Canada, and other various parts of the Philippines (Virgin Island north of Bantayan Island in Cebu, Caramoan in the Bicol region, Hundred Islands in Pangasinan, Coron in Palawan, Nasugbu in Batangas). He has joined his wife's classmates, hiking through Acadia National Park in Maine and Zion/Bryce National Parks in Utah, and reconnecting with them in Naples and Marco Island in Florida.

At the onset and height of the Covid pandemic, he mentored his oldest grandchild at home by Zoom as a second grader. Unable to go to the Philippines, he winterized for a month in Florida (Naples in 2021, and Miami Beach in 2022).

He has attended the yearly homecoming reunions of the University of Santo Tomas Medical Alumni Association in America where he sits in its Board, serving as President in 2018-2019 and member of the Continuing Medical Education Committee. He celebrated his Sapphire Jubilee in San Francisco in 2020. He also is present at the yearly homecoming reunions in the Philippines sponsored by the University of Santo Tomas Medical Alumni Association, Philippines. He regularly gives lectures in conjunction with the medical missions to impart knowledge to the Philippine physicians and paramedical personnel.

He plans to continue being active and travelling while physically able. He resides in a condominium in Glenview, Illinois with his wife, Cyren (Yen as she is known to her friends) close to his children Carmela (Brian), Celeste (Tom) and Andrew (Heidi), and dotes on his grandchildren Adam, Dana, CJ, and Marcus. He enjoys photography (has a Sony A7 and a Lumix), and intermittently strums his acoustic and electric guitars. He exercises daily (swimming, biking, Apple Fitness+, and YouTube programs) and has joined 5K runs with his daughter, Celeste, with whom he runs for 3 miles every Saturday. He promulgates preventive Cardiology to mitigate the risks for cardiovascular diseases, espousing the benefits of a healthy lifestyle involving a heart-healthy diet, regular exercise, avoidance of substances that may be unhealthy, sufficient sleep, minimizing stress and staying in contact with relatives and friends.

