

Dr. Maria Lourdes de los Santos Mara was born in Cebu City, Philippines. She is blessed to have both of her parents and eldest sister are doctors giving her inspiration to be a successful one. She graduated as class Valedictorian in high school, and Magna cum laude in her Bachelor of Science Pre-med at Southwestern University Cebu City .She earned her degree of Doctor of Medicine in 1984 at Mathias H. Aznar Memorial College of Medicine. She graduated one among the top of her batch. She completed her Internal Medicine residency at LAC-USC Los Angeles County University of Southern California in 1994. She is currently board certified in American Board of Internal Medicine and a member of American College of Physicians. For her medical practice achievements ,She is a solo recipient of Presidential award from Multicultural Group IPA in 20<sup>th</sup> year anniversary for consecutive 5 star performer 3 years in a row .Her involvement with her profession is deeply rooted, starting with her past affiliations of various hospital, Sharp Chula Vista Medical Center, Scripps Mercy Hospital Chula Vista, Alvarado Hospital Medical Center and currently Paradise Valley Hospital ; down to being house call physicians through Mobile Physician Service way back 1998. At present she focus in outpatient Geriatric population .Some older adults maybe affected by geriatric issues during process of aging. She is challenge to address the complexity of various chronic conditions.

She is past PMA president 2019-2020. Among her accomplishments in 2019 as follows; Successful launching of PMA medical symposium ,two medical missions in the Philippines and Peru conjoined with PVIMM. She had a major role in PMA 40<sup>th</sup> Ruby anniversary celebration. Last year 2020, with the unprecedented global pandemic due to COVID -19, the time lost in COVID was devoted to one year making of PMA Jubilee Memoir yearbook. This commemorates the legacy of Philippine Medical Association. The PMA directory was upgraded, and the first time in history "PMA SD website " was created in her term ,becomes a reality, masterminded by past President Dr Ben Camacho .In a way new insight PMA continue to move on reaching out Filipino community. Though her family is musically inclined dancing is her passion which started at early age, no wonder she loves to dance. She set aside gardening and traveling as her past time .When she is not working Dr Mara enjoys spending time with her husband Ruben and 2 sons, Julius and James.