

Sarah D. Moral-Ramos, MD (1979 – 2016) “An Old Soul, Gone Too Soon”

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Sarah completed her residency training at The Medical City in 2010. As early as her residency days, she showed remarkable surgical skills, good clinical judgment, and excellent administrative insight. She spent her senior year in training as one of the best chief residents the department had seen. Setting the bar high, she demanded excellence from her juniors and constantly sought progress. The department was enhanced by her initiatives, and early on, the consultant staff was certain that she would soar to great heights and achieve great things.

After passing the PBO-HNS diplomate exam, she went to Fujita Health University to pursue fellowship training in Sleep Medicine. Her intelligence, sunny personality, and diligence impressed all she encountered while in Japan, from her eminent *senseis* up to the allied medical personnel. She contributed to the society and co-authored several scientific papers that were published internationally. She returned after a year of training, prepared and eager to start her private practice.

But God had other plans for Sarah. In June 2011, a few months after completing her fellowship training, she was diagnosed with Acute Lymphoblastic Leukemia. Her treatment course was anything but smooth, and the road to recovery was challenging to say the least. But being the fighter that she was, Sarah faced her trials head on, and with the support of her family, friends, and colleagues she went into remission.

Sarah then went on to be an active consultant of the Department of Otolaryngology-Head and Neck Surgery as well as a reader at the Center for Snoring and Sleep Disorders of The Medical City. It was also during this time that she passed the certifying examination given by the



Philippine Society of Sleep Medicine. She was active in both her subspecialty study group and in the Philippine Society of Otolaryngology - Head and Neck Surgery, giving lectures during meetings, round table discussions, and in the society's annual convention.

Sarah's personal life was also noteworthy. In 2015, she married the love of her life, Dr. Rodney Marc H. Ramos, a fellow otolaryngologist. Their love story is inspiring and definitely one for the books.

Early in her career, Sarah was already regarded as one of the experts in Sleep Medicine. She was well on her way to becoming an esteemed member of the ENT community when she was faced with yet another challenge. Months after getting married, they were handed the unfortunate news that her cancer had relapsed. She took a leave from her clinical duties to undergo treatment, consisting of intensive chemotherapy and a bone marrow transplant. Her support group, led by her loving husband, rallied behind her and again she emerged victorious.

Unfortunately, despite such hopeful circumstances, Sarah succumbed to complications of her treatment on August 26, 2016. She fought a good fight and she will be remembered for her tenacity, resilience, and unwavering faith. Her trademark dimples, always present even during the toughest of times have been imprinted forever in the hearts and minds of her loved ones. Her short, but well lived life, continues to be an inspiration to all those who had the privilege of knowing her.

Goodbye, our dear Sarah. You are missed every day.