

# Leilani B. Mercado-Asis, MD, PhD, MPH, MEd (DE)

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## EDUCATION

Fellowship and Doctorate Studies in Endocrinology and Metabolism, NIH USA, and Gifu, Japan, respectively  
Masteral Studies in Public Health, University of the Philippines  
Masteral Studies in Distance Education, major in Instructional Design, Athabasca University, Canada

## TEACHING EXPERIENCE

Professor and Former Chairman, Department of Medicine, University of Santo Tomas. Started teaching in 1992 to the present.

## RESEARCH EXPERIENCE

Original studies: Pre-IGT and its clinical significance, use of <sup>131</sup>Iodine therapy in benign nontoxic goiter, medical nutrition therapy through automatic snacking in patients with diabetes on insulin therapy, bilateral adrenal venous sampling in microscopic pheochromocytoma, and postprandial dyslipidemia and its impact on cardiovascular outcomes, Target-oriented clinical skill enhancement (TOCSE): effective clinical tool for teaching and learning.

Over 100 Publications and Book Chapters

Original research studies in diabetes, dyslipidemia, thyroid, adrenal diseases, and medical education.

## HONORS AND DISTINCTIONS

2017 Gusi Peace Prize International awardee for medical education, research and patient care

2012 Dr. Cyrus Katzen Pheochromocytoma and Paraganglioma Humanitarian Award, Washington, D.C.

Consistent Gold Rector's awardee in Research and International Publication

Editorial Board Member of Journal of Medicine UST and other international journal outfits.

## PROFESSIONAL MEMBERSHIPS

**Program Director**, UST Master in Public Health International

**Board Member**, World Hypertension League

Past President of the following organizations:

- Philippine Society of Endocrinology, Diabetes, and Metabolism
- Asian Federation of Osteoporosis Societies (AFOS)
- Philippine Society of Hypertension
- Osteoporosis Society of the Philippines Foundation, Inc.
- Philippine Thyroid Association
- Asian Alliance for the Study of Pituitary, Neuroendocrine, and Adrenal Diseases

## PROFESSIONAL ACTIVITIES

National and international lecturer in the field of endocrinology, diabetes, thyroid, hypertension, lipids, and cardiovascular diseases.

## PUBLICATIONS (Selected)

1. **Mercado-Asis, LB**, Lorenzo-Redoblado ZG. Cardiovascular adverse outcomes as challenges on glycemic variability among patients with type 2 diabetes on intensive insulin therapy: The role of medical nutrition therapy with automatic snacking. *Series of Endocrinology, Diabetes and Metabolism*. 2021;3
2. Valdez MNR, Mercado-Asis, LB. Long term evaluation of intensive insulin therapy in patients with type 2 diabetes mellitus. *Series of Endocrinology, Diabetes Metabolism*. 2021;2
3. Antonio KL, **Mercado-Asis LB**. Long term follow-up of patients with nontoxic benign nodular goiter treated with <sup>131</sup>Iodine therapy. *Series of Endocrinology, Diabetes and Metabolism*. 2021;3
4. Diaz ABF, David-Ona DI, **Mercado-Asis, LB** et al. May Measurement Month 2019: An Analysis of blood pressure screening results in the Philippines. *Eur Heart J Suppl* 2021 May 20;23 (Suppl B):B120-B123
5. Jochmanova, I, Abcede, AMT, Guerrero, RJS, Malong, CLP, Wesley, R, Huynh T, Gonzales, MK, Wolf, KI, Jha, A, Knue M, Prodanov, T, Nilubol, N, **Mercado-Asis, LB**, Stratakis, CA, Pacak, K. Clinical characteristic and outcomes of SDHB-related pheochromocytoma and paraganglioma in children and adolescents. *Journal of Cancer Research and Clinical Oncology*. Feb 2020, 146, 1051–1063(2020)
6. Antonio, K, Valdez MMN, **Mercado-Asis, LB**, Taieb, D, Pacak, K. Pheochromocytoma/paraganglioma: recent updates in genetics, biochemistry, immunohistochemistry, metabolomics, imaging and therapeutic options. *Gland Surgery*. Feb 2020, Vol 9 No 1. Pp 105-123.
7. Jha, A, de Luna, K, Balili CA, Millo, C, Paraiso, CA, Ling, A, Gonzales, MK, Viana, B, Alrezk, R, Adamd, KT, Tena, I, Chen A, Neuzil, J, Raygada, M, Kebebew, E, Taieb, D, O’Dorisio MD, O’Dorisio, T, Civele, AC, Stratakis, CA, **Mercado-Asis, LB**, Pacak, K. Clinical, diagnostic, and treatment characteristics of SDHA-related metastatic pheochromocytoma and paraganglioma. *Frontiers in Oncology*. 2019;9:53, DOI [10.3389/fonc.2019.00053](https://doi.org/10.3389/fonc.2019.00053)
8. Gomez, MFC, Gan, FR, Mendoza, E, **Mercado-Asis, LB**. Systemic hormonal unloading in unilateral adrenalectomy in a patient with bilateral adrenal hyperplasia: A case report. *Journal of Medicine University of Santo Tomas*, April 2019, Vol3 Issue 1, pp. 303-308. DOI 10.35460/2546-1621.2018-0055
9. Gan, FRC, Gomez, MFS, **Mercado-Asis, LB**. Value of systemic hormonal unloading in pheochromocytoma. *Journal of Medicine University of Santo Tomas*, October 2019, Vol 2, Issue 2, pp. 336-341, DOI 10.35460/2546-1621.2019-0022
10. Gomez, MFC, Gan, FR, Mendoza, E, **Mercado-Asis, LB**. Systemic hormonal unloading in unilateral adrenalectomy in a patient with bilateral adrenal hyperplasia: A case report. *Journal of Medicine University of Santo Tomas*, April 2019, Vol3 Issue 1, pp. 303-308. DOI 10.35460/2546-1621.2018-0055
11. **Mercado-Asis, LB**, Wolf, K, Jochmanova, I & David, T. Pheochromocytoma: A Genetic and Diagnostic Update, *Endocrine Practice*: January 2018, Vol 24, No.1, pp. 78-90.
12. Abcede AMT, Kho SA, Matawaran BJ, **Mercado-Asis LB**. (2014) “Successful Reduction in the size of cystic thyroid nodules with <sup>131</sup>Iodine therapy”. *Journal of Endocrinology and Metabolism*;4:3:12-18
13. Malong CHP, Tanchee-Ngo MJ, Torres-Salvador P, Pacak K, **Mercado-Asis LB**. (June 2013) Removal of dominant adrenal lateralized by glucagon-stimulated adrenal venous sampling alleviates hypertension in bilateral pheochromocytoma. *Journal of Life Sciences*, ISSN 1934-7391, USA 7:6.
14. Robles JJ, **Mercado-Asis LB**., Pacak K. (2013) Pheochromocytoma: Unmasking the Chameleon.in: Koch CA, Chrousos GP (eds.). *Contemporary Endocrinology. Endocrine Hypertension*. Springer, New York 2013, pp123-148.
15. Samson C, Chua B, Gabriel F, Sugay I, Galia A, Zaynab A, Platon B, LiAve KI, Zacarias M, & **Mercado-Asis LB**. (2012) Postprandial peaking and plateauing of triglyceride and VLDL were observed in patients with cardiovascular disease maintained on low fat diet and statin treatment. *International Journal of Endocrinology and Metabolism*,10(4):75-81.
16. Laplano NER, **Mercado-Asis**. (2012) Recombinant TSH and lithium overcomes amiodarone-induced low radioiodine uptake in a thyrotoxic female. *International Journal of Endocrinology and Metabolism*;10(4): 625-628.
17. Lorenzo ZA, **Mercado-Asis LB**. (2011) Automatic snacking prevents hypoglycemia among outpatient type 2 diabetic patients on intensive insulin therapy. *Phillipine Journal of Internal Medicine*;49:2 57.
18. Rosales RL, Santos MM, **Mercado-Asis LB**. (Nov 2011). Cilostazol: a pilot study on safety and clinical efficacy in neuropathies of diabetes mellitus type 2 (ASCEND) *Angiology*.62(8):625-35. Impact Factor 1.511.
19. Gabriel FS, Macaballug MAG, Sumpio JP, Blas JP, Zacarias MB. **Mercado-Asis LB**. (2012). Post-prandial effect of orlistat on the peaking of lipid level (PEOPLE) after a 50% oral fat challenge test: a randomized, double-blind, controlled trial. *International Journal of Endocrinology and Metabolism*; 10(2):458-463. ISSN 1726-913X.
20. **Mercado-Asis LB**, Tingcungco AG, Bolong DT, Lopez RA, Caguioa EV, Yamamoto ME, Marcos J, Mercado AB, Zacarias MB. (Dec 2011). Diagnosis of small adrenal pheochromocytoma by adrenal venous sampling with glucagon stimulation test. *International Journal of Endocrinology and Metabolism*; 9;2:323-329. ISSN 1726-913X.
21. Fonte J, Robles J, Chen C, Reynolds J, Whatley M, Ling A, **Mercado-Asis LB**, Adams KT, Martucci V, Fojo AT, Pacak K. (Feb 2012). False-negative <sup>123</sup>I-MIBG SPECT is most commonly found in SDHB-related pheochromocytoma or paraganglioma with high frequency to develop metastatic disease, *Endocrine Related Cancer* 13;19(1):83-93. Impact Factor 4.364.
22. Abejuela ZR, Macaballug MAG, Sumpio J, Tuazon J, Zacarias M, **Mercado-Asis LB**. (2009). orlistat abolishes postprandial hyperlipemia. *International Journal of Endocrinology and Metabolism*; 3:179-186. ISSN 1726-913X.

23. Fonte FS, Cunanan EC, Matawaran BJ, **Mercado-Asis LB**. (May-June 2009) Treatment outcomes of pituitary tumors at the University of Santo Tomas Hospital: 2004-2008. *Philippine Journal of Internal Medicine*; 47(3):121-128.
24. **Mercado-Asis LB**, Tingcungco AG, Bolong DT, Lopez RA, Caguioa EV, Yamamoto ME, Marcos J, Mercado AB, Zacarias MB. (Dec 2011). Diagnosis of small adrenal pheochromocytoma by adrenal venous sampling with glucagon stimulation test. *International Journal of Endocrinology and Metabolism*; 9;2:323-329. ISSN 1726-913X.
25. Laplano NE, Quiambao-Gonzales DEM, Uy J, **Mercado-Asis LB**. (May-June 2009) Combination insulin therapy with pre-mixed intermediate/rapid acting insulin (70/30) and insulin lispro mimicking physiologic insulin secretion: optimal glycemic treatment with sustainability of control in type 2 diabetic patients. *Philippine Journal of Internal Medicine*; 47:93-97.
26. Robles JF, Navarro JEV, Maglinao MLD, Matawaran BJ, Andag-Silva AA, **Mercado-Asis LB**. (2009) Traumatic injury to the brain and endocrine evaluation of the anterior pituitary a year after the event (The TRIBE Study). *International Journal of Endocrinology and Metabolism*; 2:7281. ISSN 1726-913X.
27. General ER, Cunanan EC, Uy JD, Crisaldo AS, Fuentebella CJV, Navarro NS Jr., Tingcungco AG, Lopez RA, **Mercado-Asis LB**. (Oct 2007) Localization of multiple pancreatic insulinoma by intra-arterial calcium stimulation with hepatic venous sampling and intra-operative ultrasound imaging: A case report. *International Journal of Endocrinology and Metabolism*; 4:207-213. ISSN 1726-913X.
28. **Mercado-Asis LB**, Murayama M, Yamakita N, Mortia H, Mune T, Yasuda K, Miura K. (1991) Cortisol-suppressible dexamethasone non-suppressible cyclic Cushing's disease with evidence of clinical and biochemical remission with bromocriptine. *Endocrinol Japon* 38:15-24.
29. **Mercado-Asis LB**, Crisaldo-Siguan MA., Flavier AA Gabriel AG, De Castro EF, De Jesus RS, De Olaza ATB, De Sagon JA, Evangelista PPG, Florendo GMV, Francisco DLC, Gabriel GMC, Galang AB, Gallego MLL, Gonzales DD. (April 2005) Single blinded randomized clinical trial on comparison of glycemic control and episodes of hypoglycemia in type 2 diabetes mellitus patients on conventional diet versus automatic snacking. *Santo Tomas Journal of Medicine*, 52:4;140-146, ISSN No. 0115-1126
30. So JTT, **Mercado-Asis LB**, Zacarias M. (Jan-Feb 2004) A comparison of dose response postprandial lipid profile of healthy filipino subjects after an oral fat challenge test of varying fat contents. *Philippine Journal of Internal Medicine*, 42:1-7.
31. Amoranto-Santos F, **Mercado-Asis LB**, (Jan-July 2003) Primary hyperaldosteronism during pregnancy: pre and postnatal course. *Journal of ASEAN Federation of Endocrinology Society*, 21:62-65.
32. Leong GM, **Mercado-Asis LB**, Reynolds JC, Hill SC, Oldfield EH, Chrousos GP. (1996) The effects of Cushing's disease on bone mineral density, body composition, growth, and puberty: a report of an identical adolescent twin pair. *Journal of Clinical Endocrinology Metabolism*, 81:1905-1911.
33. **Mercado-Asis, LB**, Tracer HL, Chik CL, Yanovski JA, Cutler GB, Jr. (1997) Acute effect of bromocriptine, cyproheptadine, and valproic acid on plasma adrenocorticotropin (ACTH) secretion in Nelson syndrome, *Journal of Clinical Endocrinology Metabolism*, 82:514-517.
34. **Mercado-Asis LB**, Oldfield EH, Cutler GB, Jr. (1995) Pituitary tumor hemorrhage in Cushing disease. *Annals Int Med* 1;122; (3):189-90.
35. **Mercado-Asis LB**, Yasuda K, Murayama M, Mune T, Morita H, Miura K. (1992) Beneficial effects of high daily dose of bromocriptine treatment in cushing's disease. *Endocrinol Japon* 39; 385-95.
36. **Mercado-Asis LB**, Yasuda K, Ishizawa M, Murayama M, Shimokawa K, Miura K. (1992) Resolution of possible paradoxical responses of gonadotropins to thyrotropin-releasing hormone with bromocriptine therapy in a patient with follicle-stimulating hormone-secreting pituitary adenoma. *Endocrinol Japon* 39(4) 410-6.