

Women Matters @ POGS

POGS Newsletter Online Volume 46 Number 4 December 2023



VALEDICTORY ADDRESS

Efren J. Domingo, MD, PhD

Magandang Gabi sa Inyong Lahat,

Inducting Officer, Dr. Lyra Ruth Chua; Ang Invocator, 2022 POGS President Dr. Marlyn Dee, Ang POGS 2023 Board of Trustees at Regional Directors, Ang lahat ng mga Inductees for POGS Fellow, at sa lahat ng ating mga POGS Members, Kaibigan, Sponsors, at Panauhin.

Ang POGS ay ay umusad, umunlad at nag-punyagi sa dunong at husay ng 76 Past Presidents na gumuhit at nagbunsad sa POGS 2023, ang 77th na taon ng POGS sa slogan na pinamagatang, SULONG POGS!

Ang Mission Vission at Core Values ay ginamit namin upang tumalima sa commitment sa karapatan at kalusugan ng Kababaihan.

Matatandaan, noong nakalipas na taon. Lahat tayong POGS members ay nanumpa ulit. 5341 POGS Members umukit ulit ng Panunumpa na pinamagatang ANG PANGAKO.

Kung kaya't sa pagpasok ng aking termino ay ginamit kong basehan ng aking Presidential Projects itong isinagawa na ANG PANGAKO.

Una : ANG PANGAKO Scholarship for Residents and Fellows in Training. Ang Region 5, 8, 9 na kulang sa OBGYN Specialist at Fellow sa Ultrasound at Gyne Oncology at Iba pang Subspecialty ay ang priority na mabigyan ng recipient ng Scholarship. Salamat sa pinuno na si Dr. Rommel Duenas.

Pangalawa, ANG PANGAKO Word For The Day. Ang daily OBGYN Word na ipinapadala sa lahat ng Miyembro ng POGS every 6:30 ng umaga. Definition. Explanation, Applicability. With references. Ito ay ginagamit ng mga Training Institutions sa Summary /Endorsement Rounds; Teaching rounds at Review Sessions ng Residents, Fellows, Students ng Accredited Training Institution sa buong Bansa. Mahusay na pinamunuan ni Dr. Ana Victoria Dy-Echo. Ang survey nito ay nagpakita ng positive feedback at humihingi ng karugtong at pagpapatuloy sa mga susunod na taon.

Pangatlo, ANG PANGAKO Community Service Tulong sa Kanayunan. Sabay sa Community Service lectures, cancer screening, ultrasound, surgeries ay isinasagawa ang pag bigay ng mga goods, vaccination, material needs at pagkain sa mga pasyenteng dumalo. Mahusay na pinamunuan ni Dr. Sherri Ann Suplido.

Pang-apat, ANG PANGAKO POGS Fund Raising Para sa Tulong sa Kanayunan. Sa pamumuno ni Dr. Syblil Lizanne Bravo; kami ay kumakatok at nabibigyan ng mga goods and finances upang gamitin sa Community Service Tulong sa Kanayunan.

Pang lima: ANG PANGAKO Glosari ng Mga Termino sa Obstetriks at Ginekolojiya. Ito ang pinaka unang publication sa bansa patungkol sa Filipino terms na ginagamit sa OBGYN. Sa tulong ng Pinuno ng Dept of Filipino at Panitikan ng Pamantasan Ng Pilipinas, Dr. Sedar Jocson, kami ay naglungsad Nob. 8 nito. Ang First Edition ay hinahangad na maging kasama ng mga mag-aaral, doktor, OBGYN specialist sa paggamit sa school, clinic, research at rounds and discussions. Mahusay na pinuno nito ay si Dr. Ira Dominique Malonzo.

Pang anim: ANG PANGAKO Statuette, plaque, Envelope, Stationery ATBP; Inilunsad namin sa Panahon na ang POGS ay nangangailangan ng Branding. Sa ika 77th year, ang POGS ay meron sariling Statuette; Plaque, Envelope, Stationery na tatalima sa ANG PANGAKO. Ang Statuette ay kasama ang simbolo ng Excellence sa Kalusugan at Karapatan ng Kababaihan. Si Dr. Mark Antonio ang naging Pinuno at nakumpleto ito ng mahusay at mabilis at ginagamit na ito ng POGS simula Abril 2023

Pang Pito: ANG PANGAKO POGS TIPANAN PARK. Ang Parke sa Tipanan ng Ang Pangako Statue. Gumanda ang harapan at kapaligiran ng POGS. Sa tulong ni Dr Angel Tan, ang pinuno ng Komite, ay inilunsad at natapos ang Backdrop, ang Painting, ang Landscaping ng Ang Tipanan Park.



Pang walo : ANG PANGAKO: Puksain ang Cervical Cancer. Sa partnership with JHPIEGO, hangad ng proyekto na ito na isama sa curriculum ng Residency Training sa buong bansa ang Primary HPV DNA Typing sa detection of Cervical Cancer. Sa tulong ng pinuno na si Dr. Cecilia Llave, ang MOA ng POGS at JHPIEGO at DOH ay magiging basehan nitong continuing project.

Pang-siyam: ANG PANGAKO POGS Foundation Inc Kooperatiba para sa mga Kasapi. Pinamumunuan ni Dr. Rowena Auxilios na nagkaroon kami ng Kooperatiba bunsod ng pangangailangan ng mga POGS workers and members. Registrado at kumpleto na ang balangkas nito. Hinihikayat namin ang ating mga POGS members na sumanib, mag-impok at makatulong din sa madami.

Pang Sampu: ANG PANGAKO : Ang Family Planning Services Accreditation Project. Pinamumunuan ni Dr. Esmeraldo Ilem. Ito ay nagbibigay ng pagkakataon na sa Regional Family Planning services and training ay maging official and accredited upang magkaroon ng kumpletong existence and implementation sa malawak na sakop.

Sampung ANG PANGAKO projects sa 2023 na naging inspirasyon ang Statua na pinangakuan ng NEW OATH of allegiance and dedication ng POGS Members.

Ngayon, aking binibigyan ng parangal ang mga Members ng POGS 2023 Board of Trustees. Vice President, Dr. Milagros Jocson, Mapag-hilom; Mapayapa. Board Secretary Dr. Leilani Coloma, Masigasig, Liwanag ng BOT ; Treasurer Dr Erwin De Mesa, Masinop, Ang Bulsa ng POGS. PRO Dr. Socorro Bernardino, Makatao, Ang matapat na tagapamahayag ng POGS.

Ngayon naman, ang mga Members ng 2023 Board of Trustees ng POGS . Dr. Ana Belen Ignacio . Malakas ang loob at determination. Hindi tumitinag. Dr. Ryan Capitulo. Maliwanag ang kaisipan. Pumupunto sa magulong usapin. Dr. Eleanor Chacon. Simple. Walang Kiyeme. Hawak kaming lahat sa kanyang Karinyo. Dr. Rommel Duenas, Masipag, Hindi mahirap kausap, Maunawain. Dr. Pressie Eclarin, tumulong ng malawak sa mga Ospital for Services. Balanciado. Merong positive aura. Dr. Maureen Fortuna, Gawa ng gawa; walang pasubali, at tapos lahat ang trabaho. Dr. Gay Gonzales, naive; ngunit pumupukyaw kapag hindi maayos ang usapin. Dr. Ramon Gonzales, Sincerong tao; Maliwanag mag-isip at maliwanag at malakas ang kaisipan. Dr. Ricky Oblepias; Humble, kind, napaka-husay makisama. Dr. Sherri Ann Suplido. Magaang na makisama. Maka-Diyos. Ang Kumatha ng POGS 2023 BOT Invocation.

Ngayon naman, bigyan ng parangal ang mga 2023 Regional Directors; Dr. Marinella Agnes G. Abat; Pinagbuklod nya ang mga NCR Cluster components sa makataong paraan; Dr. Ruth Judith Cristobal; Mahusay ang leadership skills sa simpleng paraan; Dr. Mary Jean Baguioen, Respetado ng mga OBGYN sa kanyang komunidad; Mapag-aruga sa mga Kasamahan. Dr. Sonia Domingo; Handang makinig; tumutulong sa mga merong pangangailangan; Dr. Grace L. La Pena; Kinakaya ang mga balakit kahit sino at ano pa man; Dr. Ana Young Sy; Umuunawa sa lahat ng mga

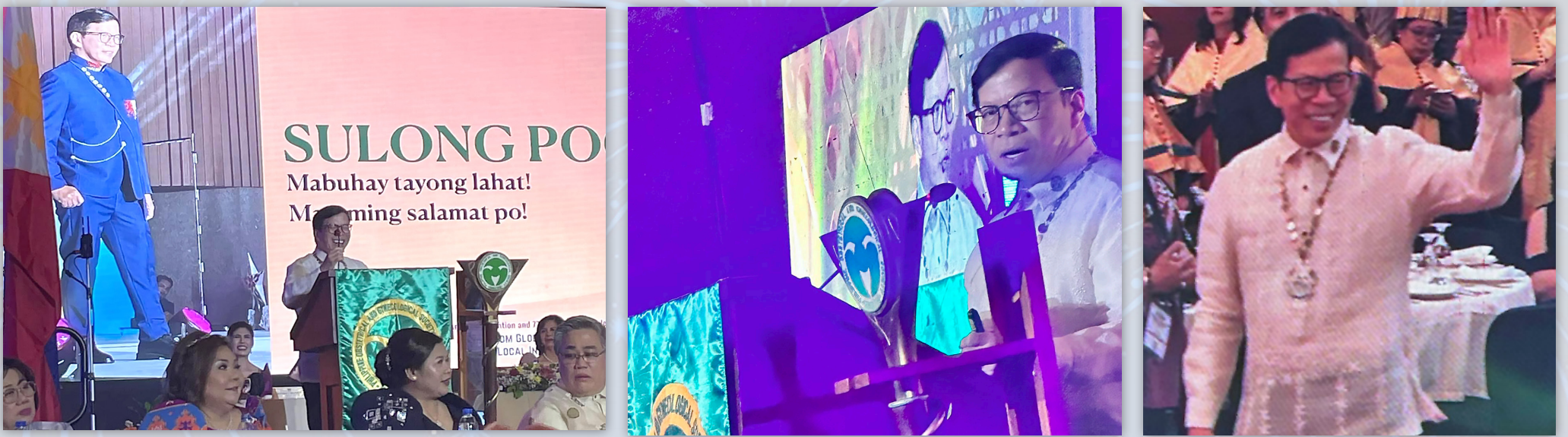
suliranin ng kanyang Gawain. Dr. Rey Castillo; Kanya ang katauhan na Handang humarap sa mahirap na gawain bilang pinuno. Dr. Helen Albano, Sweet, gentle, caring, sa aming lahat. Dr. Mina Sirikit Tagra; Malakas ang Loob na meron siguradong positive outcomes; Tumutulong sa mahihirap. Dr. Jennifer Araneta; Decisive, driven; will not stop in order to succeed; Dr. Mel Carbajal; ang super successful MYC 2023 ay ang kanyang legacy sa Ating lahat. Gentle, tall, beautiful leader. Dr. Concepcion Rayel; Matalino, handang humarap sa talakayan ng walang alinlangan. Heto po silang 12 noon January 6 when they took their oath of office as Regional Directors.

Ang Philippine Board of Obstetrics and Gynecology, headed by Dr. Diana Bongala at ang Committee on Residency Education, Enhancement and Development, headed by Dr. Jocelyn Laygo both accomplished their assigned targets and objectives for 2023. Congratulations to all the PBOG and CREED Members. Sila ang nag-aruga sa mga Residents in Training at sila din ang nag ensure ng standards into upang maka Pasa at maging Diplomate at Fellows ng POGS.

Ang National Buntis Day ay matagumpay na ginanap noon March 10, 2023 sa buong bansa. Ang City of Lucena ang naging Host at sa buong araw sa lahat ng 12 regions at sabay sabay na ginanap ang mga programa patungkol sa pag-aruga at pag-alaga sa kalusugan at kapakanan ng mga Buntis at ang mga nasa sinapupunan. Ito ay bunsod ng Proclamation No. 539 noong 2004 sa pamahalaan ni Gloria Arroyo at hanggang ngayon ay ipinagdiriwang.

Ang POGS 2023 Midyear Convention ay matagumpay na isinagawa sa Cagayan de Oro City sa pangunguna ng Region 10 na pinamumunuan ni





Dr. Mel Carbajal at kasamang idinaos ang mahusay na scientific and social activities. Ang Overall Chair ay si Dr. Melissa Diawatan at kasanib si Dr. Jana Tusalem.

Ang POGS 77th Foundation Day noong July 6, 2023 ay idinaos ng matagumpay. Sa tulong ng PRO, Dr. Socorro Bernardino, ito ay maayos na ipagnagdiwang kasama ang mga 18 na Past Presidents at mga Chairs ng PBOG. Naging makulay ang Tema na POGS-O77 James Bond. Nagbigay ng kanyang Inspirational Message ang Dating Pangulo na si Dr. Evelyn Palaypayon.

Sa aking termino nitong taon naganap ang Pagbisita sa POGS Gentleman's Agreement bunsod ng kasunduan na binalangkas noong 1981 upang maging demokratiko ang pag-ikot ng Panguluhan ng POGS sa walong sektor. Nanaig pa rin at pinagtibay muli ang kasunduan ng Panguluhan na umiikot sa rotation ng UP, MCU, Private, Regional; FEU, UE, Government, UST.

Sa aking termino din naganap ang POGS Constitution Assembly. Binalangkas ang mga bagong Amendments sa Bylaws at sa Election Code. Binigyan ng sariling anyo ang Committee on Ethics and Medical Practice bilang Constitutional Committee.

Pangatlo, Sa Termino ko din naganap ang pag-balangkas ng POGS BOT Code of Conduct. Ang Implementing Rules and Regulations nito. Ang Pag-organisa ng Safeguard and Police of the Code of Conduct of the POGS/BOT.

Naging madami ang ating natapos sa taong 2023. Ito ay naging posible dahil sa tulong ng Panginoong Diyos, sa intercession ng Mahal na Birhen ng Lourdes at ng Birhen ng Santierra. Pasasalamat sa aking Ina at Ama na nag bigay buhay sa akin at nag-tustos ng aking pag-aaral. Salamat sa St Joseph College, Cavite City; San Sebastian College, Cavite City; Pamantasan ng Pilipinas, Diliman; sa Kolehiyo ng Medisina ng UP at sa Ospital General ng Pilipinas. Salamat din sa Kyoto Prefectural University of Medicine sa aking PHD studies. Ang 18 taon ko sa POGS ay nag-simula sa pag gabay ni Dr. Augusto Manalo, Dr. Lourdes Capito, Dr. Virgilio Oblepias, Dr. Greg Pastorfide at Dr. Blanca De Guia Fuerte. Madami pong pasasalamat sa OBGYN Dept ng UPCMPGH na tumulong sa akin upang maging mahusay ang leadership at social skills ko while rendering effective clinical and research duties. Salamat sa aking mga greatest critic. Ang aking mga classmates from UP Diliman hanggang naging OBGYN colleagues hanggang ngayon, ay Siyang nag bibigay sa ang ng rigid but gentle advices simula pa sa aking pamumuno sa

*Paalam,
Pasasalamat.....
Pansamantala, ...
Ang SULONG POGS
ay magbubuklod pa
din sa ating lahat
kahit lumawig na
ang panahon...*

UPPGH at ditto ngayon sa POGS. Salamat kay Dr. Nelson, Lorina Cabaluna, Dr. Elsie at Atty Ted Pascua, sa pag-gabay sa lahat ng aking proyekto sa mga pinamumunuan ko simula pa noong dekada Nobenta.

Sa maikling salita....Lahat ay nagsimula sa Panginoong Diyos, napa-totoo sa tulong ng pamilya, umusad at umunlad sa pag-papahusay ng mga mga critiko, advisers, best and loyal friends at ngayon ang aking termino ay nagtatapos ng matiwasay at masaya, maayos, makulay..

Paalam, Pasasalamat.....Pansamantala, Magpapatuloy ang Karamihan ng ANG PANGAKO Presidential Project sa basbas ng Bagong Pamunuan ng 2024. Naging masaya at mapag-buklod ang 2023 SULONG POGS slogan..

Ang SULONG POGS ay magbubuklod pa din sa ating lahat kahit lumawig na ang panahon... Sa ika 77th taon ng POGS ay namulat tayo sa Nationalismo; sa salitang Filipino na binigyan natin ng libro sa "Glosaryo ng Mga Termino ng Obstetrics at Ginekolojiya".

SULONG POGS! Mabuhay tayong lahat. Maraming Salamat Po.



POGS 2023 ANNUAL CONVENTION AND 77TH ANNIVERSARY CELEBRATION

Milagros J. Tia-Jocson, MD and Darlene Minette C. Zamora, MD

After 3 years of global health restrictions, the **Philippine Obstetrical and Gynecological Society** held its **2023 Annual Convention and 77th Anniversary Celebration** face-to-face at Philippine International Convention Center (PICC) from December 7-10, 2023 with the theme "From Global Trends to Local Integration."

The celebration was kicked off by the highly energetic and highly engaging **POGSLYMPICS** with 375 participants from Central Luzon, Southern Luzon and the different clusters of NCR, namely CAMANAVA, BAYCOG, Pentamed, CCI, University Wide and Metro Rizal. The participants competed in games such as relays and tug-of-war, cheer dance and Mr. & Ms. POGSLYMPICS. During the event, one can see the excitement and enthusiasm of each as they vie for the championship.

The healthy competition ended with PENTAMED as the cheer dance winner and Southern Luzon as the over-all champion.

The 3-day convention was packed with learnings as the renowned 8 international speakers discussed the current trends in Obstetrics and Gynecology and integrated by 8 distinguished POGS speakers into the local practice during the plenary session:

- **Dr. Jeanne Conry** - *Well Woman Care*
Reactor: **Dr. Efren J. Domingo**
- **Dr. Pisake Lumbiganon** - *Clinical Practice Guidelines: The How's and Why's*
Reactor: **Dr. Mario A. Festin**
- **Professor Alexia Sophie Pena Vargas** - *PCOS*
Reactor: **Dr. Romerico F. Torres**
- **Professor Jennifer Blake** - *Abnormal Uterine Bleeding*
Reactor: **Dr. Virginia S. Abalos**
- **Dr. Stella M. Dantas** - *Gynecologic Cancer Screening for the Generalists*
Reactor: **Dr. Maria Julieta V. Germar**
- **Professor Choy Kwong Wai Richard** - *Next Generation Technologies in Reproductive and Prenatal Genetics*
Reactor: **Dr. Maynila E. Domingo**
- **Professor Poon Chiu Yee, Liona** - *Pre-eclampsia in the 1st trimester*
Reactor: **Dr. Angelita Teotico**
- **Professor Stefan Verlohren** - *Pre-eclampsia in the 2nd/3rd trimester*
Reactor: **Dr. Joselito A. Santiago**

The issues on Universal Health Care and Perinatal Mental Health were likewise discussed by the experts in the field.

- **Dr. Esperanza Alcantara Icasas-Cabral** - *Universal Healthcare*
Reactor: **Dr. Ma. Lourdes K. Otayza**
- **Dr. Jason Triton D. Ligot** - *Integration of Perinatal Mental Health in Maternal Health Services: The WHO Framework*
Reactor: **Dr. Ryan B. Capitulo**

During the President's Hour, the Adhoc Committee on POGI-HEALTH extensively tackled POGS Provision of Reproductive Health Care for Filipino Women in the UHC Law. Furthermore, the future directions of the POGS' committees on training and education were presented during the POGS Session.

In the afternoon, equally interesting topics were discussed by the 14 subspecialties and affiliate societies of POGS during the simultaneous sessions.

One of the thrusts of POGS is to contribute information based on collected and analyzed local data. This was much evident during the convention where interesting cases and research papers were presented during Scientific Works and posted along the Executive Lounge for everyone's viewing.

Certain persons excelled in their specific field of practice. Their efforts were highly recognized by POGS as they were awarded during the Opening Ceremony. These were:



- **Dr. Mikaela Erlinda G. Martinez-Bucu** – Constantino P. Manahan Young Researcher's Awardee
- **Dr. Maria Julieta Victoriano-Germar** - Honoria Acosta-Sison Awardee of Merit for Research
- **Dr. Maria Stephanie Fay S. Cagayan** – Ramon Lopez Award of Merit for Community Service
- **Dr. Gregorio B. Pastorfide** – POGS Award of Excellence for Clinical Practice
- **Dr. Maria Lilibeth Lo Sia Su** – Baldomero Roxas Memorial Lecturer and Awardee for Academic Distinction

International speakers who have significantly contributed to the Philippine practice of OB-GYN were also highly recognized and appreciated by the Society. Thus, they were conferred as Honorary Fellows of POGS. Such award was given to **Dr. Jeanne Conry**, FIGO President and **Dr. Pisake Lumbiganon**, AOFOG President.

Moreover, 225 new Diplomates and 295 new Fellows were inducted during the Opening and Closing Ceremonies, respectively.

After a day's work, the opportune to meet and greet with friends and colleagues as well as to relax and enjoy were made possible by the Welcome Reception and Fellowship Night with the theme "Himig Filipino" and "Moderna Filipina," respectively.

During the Welcome Reception, the members were serenaded by the **Symphony of Rhythm Strings** and **selected POGS members** showcased their talents as they sing to the tune of different music played by the band. The night was ended as the POGS members enjoined to do line dancing.

The **Fellowship Night** showcased the different islands of the Philippines through regional dance performance and a fashion show. It was started with the dance performance of the Organizing Committee and ended with raffles. It was an extravagant, glamorous night to remember!

The annual convention ended with the Closing Ceremony. During this event, Presidential plaque was awarded to **Dr. Efren J. Domingo** as the 2023 POGS President. The 12 regional directors were likewise recognized for their support and hard works for POGS. Included also in the program was the induction of new officers and new members of the 2024 Board of Trustees by **Dr. Lyra Ruth Clemente-Chua**, 2003 POGS President.

Over-all, the **2023 POGS Annual Convention and 77th Anniversary Celebration** was truly a success with 6,308 registrants. Thanks to the hardworking members of the Organizing Committee and POGS Secretariat who made this possible! Also, it is worth mentioning the pharmaceutical and non-pharmaceutical companies who continuously support our POGS Annual Convention through the years.

Maraming, maraming salamat at magkita-kita tayong muli sa 2024 POGS Annual Convention!



From the Boardroom

Year End Report

Leilani C. Chavez – Coloma, MD
Board Secretary, POGS BOT



Dr. Leilani C. Chavez-Coloma

Greetings of joy and love this holiday season.

The recently concluded Annual Convention and POGS 77th Anniversary Celebration was indeed a success having been attended by 6,308 delegates from the different regions, including International registrants. This total number was composed of 458 Junior members, 524 Diplomates, 3029 Fellows, 12 Associate members, 511 Life members, 1,116 non- members, 647 Resident physician trainees, and 11 International delegates.

This year, we were able to welcome 294 newly inducted Fellow members and 225 Diplomates in our roster. Moreover, the POGS conferred the distinction of Honorary Fellowship upon Jeanne Conry, MD (FIGO President) and Pisake Lumbiganon, MD (AFOG President). Both of whom are distinguished physicians in their national societies and have contributed meritorious services to the various projects and activities of the POGS. They have gained International recognition as well in the field of Obstetrics and Gynecology. Their distinction is brought about by their performance of extraordinary humanitarian services in the field of Obstetrics and Gynecology.

The six (6) proposed items for amendments in the Constitution and By Laws were ratified by the general membership, during the election conducted last November 9, 2023 with the suspension of the rules on election during the Annual Business meeting.

The proposed items garnered majority votes accordingly.

These include (1) Inclusion of Article 4 in the Constitution – Code of Ethics (96%), (2) Article IIIB Committee on Awards – to give a title on the Award for Excellence in Clinical Practice as Dr. Julita R. Jalbuena Award for Excellence in Clinical Practice (96%), (3) in the By Laws- Article IV – Constitutional Committees, to include the Committee on Ethics and Medical Practice (97%), (4) Make the composition and functions of the Committee on Ethics and Medical Practice under Section 6 of Article IV – Constitutional Committees (97%), (5) Election

Code, Article III – Committee on Nominations, to amend that in Section 2.3 It shall nominate at least 15 Fellows from all NCR sectors (96%), (6) Election Code, Article III Nominations – that a nominee who have retired or resigned from their service institution must be given the privilege to choose the sector that he/she will represent. (96%)

The Board congratulates the new set of officers and members of the BOT elected for 2024, after a streamlined and efficient online election process.

Similarly, the Board recognizes the exemplary leadership of President Efren J. Domingo. We are grateful for the gentle and transparent way he had led the Society in facing the hurdles that came its way. Equally commendable are all the efforts and hard work done by the 2023 members of the Board of Trustees.

Best wishes to those who have served their term of office with dedication, namely: Dr Erwin R. De Mesa (Treasurer), Dr Pressie P. Eclarin, Dr Ma. Gay M. Gonzales, Dr Enrico Gil C. Oblepias, Dr Ma. Maureen F. Fortuna, and Dr Eleanor C. Chacon, as they are sent-off. Kudos to you!

As this writer end her three-year term as Board Secretary at this time, allow me to share this quote with you;

“Celebrate endings – for they precede new beginnings.”
- Jonathan Lockwood



THE BOARD OF TRUSTEES (2024-2025)

Standing (L-R) Susan Rosa-Cantor, MD, Betha Fe M. Castillo, MD, Concepcion D. Rayel, MD, Maria Virginia S. Abalos, MD, Ramon T. Reyles, MD, Ramon M. Gonzalez, MD, Rommel Z. Dueñas, MD, Anna Belen Ignacio-Alensuela, MD, Agnes L. Soriano-Estrella, MD, Sherri Ann L. Suplido, MD (Members of the Board of trustees); Seated (L-R) Ryan B. Capitulo, MD, Treasurer, Maria Lourdes B. Coloma, MD, Board Secretary, Milagros J. Tia-Jocson, MD, President, Rowena M. Auxillos, MD, Vice President, and Ma. Socorro C. Bernardino, MD, PRO



Message from the Editor-in-Chief

Ma. Socorro C. Bernardino, M.D.
POGS P.R.O.

As the year approaches its end, the Philippine Obstetrical and Gynecological Society (POGS) is gearing up to conclude 2023.

“Sulong POGS”, the theme for this year under the leadership of our 2023 POGS President, Dr. Efren J. Domingo, represents the moving forward collectively, with new developments and best practices in our society. It underscores POGS’ commitment to advancing patient care, promoting women’s health advocacy, and enhancing professional growth among its members.

The spirit of “Sulong POGS” will continue to resonate, fostering a legacy of determination, unity, and advancement as POGS embraces “Empower and Collaborate” in the year ahead with our incoming 2024 POGS President, Dr. Mila T. Jocson.

#SulongPOGS2023
#POGSEmpowerandCollaborate2024



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- Ma. Socorro C. Bernardino, MD**
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Ma. Margarita Leticia Gellaco, MD **Marivic C. Agulto-Mercadal, MD**
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PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.

Committee on Newsletter and Foundation Day



Ma. Socorro C. Bernardino, MD
Chair

Members



Kristen O. Cruz-Canlas, MD



Ma. Margarita Leticia D. Gellaco, MD



Imee D. Gonzalez, MD



Jennifer O. Madera, MD



Shiela T. Magpale, MD



Marivic Agulto-Mercadal, MD



Ma. Socorro M. Solis, MD



Eleyne I. Valencia, MD

The POGS Newsletter Editorial Board encourages contributions for articles and announcements coming from the regional chapters, affiliated subspecialty societies, and accredited member hospitals. For any submissions or inquiries regarding this matter, the editorial board may be reached through the POGS secretariat at e-mail address pogs.maryrose@gmail.com, or through phone numbers (0985) 300-7907 and (02) 8921-7647. Look for Ms. Mary Rose Guinto for any assistance that you might require on this. Thank you very much.

MUTYA: The Menstrual Calendar App for Teens

Ma. Socorro C. Bernardino, MD

MUTYA, the revolutionary menstrual calendar app designed specifically for teens is POGS gift for the Filipino youth. It is now available for download on both the Google Play Store and Apple Store. This innovative app is tailored to meet the unique needs of young individuals as they navigate their menstrual cycles, offering a user-friendly interface and a wealth of helpful features.

With the AHIP MUTYA app, teens can effortlessly track their menstrual cycles, monitor symptoms, and receive timely reminders about upcoming periods. The app also provides insightful articles and tips on menstrual health, empowering young users with valuable knowledge about their bodies and overall well-being.

One of the standout features of MUTYA is its discreet and secure platform, ensuring user privacy and confidentiality. This aspect is particularly crucial for teens who may prefer to keep their menstrual cycle information private. Additionally, the app’s intuitive design makes it easy for teens to input and access their menstrual data with confidence and ease.

Furthermore, MUTYA aims to foster a supportive community by offering a forum where users can engage in discussions, share experiences, and seek advice related to menstrual health. This feature promotes a sense of camaraderie and provides a safe space for teens to learn from each other in a positive and encouraging environment.

In a world where comprehensive menstrual education is essential, MUTYA stands out as a valuable tool for teens to gain a deeper understanding of their bodies and menstrual health. By providing a reliable, informative, and inclusive platform, MUTYA empowers young individuals to embrace their menstrual cycles with confidence and knowledge.

Share our MUTYA app for download today to our teen patients so they can join the growing community of teens taking charge of their menstrual health in a supportive and informed way.

For the young TEEN PINAY
Download the MUTYA App now and have a fun-filled experience of tracking your menses 😊

M.U.T.Y.A.
Menses Understood by The Young App

- KNOW & UNDERSTAND YOUR BODY
- DESIGNED FOR PINKY TEEN
- PARENT & DOCTOR FRIENDLY

SCAN QR CODE TO DOWNLOAD

M.U.T.Y.A.
Tracking your menses made easy 😊

Introducing the first Filipino free downloadable app designed especially for you, the young teen Pinay. This app aims to educate and help you understand developmental changes and menstrual health better - the digital way.

You can download it via Google Play Store. Kindly share the MUTYA app to your friends too.

MUTYA App also includes other downloadable materials and infographics for your additional learning





Christmas PARTY



Christmas

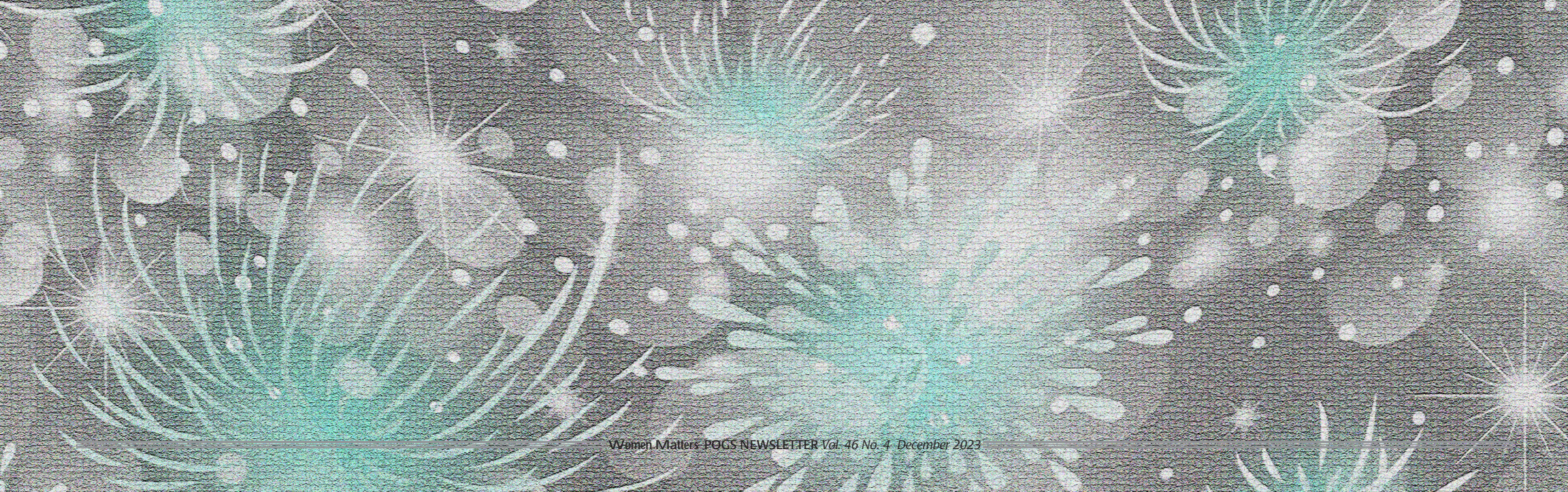


Christmas PARTY





MERRY
CHRISTMAS
POGS BOARD OF TRUSTEES 2023



2024 POGS MIDYEAR CONVENTION RESILIENT WARAY, THE MODERN PINAY



TACLOBAN CITY, EASTERN VISAYAS

May 1-3, 2024

Philippine Board of Obstetrics and Gynecology (PBOG)



PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY
(Foundation), INC.
PHILIPPINE BOARD OF OBSTETRICS AND GYNECOLOGY

2024 PBOG CALENDAR OF ACTIVITIES

• DIPLOMATE PART I (Written) EXAMINATION

Period of Application: March 4 – April 15, 2024
Date of Examination: July 14, 2024
Venue: TBA

Fees for Part I Application and Examination:

Application Fee: P3,000.00 (Must be paid upon submission of requirements)
Examination Fee: P5,000.00 (Must be paid upon approval of requirements)

• DIPLOMATE PART II (Oral) EXAMINATION – 1st Batch

Period of Application: Dec. 11, 2023– January 22, 2024
Examination Date: March 17, 24 April 7, 14, 2024

Application fee: P 4,000.00 (Must be paid upon submission of requirements)

• DIPLOMATE PART II (Oral) EXAMINATION – 2nd Batch

Period of Application: April 10– May 13, 2024
Examination Date: August 4, 11, 18, 25, 2024

Application fee: P 4,000.00 (Must be paid upon submission of requirements)

• HOSPITAL ACCREDITATION VISITS

Deadline for submission of application February 28, 2023
Date of Visits: February to September 2024

Fees for initial evaluation of application: P 5,000.00
Hospital Visit Accreditation fee: P 20,000.00

• PROVISIONAL ACCREDITATION FOR RESIDENCY TRAINING PROGRAM IN OBSTETRICS & GYNECOLOGY (PART – P)

Deadline for submission of application March 29, 2024 (Friday)
Hospital Assessment fee PAP 0 : P 20,000.00

*Submissions of application papers and requirements will be accepted from Mondays to Fridays (except Holidays) until 5:00 PM only.





Council for Resident's Education, Enhancement, and Development



CREED entered the last quarter of the year basking on the successful conduct of the Residents In Service Examination (RISE) and the second Training of Trainers (TOT). Finalization of the RISE results and submission to the BOT kept the Committee on RISE busy. As of this writing, the final results have yet to be sent to the residency training programs.

On the other hand, the Committee on Workshop and Training and the speakers, received very good feedback from the two hundred thirty three (233) attendees of the second TOT held at the Sheraton Hotel in Newport City, on September 29, 2023 with the theme: "Teaching Residents in Training: A Mini Tool Kit".



Mandaluyong City Medical Center



Cebu South Medical Center



Cebu Puericulture Center and Maternity House, Inc.



Cebu Puericulture Center and Maternity House, Inc.



Maria Reyna Xavier University Hospital



Amai Pakpak Medical Center



Capitol Medical Center

PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.
Council for Residents' Education, Enhancement and Development

2nd CREED Training of Trainers

"Teaching Residents in Training: A Mini Tool Kit"

To Register, Click here
<https://forms.gle/P8uYGV9Z8X1T4d48>

RYAN B. CAPITULO, MD
New Normal: Optimizing Hybrid Learning, Getting the Best of Both Worlds

ROSALIE E. JUNIO, MD
How to Actively Involve Consultants in the Residency Training

MA. GERALDINE R. RAMOS, MD
Test Construction: What Works?

ERLYN A. SANA, PhD
Instructional Design Making 101

SEPTEMBER 29, 2023
SHERATON MANILA - ANDREWS AVENUE (ACROSS NAIA T3)

2nd TOT

2nd CREED TRAINING OF TRAINERS
"TEACHING RESIDENTS IN TRAINING: A MINI TOOL KIT"

The CREED continued with important hospital visits in the months of October and November. The teams of four members traveled to six hospitals in Luzon, Visayas and Mindanao to conduct monitoring and mentoring visits. Two of these were for hospitals on the second year of provisional



2023 Annual Convention





The Pioneering Work of the Task Force on Immunization for Women:

A Synopsis

Maria Lorena L. Santos, MD, MDM, FPOGS, FPIDSOG
Member, Task Force on Immunization for Women

In an age where public health and individual well-being have taken center stage globally, the importance of vaccination cannot be overstated. As a protective measure against a multitude of diseases, vaccines play an indispensable role in sustaining health and fortifying societies against outbreaks and pandemics. Women, being at the heart of the family structure and often primary caregivers, constitute a significant group within this context. Addressing their unique health needs, particularly in relation to immunization, is therefore of paramount importance.

The reproductive health program of the Philippine Obstetrical and Gynecological Society (POGS) has been consistently pushing the frontiers of women's health in the Philippines. In recent years, a task force was established to concentrate on the critical area of immunization for women. Their efforts have culminated in a series of six lectures that were designed to explore various facets of this complex subject matter.

Within this backdrop, the reproductive health program of the Philippine Obstetrical and Gynecological Society (POGS) has initiated a formidable response. Recognizing the need for a dedicated approach to women's immunization, POGS established a task force to concentrate on this critical area. Through a series of enlightening lectures, this task force, aptly named the "Task Force on Immunization for Women," sought to shed light on various aspects of immunization as it pertains to women's health, from adolescence to the menopausal stage.

Vaccinating our Pregnant Women: Updates - The first lecture, which took place in Western Visayas on February 7th, was delivered by Dr. Maria Lorena Santos. Updates on the current trends and protocols for vaccinating pregnant women were provided. The lecture was instrumental in bringing to light the importance of immunizing this vulnerable population to protect both maternal and neonatal health. The same topic was shared to our colleagues in Central Luzon last April 25.

Role of Maternal Immunization in decreasing neonatal morbidity - On March 22, Dr. Sybil Bravo gave an insightful lecture in the NCR on the significant role maternal immunization plays in decreasing neonatal morbidity. The lecture underscored the undeniable connection between the health of the mother and child, emphasizing the importance of maternal vaccinations in safeguarding newborn health.

Latest Updates on the Covid-19 Vaccines for our Women - Dr. Helen Madamba provided a timely and relevant discussion on June 6 in Cebu regarding the latest updates on Covid-19 vaccines for women. Her talk delved into the efficacy, safety, and necessity of COVID-19 vaccination, focusing on its implications for women of various age groups.

Immunizing our Adolescents: Its Relevance to our Practice as ObGyns - Dr. Maria Lorena Santos took the lead once more on August 22 in Region 2 (Cauayan, Isabela). This time her lecture focused on the importance and best practices of immunizing adolescents. The lecture was a vital guide to the vaccination protocol for this age group, addressing their unique physiological and psychological needs.

Vaccinating Women in their Reproductive and Menopausal Years - Lastly, on September 19 in Davao, Dr. Judith Faye M. Montero spoke on the importance of vaccinating women during their reproductive and menopausal years. She elucidated the significance of a tailored vaccination plan for women in these stages of life, given the changing physiological landscape and associated health risks.

The series of lectures conducted by the Task Force on Immunization for Women has set a new precedent in the realm of women's healthcare. Their focus on

comprehensive immunization for women across all life stages, starting from adolescence to the reproductive years and into menopause, underscores the need to prioritize this aspect in overall healthcare planning and provision. These discussions have not only raised awareness but also ignited conversations about women's health, vaccination, and the interconnectedness of these elements. They have shed light on the nuances of women's health, illustrating that an all-encompassing, one-size-fits-all approach to healthcare is not always adequate. Their work emphasizes that women's healthcare needs evolve and change through different life stages, requiring specific considerations and approaches.

As a final point, the Task Force on Immunization for Women's effort to consolidate and disseminate relevant, up-to-date, and evidence-based information has been a key step in promoting optimal health outcomes for women. It is our hope that this initiative inspires and informs similar endeavors locally, in the collective effort to enhance women's health and, by extension, the wellbeing of our communities. Their work serves as a testament to the power of informed healthcare and the profound impact it can have on society.



Task Force on Adolescent and Health Issues and Perspectives (AHIP)

Ma. Socorro C. Bernardino, MD



Philippine Obstetrical and Gynecological Society
Task Force on AHIP (Adolescent and Health Issues and Perspectives)



M.U.T.Y.A.

*Menses Understood
by The Young App*



**KNOW & UNDERSTAND
YOUR BODY**



**DESIGNED FOR
PINAY TEEN**



**PARENT & DOCTOR
FRIENDLY**



**SCAN QR CODE
TO DOWNLOAD**

Get it on
Google play



Download on the
App Store



M.U.T.Y.A.

- ✿ Serves as a menstrual calendar
- ✿ Contains age-appropriate Teen RH (Reproductive Health) information
- ✿ Infographics on latest teen issues
- ✿ Link to the POGS AHIP Facebook page: Teen RH Pinoy
- ✿ Readable POGS AHIP Comics in PDF format

Committee on Environment and Women's Health Subcommittee on Reproductive and Developmental Environmental Health (RDEH)

Ditas Cristina D. Decena, MD

The subcommittee aims to promote awareness of the relationship between reproductive health and the environment in accordance with the FIGO initiative through the following:

- Advocate for policies that will prevent or minimize exposure to environmental chemicals
- Ensure a healthy food system
- Incorporate environmental health into holistic medical care
- Champion environmental justice

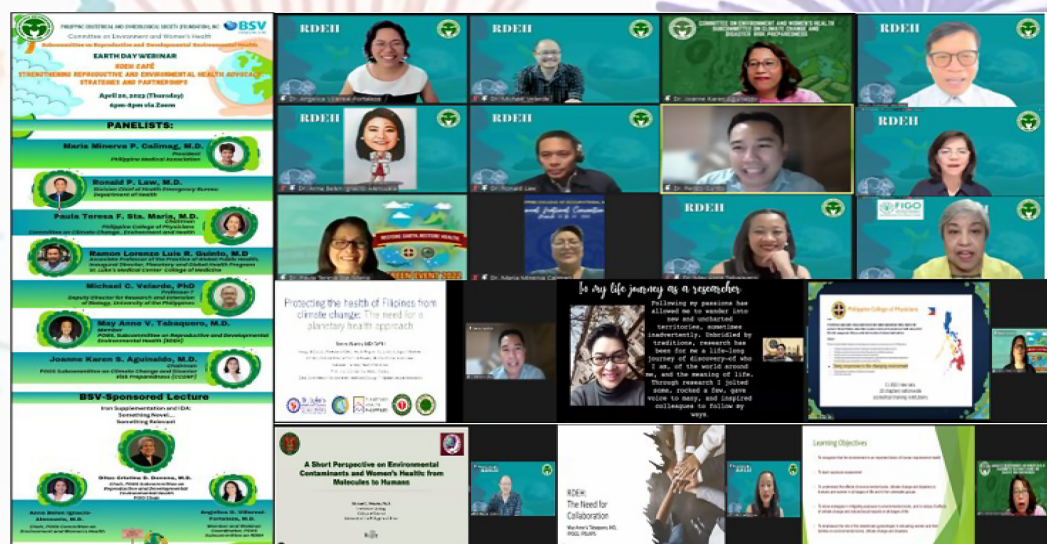
These can be achieved through advocacy, capacity building, training and collaborative research.

For 2023, the Subcommittee on Reproductive, Developmental and Environmental Health held two webinars. The first of which was held on Earth day, April 23, 2023, entitled: RDEH Café, Strengthening on Reproductive and Environmental Health Advocacy: Strategies and Partnership. This event was attended by 328 POGS members and allied medical professionals nationwide. Members of the panel discussion were Dr. Maria Minerva Calimag, the current president of the Philippine Medical Association; Dr. Ronald Law, the DOH Chief Health Emergency Bureau; Dr. Paula Teresa Sta. Maria, Chairman of Philippine College of Physicians, Committee on Climate Change, Environment and Health; Dr. Ramon Lorenzo Luis Guinto, the Inaugural Director of the Planetary and Global Health Program at the St. Luke's Medical Center College of Medicine; Dr. Michael Velarde, Deputy Director for research and extension of Biology, University of the Philippines; Dr. May Anne Tabaquero, a member of the RDEH Subcommittee and Dr. Joanne Aguinaldo, the Chair of POGS Subcommittee on Climate Change and Disaster Risk Preparedness.

swift and decisive measures to address air pollution, climate change, and their impact on public health was also established by signing a statement of commitment as well the launching of three working groups for HACCAP: Research, Advocacy, and Awareness & Engagement.



September 5, 2023 - Health Alliance for Climate and Clean Air Philippines (HACCAP) Policy Roundtable Discussion on "Together for Clean Air" at the Lung Center of the Philippines.



April 20, 2023 - Earth Day Webinar: RDEH Café' Strengthening Reproductive and Environmental Health Advocacy: Strategies and Partnerships.

The subcommittee is also very visible during the FIGO 2023 Convention through our chair, Dr Ditas Decena. Dra Decena gave a lecture entitled Defining Connections between Climate Crisis, Maternal Health, and Sexual & Reproductive Health and Rights. The chair of the session was Dr Bo Jacobsson.



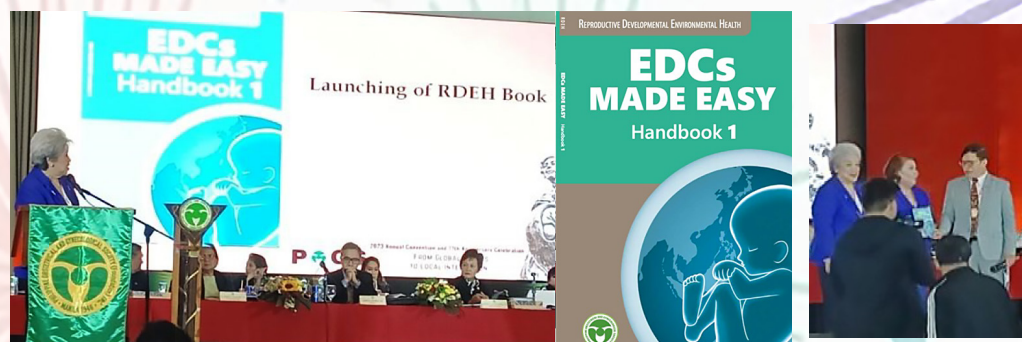
October 12, 2023 - FIGO 2023 Session on Maternal Health and the Impact of the Environment with Dr Ditas Decena, Dr Anabelle Alensuela and Dr Michael Velarde



August 23, 2023 - RDEH Webinar on Vegetable Urban Farming

As part of the plan to strengthen ties with local organizations, subcommittee chair, Dr Ditas Decena, and member, Dr Angelica Fortaleza, attended the face-to-face Health Alliance for Climate and Clean Air Philippines (HACCAP) Policy Roundtable Discussion on "Together for Clean Air" last September 5, 2023 at the Lung Center of the Philippines. They were able to connect with fellow participants who share their commitment to addressing critical issues. A collective call to action of the health community in the Philippines demanding

The update of the initial RDEH primer entitled RDEH book 1 was also launched during the POGS 2023 Annual Convention Business meeting. This book will be available as a soft copy for all members through the POGS website.



November 8, 2023 - EDCs Made Easy Handbook 1 launching during the POGS Annual Business Meeting

PREPARE

Preparatory Reproductive health Engagement Priming young Adults for Responsible Engagement

Women Matters!

Diosdado P. Mariano, MD

One of the goals of the Task Force, PREPARE is the women, especially adolescent girls to prevent early pregnancy. By Providing comprehensive sex education, access to contraception, and support services, Task Force PREPARE aims to empower women to protect themselves from the consequences of early pregnancies and to make informed choices about their reproductive health.

Using a multi-faceted approach, task force PREPARE recognizes that addressing the complex issues surrounding early pregnancy requires not only education of young women about contraception and reproductive health, but also need to address the social, economic, and psychological factors that contribute to early pregnancies.

The task force organized several lectures from all over the regions in different sectors such as schools and other rural areas with the help of our POGS Regional Directors and PREPARE warriors. The recent lecture and last for this year organized by the task force was on October 27, 2023, at Saint Augustine Academy, Coron Palawan. It was attended by more than 500 high school and senior high students and 10 teachers.

The interactive lecture provided crucial information about sexual education and reproductive health, including physiological and emotional changes, relationship status, and the importance of reproductive health contraception. The lecture was spearheaded by Dr. Diosdado V. Mariano, Task Force, Chairperson and Dr. Anna Belen Ignacio-Alensuela, Project Director of Task

... to empower women to protect themselves from the consequences of early pregnancies and to make informed choices about their reproductive health

Force, PREPARE. The members were also present including Dr. Benjamin D. Cuenca, Dr. Dennis Jose R. Delgado, Dr. Zedrix I. Gallito, Dr. Maria Cecilia G. Oliva-Tolentino, and Dr. Elyneth Ilagan-Valencia.

Task Force

PREPARE
Preparatory Reproductive health Education Priming young Adults for Responsible Engagement

PREPARE MODULES

01

02

Roaming around **WOMAN MATTERS!**

#PREPAREDknb

Critical Appraisal of Topics (CATS) Masterclass

Judith M. Sison, MD, MPH, FPOGS, FPSURPS

This Critical Appraisal Masterclass for OBGYN consultants provides comprehensive knowledge and skills on how to evaluate clinical papers. It is a one-and-a-half-day event. Assigned members of the 2023 Scientific Committee prevailed as expert instructors and covered essential components of critical appraisal of articles on diagnosis, therapy, systematic reviews, meta-analyses, prognosis, and or harm. To enhance understanding, didactics on study design, bias, and confounder, and statistical analysis are likewise provided. By the end of the course, attendees will have the tools and confidence to evaluate clinical papers with a critical eye and make evidence-based decisions in OBGYN practice.

There were 4 runs or cascades of this CATS masterclass that kept the 2023 Scientific Works Committee engaged with fervor. The following were the dates, venues, and regions served: July 1-2, 2023 for NCR and Region 4 at Crowne Plaza Hotel; August 12-13, 2023 Regions 1, 2, 3, and 5 at Quest Hotel Angeles City; August 19-20 Regions 6, 7, and 8 (Visayas) at Seda Hotel, Ayala Center Cebu City; and September 22-23, 2023 Regions 9, 10, and 11 (Mindanao), at Seda Hotel Davao City.

It cannot be overemphasized the potential impact of flawed research on clinical decision-making; thus, the importance of evidence-based practice in OBGYN. At the outset, the strengths and limitations of each study design in OBGYN research were embarked upon. This was followed by a didactic on how to identify and minimize bias and confounders in OBGYN research. The attendees were trained on how to identify the key features of high-quality systematic reviews and meta-analyses and appraise the quality using established criteria. Didactics also included appraising previously e-mailed articles on diagnosis, therapy, prognosis, and or harm. Pretest and post-test were given to earn the valuable CPD units.

In the afternoon of the 1st day, there were 4-5 "café" stations where participants had small group targeted mentoring. Respective lecturers facilitated the critical appraisal of a second set of previously provided journal articles on Systematic Reviews and Meta-analysis (Dr. Lylah D. Reyes/Dr. Koleen C. Pasamba), Diagnostic Accuracy Study (Dr. Noel L. Espallardo), Therapy (Dr. Judith M. Sison / Dr. Faye Cagayan in the NCR/Region 4 group), Prognosis (Dr. Jean Anne B. Toral/Dr. Richard Ronald B. Cacho).

In the morning of the 2nd day, there were discussions on Shared Decision by Dr. Noel L. Espallardo and Common Statistical Tests by Dr Judith M. Sison as a springboard for interpreting statistical results in OBGYN research. This was followed by the presentation of participants of their group work. The challenging part was everyone came prepared to present since only after drawing lots will the preceptor be known. Indeed, it was a fun-filled learning workshop activity! The mentors appreciate how the mentees imbibe their newly acquired credentials.

*Critical Appraisal
Masterclass for OBGYN
consultants provides
comprehensive knowledge
and skills on how to evaluate
clinical papers.*

WORKSHOP ON RESEARCH PROTOCOL WRITING

Minette C. Stephanie Fay S. Cagayan, MD

Research activity remains to be an integral part of residency training because it promotes critical thinking and allows future specialists to have an appreciation of evidence-based medicine. Residents who are proficient in research training also have been shown to have better clinical competence scores and may encourage interest in pursuing a clinician-scientist career. Because of this, a one-day workshop on Research Protocol Writing for OB GYNE Residents was organized by the POGS Committee on Scientific Works with the following faculty as the main facilitators - Dr. Maria Stephanie Fay Cagayan, Dr. Yvonne Soriano, DR. Marjorie Santos and Dr. Debby Songco. To cater to the regional membership of POGS, these series of one day workshop were held on the following dates and places :

REGIONAL	DATE	NO. OF RESIDENTS ATTENDANCE
NCR AND REGION 4 Crowne Plaza Manila	JULY 1-2	62
REGIONS 1, 2, 3 & 5 Quest Hotel, Clark	AUG 12-13	24
REGIONS 6, 7, & 8 SEDA Ayala Center, Cebu	AUG 19-20	25
REGIONS 9, 10, & 11 SEDA Abreeza, Davao	SEPT 22-23	30

The main objective of the workshop is to help residents think of timely and relevant topics for inquiry and improve their capsule proposals through defining research terms and reviewing the parts of the protocol. The activity also aimed to motivate and prepare the residents to conduct collaborative work in their respective professional institutions and to discuss how to translate research into impact. Tips were also given by the different facilitators to make their protocols able to pass the eagle-eyed scrutiny of technical and ethics committee members of their departments and institutions.

Each event was started with an inspirational speech by the indefatigable POGS President, Dr. Efren J. Domingo followed by a welcome remark from the chair of the committee, Dr. Rommel Z. Duenas. Most of the participants were second and third year residents who have already received some research training in the past and were now ready to apply these learnings into actual conduct of research. The workshop provided an innovative approach to improving their works as residents were asked to bring to the table their proposals for critique by their peers as well as by the facilitators.

Almost all participants expressed satisfaction with the conduct of the workshop and gave feedback that the activity significantly helped them improve their ongoing work. Some residents decided to totally revamp their ideas and choose more feasible projects based on recommendations by their colleagues.

Research activity remains to be an integral part of residency training because it promotes critical thinking and allows future specialists to have an appreciation of evidence-based medicine.

Regions

Region 1 - Northwestern Luzon Chapter

FOURTH QUARTER 2023

As the year comes to a close, we reflect on the activities that we had, its significance and its impact to our members and the community we worked with. The very essence of the Philippine Obstetrical And Gynecological Society (Foundation), Inc Northwestern Luzon Chapter Annual Business Meeting and Election of Officers and Board of Trustees last October 22, 2023 held at Jimmy L. Fernandez Center at Judge Jose de Venecia Extension, Dagupan City, Pangasinan Last October 22, 2023 . With the very first face to face Annual Business Meeting after the pandemic, 176 members gathered with not less than 15 past presidents in attendance sharing their wisdom during the discussion. One of the highlights of the activity was the amendments of the Constitution and By Laws and Articles of Incorporation as a requirement for the renewal of Securities and Exchange Commission Permit as the society changed its name. Likewise, other reports were, President's Report by Dr. Cheryl Marissa A. Cabebe, Secretary's Report and Research Committee's Report by Dr. Mary Jane B. Noble, , Financial Report

by Dr. Jenefer H. Aguinaldo, , Mock-RISE by Dr. Reba Jean D. Molintas, Regional Statistics by Dr. Michelle Honeylet Depaynos, VAWC By Dr. Elizabeth J. Batino, and Women's First Committee by Dr. Cybelle Luz Abalos.

Election of the 2024 Board of Trustees was conducted with Dr. Unity Cortez, being the Chairman on Committee on Elections. She presented the candidates as well as announced the new set of Officers and Board of Trustees.

Lastly, members patiently waited as they queued for their free portrait taking courtesy of the 2023 Officers and Board of Trustees as a show of gratitude for the untiring support to all the society's activities. A game changer in the history of POGS NWL Chapter.

POGS Northwestern Luzon Chapter, We rise as ONE!



Philippine Obstetrical and Gynecological Society (Foundation), Inc. Northwestern Luzon Chapter's FAMILY PORTRAIT



Philippine Obstetrical and Gynecological Society (Foundation), Inc. Northwestern Luzon Chapter's League of Past Presidents with Founding President, Dr. Betha Fe M. Castillo



The 2024 POGS NWL Officers and Board of Trustees with Dr. Unity Cortez (Chairman of the Committee on Elections)



POGS NWL Chapter, we RISE as ONE!

The Adolescent Health Issues and Perspective and the Preparatory Reproductive Health Education Priming Adults for Responsible Engagement were considered to be one of the priority projects of the Philippine Obstetrics and Gynecology Society Northwestern Luzon Chapter. As early as February 2023, Dr. Leanne C. Acosta, the Chairman on the Committee on AHIP and PREPARE drum rolled activities in all the 7 provinces of the region namely Abra, Baguio - Benguet, Ilocos Norte, Ilocos Sur, La Union, Mt. Province and Pangasinan. All throughout the region, there were 17 schools where AHIP lectures were conducted with a total of 4,188 students who participated and 6 PREPARE lectures with a total of 4904 Senior High School students who attended. Two PREPARE Training of Trainers were conducted at Baguio/Benguet led by Chairman of the Committee herself, Dr Leanne Acosta. With brave hearts and will of power, Team POGS NWL Chapter will continue its advocacy of taking care of the teens of Region 1 with the aim to educate, forge commitment to lessen if not to eradicate teenage pregnancy.

Province	Activity	Number of Schools	Participants
1. ABRA	AHIP	1	69
2. Baguio/Benguet	PREPARE	1	420
3. Ilocos Norte	PREPARE	1	308
	AHIP	9	1946
4. Ilocos Sur	PREPARE	1	1422
	AHIP	3	1867
5. La Union	AHIP	2	310
6. Mt. Province	AHIP	2	65
7. Pangasinan	PREPARE	3	2754



AHIP activity at Felkris Academ, Brgy. Lingsat, San Fernando City, La Union



PREPARE Activity Rosales National High School, Rosales Pangasinan



PREPARE Activity Bokod National High School, Pito, Bokod, Benguet



AHIP Activity at Batac National High School, Payao, Ilocos Norte

Regions

Region 2 - Northeastern Luzon Chapter

**PHILIPPINE OBSTETICAL AND GYNECOLOGICAL SOCIETY
NORTHEASTERN LUZON**

WORLD PREMATURITY DAY
*Unang Yakap ni Nanay,
Maliit na bagay, Ramdam habangbuhay.*

PHILIPPINE SOCIETY OF MATERNAL FETAL MEDICINE
MUNICIPALITY OF SAN AGUSTIN ISABELA
SAN AGUSTIN SUPER HEALTH CENTER AND BIRTHING HOME

**PARTICIPANTS: 145 Nurses, Midwives
and Barangay Health Workers**
SPONSOR: San Agustin LGU

PREMATURITY LECTURE
**LECTURERS: DR. Ellen May P. De Guzman,
Dr. Kristine Alvaro-Bartolomeo**

PREECLAMPSIA WORK SHOP
**LECTURERS: Dr. Cheryl Ericka Gammad and
Dr. Fe Herminia D. Macarubbo**
**FREE ULTRASOUND and
VITAMINS & PROGESTERONE**




POGS Annual Convention held at PICC

November 7, 2023

At the opening ceremonies,
the following were inducted as diplomates:

1. Mira B Acosta
2. Marla Kaye T Cacal
3. Marife P Dichoso
4. Sarah Camille S Garcia
5. Regina Salve R Minaldo-Rebato
6. Kristina DG Molina
7. Jhoanne Eizle P Ibañez
8. Joella G Saure
9. Merriane Joy L Tabbal
10. Janeir U Taganas
11. Chinkee Monique B Torida



November 10, 2023

Closing Ceremonies: The following were
inducted as Fellows:

1. Carol Claire L Cacabilos
2. Sharon D Cadiente
3. Zaida Chel P Danag
4. Ma Concepcion R Magallanes
5. Honoria T Mina
6. Modesty Lorelei G Naidas
7. Collen G Reyes
8. Fe T Sanchez
9. Christine S Simon

November 8, 2023

Fellowship night

Dr. Mary Jean Baguioen (RD) and
Dr. Ves Ramones (BOT Regional Candidate)
participated in the fashion show.



PHILIPPINE OBSTETICAL AND GYNECOLOGICAL SOCIETY NORTHEASTERN LUZON

**BYAHENG
MENOPAUSE:**

**MALUSOG,
MASAYA AT
MARIKIT**

*A Graceful Journey Through
Cardiovascular Health in
the Menopause*

SIMC MENOPAUSE COMMITTEE:
ROSELLE B. CONDE, MD, FPOGS
LORNALYN C. MAYLEM, MD, FPOGS
VES C. RAMONES, MD, FPOGS
ELSIE V. CRUZ, MD, FPOGS
MARIFE P. DICHOSO, MD

RESIDENTS-IN-CHARGE:
JAEMARLENE L. DAQUIOAG, MD
DENN AURE C. RAMONES, MD
JEANELLE FAYE M. PASCUA, MD

World Menopause Day

AS PART OF THE WORLD MENOPAUSE DAY, THE SIMC OB-GYNE DEPARTMENT CONDUCTED MENOPAUSE LECTURE AT THE OUTPATIENT DEPARTMENT AND AT THE 9TH FLOOR CONFERENCE HALL TOWER A BLDG WITH THE SIMC RETIREES AND GERIATRIC DEPARTMENT. OUR PROGRAM WAS SPONSORED BY ANLENE PHILIPPINES AND WE DISTRIBUTED DISCOUNTED PROMOS BY ANLENE AND GIFT PRODUCTS SPONSORED BY SIMC OB-GYNE DEPARTMENT.



PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE



THE DEPARTMENT OF OBSTETRICS AND GYNECOLOGY OF THE REGION 2 TRAUMA AND MEDICAL CENTER HELD THE LAUNCHING /OPENING OF THE MENOPAUSE CLINIC LAST OCTOBER 23, 2023 AT THE 2ND FLOOR OF THE OUTPATIENT DEPARTMENT. THIS WAS WELL-ATTENDED AS THE CONSULTANTS TOGETHER WITH THE ADMINISTRATORS JOINED THE VARIOUS ACTIVITIES LINED-UP FOR THAT DAY WHICH INCLUDED ZUMBA FOR WHICH A NUMBER OF MENOPAUSE PATIENTS EAGERLY PARTICIPATED IN, BLESSING OF THE MENOPAUSE CLINIC, VARIOUS LECTURES REGARDING WHAT TO KNOW ABOUT MENOPAUSE, ITS EFFECT AND TREATMENT AND TO ENGAGE THE PARTICIPANTS IN THE VARIOUS DISCUSSIONS, DIFFERENT GAMES WERE DONE FOR WHICH PRIZES FOR THE WINNERS WERE DISTRIBUTED. AT THE END OF ALL THESE, THERE WAS AN OPEN FORUM TO ADDRESS THE CONCERNS OF OUR PATIENTS REGARDING MENOPAUSE.

THE SAID MENOPAUSE CLINIC IS HELD EVERY THURSDAYS AT THE OB-OPD.

Regions

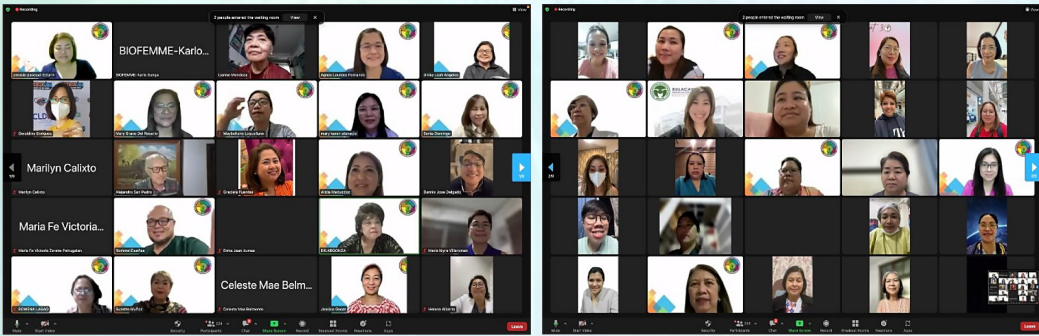
Region 3 - Central Luzon Chapter

Last Quarter of the Year

As CLPOGS close the curtains on 2023, we take pride in presenting the final chapter of the year – a tapestry woven with threads of shared, experiences, resilience and collective achievements. In this edition, we not only reflect on the year that was but also shine a spotlight on the last quarter, celebrating the moments that defined us.

OCTOBER

An Online General Assembly was held last October 27 and was participated by 392 members in the Region.



NOVEMBER

Region 3 participated in the POGSLYMPICS held at the Meralco Multi-Purpose Hall in Ortigas. Members from different parts of the region set out from their provinces with an early start aiming to reach the venue punctually. With full of zest everyone exude vibrant energy and enthusiasm. We participated in all the various games prepared by POGS, competed in the Mr. and Ms. POGSLYMPICS and won minor prizes. Talented and beautiful cheer dancers from the region showcased their best performance during the competition.



POGS Central Luzon Chapter Cheer Dancers

Central Luzon likewise took part in the fellowship night presentation with their dance “Binasuan and Pandanggo sa ilaw” with a modern twist. Our dancers gave their utmost effort and performed exceptionally well.



DECEMBER

December has always been a sought after event in the Region due to its significance. This year on the same date marks the POGS CLC's 45th (Sapphire) Anniversary. Annually it is held in December 08 to celebrate the birthday of our Regional Director Emeritus, Dr. Concepcion P. Argonza plus the Induction of Officers and Turnover Ceremony. This event was graced by the dignitaries from POGS headed by the incoming POGS President Dr. Milagros T. Jocson.

Members flock with their beautiful smile and distinctive blue gowns. It was indeed a festive and successful year end party for POGS CLC. Congratulations to the New set of officers headed by the new Regional Director, Dr. Agnes L. Fernando and President Dr. Unika Leah C. Angeles.



Regions

Region 4 - Southern Tagalog Chapter

On 3 December 2023 POGS – Southern Tagalog Chapter held its Annual Induction Ceremonies and Christmas Party at the Laguna Ballroom of the Bellevue Hotel in Alabang Muntinlupa. A total of 147 members and 26 inductees attended the momentous event in their formal attire. The program started with the celebration of the Holy Mass officiated by Father Rodolfo Carabuena.

After which, the program proper started with the procession of the past presidents and Regional Directors of the chapter. Present during the event were Dr Isabelle Ilaos, the POGS STC founder and Regional Director from 1979 – 1985 and 1999 – 2001, Dr Juliet crisostomo President 1993-1994, Dr. Divina Rojas President 2001-2002, Regional Director 2005-2007, Dr. Conrado Crisostomo President 2007-2008, Regional Director 2011-2013, Dr. Nilo Alcoreza President 2010-2011, Dr. Grace Lapeña President 2012-2013 and the current Regional Director, Dr. Anna Maria Carmen Zaballero President 2014, Regional Director 2014-2017, Dr. Annette Macayaon, President 2018, Regional Director 2018-2019, Dr. Irma Velarde, President 2018, Regional Director 2020-2022, Dr. Antoinette Anonuevo, President 2019, Dr. Evelyn Funelas President 2020, Dr. Ma. Teresa Batario, President 2021, and Dr. Juliet Villanueva President 2022. Dr. Milagros T. Jocson, the current POGS President and Dr. Susan Cantor, POGS BOD also joined the processional. The processional was then followed by the welcome remarks of our current Regional Director, Dr. Grace Lapeña.

A luncheon symposium sponsored by our industry partner, Biofemme, entitled AUB encounters: The Rational Approach to Common Cases followed which was delivered by Dr. Debbie Guani-Dy-Meguizo.

Induction proper then commenced with Dr. Ana Maria Camen Zaballero introducing our guest of honor, POGS President for 2024 Dr. Milagros T. Jocson who then gave her inspirational message.

Valedictory address then was delivered by the POGS STC President 2023, Dr. Michael Thomas Montesa. This was then followed by the oath of office of Dr. Maria Cresencia

Gacoba, POGS STC President 2024 to Dr. Milagros T. Jocson, the POGS President.

Dr. Michael Thomas Montesa officially turned over the medallion, the gavel and banner to Dr. Maria Cresencia Gacoba, POGS STC President 2024.

After the ceremonial turn-over, Dr. Gacoba, gave her inaugural speech which was followed by an AVP presentation of the incoming president.

The induction ceremonies ended with Dr. Gacoba's first order of business which is inducting the new set of officers for 2024 which were as follows:

Board of Directors for the Foundation

1. Dr. Divina Rojas
2. Dr. Ana Maria Carmen Zaballero
3. Dr. Irma Velarde
4. Dr. Teresa Batario
5. Dr. Julieta Villanueva

Board of Directors POGS-STC 2024

1. Dr. Maria Chona Sibal – Vice President
2. Dr. Jennifer Del Prado – Secretary
3. Dr. Katleen Del Prado – Treasurer
4. Dr. Buenaventura Magboo – PRO
5. Dr. Maria Scent Benedicto – BOD
6. Dr. Maria Girlie Ibañez – BOD

Area Coordinators:

- BATANGAS: Dr. Naida Katigbac
Dr. Brishelba M. Sarabia
- CAVITE: Dr. Rebecca Gabor
Dr. Arlyn S. Garduque
Dr. Fatima Ophella Suluen-Del Rosario
- LAGUNA: Dr. Jennifer Austria
Dr. Maria Imelda Antonia Fernando
Dr. Anna Rowena Carmela Resubal
Dr. Susan Valdez
- QUEZON: Dr. Eurika Lyna Cacho
- OCCIDENTAL MINDORO: Dr. Noreen Feratero
- ORIENTAL MINDORO: Dr. Ria Nerissa Navera
- ROMBLON: Dr. Maria Crisilil Nina Costo
- PALAWAN: Dr. Karen Acosta

COMMITTEE CHAIRS:

Special Projects: Chair: Raquel B. Correa, MD
Socials Chair: Jocelyn S. Santiago, MD
Co-chair: Maria Girlie J. Ibañez, MD

Archives

Chair: Rex Marco Miguel M. Poblete, MD
Co-chair: Aida H. Dinulos, MD
Comelec Chair: Antoinette U. Anonuevo, MD
Constitutional Amendments Chair: Annette M. Macayaon, MD

Ethics Chair: Evelyn D. Funelas, MD
Co-chair: Michael Thomas T. Montesa, MD

Grievance Chair: Nilo M. Alcoreza, MD
Membership Chair: Jennifer C. Del Prado, MD

SUBCOMMITTEES CHAIRS:

Adolescent Health Issues and Perspectives (AHIP)
Chair: Lorelie Garcia-Salonga, MD
Breast Cancer Awareness
Chair: Abigail R. Austria, MD
Disaster Preparedness
Chair: Karen Senires-Dangoy, MD
Family Planning
Chair: Lyn Princess B. Magpantay, MD
Maternal Health
Chair: Julieta A. Villanueva, MD
Reproductive and Developmental
Environmental Health (RDEH)
Chair: Aizel Alimagno-Castillo, MD
Violence Against Women and their Children (VAWC)
Chair: Ma. Aurora M. Lazarte, MD
Co-chair: Nonie John L. Dalisav, MD

After the induction ceremonies, the chapter proceeded with the Christmas Party with the theme @the Red Carpet with Drs. Madi de Chavez-Nueva from Cavite and Dr. Raquel Correa from Laguna as masters of ceremonies. Dr. Jocelyn Santiago from Laguna presented with a special dance number. And then, each province presented with special production numbers with Batangas, Palawan, Quezon, Cavite with song and dance numbers while Laguna serenaded us with a piano accompaniment. The event ended with a closing remark from our Vice President for 2024, Dr. Chona Sibal.



Regions

Region 5 - Bicol Chapter

Byaheng Menopause sa Bicol!



Defying forecast of heavy rainfall, the morning of 22 October 2023 saw the sun cast its golden rays over the Albay Gulf as the Mayon Volcano unraveled her grandeur against a pristine blue sky: a perfect backdrop for the World Menopause Day celebration in Region V.

As the main celebrating region this year, 246 participants, both lay and medical advocates for mature woman care gathered at the Legazpi Marker. The celebration was formally opened by the mayor of Legazpi City, the Hon. Carmen Geraldine Rosal. This was followed by a Welcome Address by Dr. Maria Jesusa Banal-Silao, the president of the Philippine Society of Climacteric Medicine (PSCM). A 15 minute Zumba led by Dr. Lian Mariz Reblora, Dr. Vanessa Mae Sta. Ana and Dr. Regine Bernadette Descalzo of the Dept. of OB-GYN of the Bicol Regional Hospital and Medical Center served as a warm-up prior to the first PSCM Menopause Walk which aimed to emphasize the importance of cardiovascular and bone health for menopausal women. The PSCM Board of Directors composed of Dr. Maria Jesusa Banal-Silao, Dr. Agnes Soriano-Estrella, Dr. Juan Maria Ibarra Ortiga-Co, Dr. Marinella Agnes Garcia-Abat, Dr. Maria Virginia Abalos, Dr. Debby Songco, and Dr. Menefrida Reyes led the 1.8 km walk along the Legazpi Boulevard which ended at Sawangan Park. The closing ceremonies was headed by Dr. Menefrida Reyes, Chair of the PSCM Committee on Community Service. The atmosphere was made more festive by the participation of the Legazpi City National High School Drum and Lyre Corps.

After the Menopause Walk, the participants proceeded to the Proxy Hotel to attend the Lay Conversations on Menopausal Health. In keeping with this year's theme of the International Menopause Society, the forum was aptly entitled "Byaheng Menopause sa Bicol: Malusog, Masaya at Marikit (A Graceful Journey Through Cardiovascular Health in the Menopause). This forum provided a simple, engaging and concise discussion on the basics of menopause, menopause hormone therapy, osteoporosis, sexual health, mental health and cardiovascular health. The panelists were Dr. Ana Young Garcia-Sy, Dr. Alma Bella Rivera, Dr. Cecilia Neptuno, Dr. Dorothea Farah Jarabo, Dr. Vaneza Valentina Penolio and Dr. Joyce Custodio, PSCM Region XI Director. A lively open forum ensued, an indicator that the participants were interested and attentive. Finally, Dr. Agnes Soriano-Estrella reinforced in her lecture and closing remarks, all the knowledge on menopause imparted in that morning's forum. The panelists were Dr. Ana Young Garcia-Sy, Dr. Alma Bella Rivera, Dr. Cecilia Neptuno, Dr. Dorothea Farah Jarabo, Dr. Vaneza Valentina Penolio and Dr. Joyce Custodio, PSCM Region XI Director. A lively open forum ensued, an indicator that the participants were interested and attentive. Finally, Dr. Agnes Soriano-Estrella reinforced in her lecture and closing remarks, all the knowledge on menopause imparted in that morning's forum.



Regions

Region 6 - Western Visayas-Panay Chapter

The last stretch of our activities in the fourth quarter started off with our 5th and last Interhospital Case Conference last November 17, 2023, which was hosted by the West Visayas State University Medical Center. The conference was entitled "Into The Woods" which was a case of a Twin Pregnancy in a Functional Class II Gravidocardiopatient who went into preterm labor at 24 weeks and was delivered at 28 weeks.



The Philippine Association of Court Employees Iloilo Chapter hosted a health and wellness consultation to their employees last November 24 from 9:00 AM to 12:00 PM at the Iloilo Hall of Justice. It was conducted by the Iloilo Medical Society and our chapter was tapped to conduct OBGYN consultations and do Pap smear to eligible clients.

We hosted the Annual Resident's Research Paper Contest last November 24, 2023, 2:00 PM at the Conference room of St. Paul's Hospital Iloilo. Eight (8) residents from different training institutions participated and judges were Dr. Maria Lilibeth Sia Su, Dr. Doris Buenavides, and Dr. Stephen Sabinay. The 1st place was Dr. Ma. Carmela Sanchez with the title "Serum Potassium Levels and Its Correlation to the Preeclampsia and Post-Partum Outcome of Patients in a Tertiary Hospital: A 3-Year Retrospective Cross-Sectional Study." The second place was Dr. Kris Elyza Dator with the title "Level of Satisfaction Among OB-GYN Patients on Teleconsultation in a Tertiary Hospital During COVID-19 Pandemic (April 2020-March 2022)." Both 1st and 2nd placers were from Iloilo Mission Hospital. The 3rd placer was Dr. Donna Jan Aljas from West Visayas State University Medical Center, with the title "Comparative Study on the Outcome of Patients Enrolled and Not Enrolled in Clinical Pathway for Normal Delivery at a Tertiary Hospital."



We culminated the year with our Annual Business Meeting and Christmas party last December 8, 2023 at the Marriott Hotel. The meeting was well attended and with our President presiding, she presented the activities conducted by the chapter for the whole year. Furthermore, the Financial Report and Board resolutions were also presented to the members. The election of the 2024 POGS Panay Chapter Board of Directors was conducted online and the winners were presented during the annual business meeting. The Christmas party was subsequently held with the theme "Pink Wonderland: A POGS Panay Yuletide Soiree." This was highlighted by a dance contest among different training institutions in Iloilo City.

The Board of Directors of POGS Panay came together in a festive spirit last December 17, 2023 at Urban Glamp Resort in Oton, Iloilo to celebrate the holiday season and bid farewell to a remarkable year. Amidst the joy, the directors shared heartfelt moments, expressing gratitude for the collaborative efforts that contributed to the success of POGS Panay's Initiatives.



Regions

Region 11 - Southern Mindanao Chapter

OCTOBER AND NOVEMBER ARE COMPETITION MONTHS FOR POGS-SMC RESIDENTS

Highlighting the POGS-SMC activities in October is the 24th Residents Interesting Case Contest held on October 28, 2023 via zoom platform. Six residents showcased their unique interesting case and Dr. Elizabeth Monteverde from Davao Doctors Hospital won with her case "Pregnancy Outcome in a 34-year-old Primigravid with Primary Myelofibrosis: A case Report".



DECEMBER 2023

POGS-SMC held its Induction of the new set of officers on December 10, 2023 at the Apo View Hotel Camus Street, Davao City. The National POGS President Dr. Milagros T. Jocson gave an inspirational message and Induction of the 2024 officers led by the chapter president Dr. Junette Grace A. Ko preceded Dr. Geoffrey M. Que (POGS-SMC 2023 President) valedictory address. Subsequently, Regional Director Dr. Concepcion D. Rayel inducted the new 28 fellows, 17 diplomates and 9 Junior members.

Following the Induction Ceremony was a scientific lecture with Dr. Agnes L. Soriano-Estrella as the guest speaker.

Christmas Party Celebration ensued thereafter with members wearing their favorite colorful high tea party outfits.



November is POGS National Annual Convention month. But culminating this month also is the POGS-SMC Research and E-Poster Contest held on November 25, 2023 via zoom platform. Three residents battled in the E-Poster competition and Dr. Monika Gail Paula Yuga from Brokenshire Medical Center won with her research title "MENOPAUSAL SYMPTOMS AND IMPACT ON WORK PRODUCTIVITY AMONG HEALTH CARE WORKERS IN A TERTIARY HOSPITAL IN DAVAO CITY". Furthermore five finalists competed in the Research competition Dr. Alexa Paula Corro from Davao Doctors Hospital won first prize with her research entitled "BURNOUT SYNDROME AMONG RESIDENT PHYSICIANS IN A TERTIARY HOSPITAL IN DAVAO CITY IN TIME OF THE COVID-19 PANDEMIC".

All participants received certificate of appreciation and the winners with cash prize.



During the election in the POGS National Annual Convention on November 9, 2023 POGS- Southern Mindanao Chapter is honored and pleased that Dr. Concepcion D. Rayel was elected 2024 Board of Trustee representing Mindanao. Her leadership qualities will surely help the organization.





**PHILIPPINE INFECTIOUS DISEASES SOCIETY
FOR OBSTETRICS AND GYNECOLOGY, INC.**

PIDSOG's Campaign for Inclusive Vaccination in Maternal Care: Building Strong Alliances for a Healthier Future

Maria Lorena L. Santos, MD

In an impactful session with the House of Representatives' Committee on Health, the Philippine Infectious Disease Society for Obstetrics and Gynecology (PIDSOG) presented a robust case for the integration of Influenza and Tdap vaccinations into the maternal healthcare regimen. This move, aimed at elevating the standard of prenatal care in the Philippines, is a part of a broader effort to enhance maternal and child health services.



The Critical Need for Maternal Vaccinations:

Influenza and Tdap vaccinations are critical for protecting pregnant women and their newborns from severe health risks. The Influenza vaccine guards against serious respiratory complications that can occur during pregnancy, while the Tdap vaccine is essential for preventing illnesses like whooping cough in infants. By vaccinating mothers, we extend protection to their babies, offering them a safer start in life.



PIDSOG's Advocacy and Strategic Approach:

Our advocacy at PIDSOG, which I presented as President, is deeply rooted in a wealth of scientific research affirming the safety and effectiveness of these vaccines in pregnancy. We drew on global health data and successful international models to underscore the importance of including these vaccines in maternal healthcare programs.



Building a Collaborative Effort:

A pivotal aspect of our campaign is the collaboration with key allies. A recent milestone in this journey was the House of Representatives (HRep) Committee on Health, chaired by Batanes Rep. Ciriaco Gato, Jr., approving the consolidation of eleven bills aimed at improving maternal and childbirth services in the country. This development underscores the importance of partnering with legislative bodies and policymakers in realizing our goals. Such partnerships are instrumental in shaping health policies and ensuring that necessary resources are allocated for these initiatives. "I earnestly sought approval of my bill considering that the maternal mortality and infant mortality are still on the rise. I also proposed the inclusion in the immunization program not only of tetanus, which I believe is the only one being given free, but also of other vaccines for acellular pertussis and diphtheria," he said.



Overcoming Challenges and Implementing Solutions:

To integrate these vaccines into the healthcare system, we are addressing challenges such as vaccine supply, accessibility, and public hesitancy. PIDSOG is actively working on strategies to mitigate these issues, focusing on policy advocacy, resource mobilization, and community outreach programs.

The Way Forward Progress and Next Steps:

Our meeting with the Committee on Health is just the beginning. The positive response from the committee members fuels our optimism for the future of this initiative. PIDSOG is committed to continuing its advocacy, working closely with policymakers and healthcare professionals to see this vision become a reality.

The inclusion of Influenza and Tdap vaccinations in maternal healthcare is a significant step towards safeguarding the health of mothers and their infants. With the support of key allies like the HRep Committee on Health, and through the collective efforts of various stakeholders, PIDSOG is committed to advancing this cause. Together, we are paving the way for a healthier future for Filipino families.



#MaternalHealthMatters #PIDSOGAdvocacy #HealthyMothersHealthyBabies



Philippine Society of Climacteric Medicine

WORLD MENOPAUSE DAY CELEBRATION 2023



THE MAIN WORLD MENOPAUSE CELEBRATION IN LEGAZPI CITY- AN OCTOBER 2023 AFFAIR TO REMEMBER.

OCTOBER 22, 2023 WAS A WORLD MENOPAUSE SUNDAY CELEBRATION THAT TOOK ALMOST SEVEN MONTHS TO PLAN; AND IT WAS ALL WORTH IT! BEFORE SIX THAT MORNING, IT WAS ALL SYSTEMS GO FOR THE REGION V TEAM ABLY LED BY PSCM REGIONAL DIRECTOR DR. VANEZA PENOLIO. THE ROUTE FOR THE FIRST-EVER MENOPAUSE WALK WAS READY; "BYAHENG MENOPAUSE" TARPULINS WERE STRATEGICALLY POSITIONED ALL OVER ALBAY'S CAPITAL CITY, FROM THE LEGAZPI MARKER IN BARANGAY PURO (THE WALK'S STARTING POINT) UP TO THE SAWANGAN PARK. THE WHOLE LEGAZPI BOULEVARD SEEMED TO HAVE BEEN DRESSED UP FOR THE MOMENTOUS EVENT AND THE ATMOSPHERE WAS FESTIVE, "TALAGANG PARANG FIESTA". THE HONORABLE MAYOR CARMEN GERALDINE ROSAL OF LEGAZPI CITY GRACED THE OCCASION AND AN ENJOYABLE 'SHORT BUT SWEET' ZUMBA SESSION LED BY THE THREE ZUMBA QUEENS DOCTORS LIAN REBLORA, VANESSA STA. ANA AND REGINE DESCALZO JUMP-STARTED IT ALL. WOMEN FROM THE DIFFERENT BARANGAYS OF LEGAZPI WALKED THRU THE BOULEVARD ON THAT DAY; ALL 169 LAY PARTICIPANTS JOINED 43 DOCTORS TO CELEBRATE THIS SPECIAL MENOPAUSE EVENT WHICH WAS ENLIVENED BY THE 75 YOUNGSTERS OF THE LEGAZPI CITY NATIONAL HIGH SCHOOL DRUM AND LYRE CORPS, WITH THEIR PRETTY MAJORETTES TO BOOT. EVERYBODY WAS PERKED UP AND THANKFUL FOR THE MUSICAL EXHIBITION OF THE D&L CORPS AND THE FREE BREAKFAST FROM LEGAZPI'S MC DONALDS.

WHAT MORE COULD ONE ASK ON THAT DAY, WITH THE BEAUTIFUL MAYON VOLCANO KNOWN FOR ITS PERFECTLY CONICAL SHAPE FLAUNTING HER GLORY WHEREVER ONE LOOKED... TRULY A SIGHT TO BEHOLD, ON THAT PERFECT SUNNY MORNING IN BICOL (THANK YOU, LORD!!) THIS "DARAGANG MAGAYON" OF A VOLCANO WAS INDEED SUCH A MAJESTIC BACKDROP, HUMBLING AND DELIGHTING EVERYONE ON THAT UNFORGETTABLE DAY. THE REST OF THAT SUNDAY MORNING WAS SPENT IN "LAY CONVERSATIONS" ABOUT MENOPAUSE IN THE PROXY HOTEL BY THE ORIENTAL.

AFTER THE WELCOME REMARKS FROM THE PSCM PRESIDENT DR. MARIA JESUSA BANAL-SILAO, THE AUDIENCE COMPOSED OF MATURE WOMEN, BARANGAY HEALTH WORKERS AND NURSES (TOTALLING 201), PLUS 45 DOCTORS INCLUDING DRS. CHRISTINE PERDIGON-DE VERA OF SORSOGON CITY AND VIVIENE BOMBITA OF NAGA CITY BICOL, WAS TREATED TO AN INITIAL PLATEFUL OF BASIC INFORMATION ABOUT THIS INTERESTING PERIOD IN A MATURE WOMAN'S LIFE CALLED MENOPAUSE (IN A FIRST SEGMENT CON PANEL DISCUSSION ENTITLED "PA'NO NA YAN... MENOPAUSE NA KITA?") AND THEN TO DETAILS IN THE SECOND SEGMENT REGARDING SEXUAL, MENTAL, BONE AND CARDIOVASCULAR HEALTH IN THE MENOPAUSE. THE DOCTOR-PANELISTS (DRS. ANA YOUNG GARCIA-SY FROM NAGA WHO IS A CURRENT POGS REGIONAL DIRECTOR, DOTY DORION-JARABO FROM SORSOGON, VANY PENOLIO FROM LEGAZPI, CECIL NEPTUNO FORMER RD AND REPRESENTING UST-LEGAZPI HOSPITAL, ALMA BELLA RIVERA OF BICOL REGIONAL HOSPITAL AND MEDICAL CENTER AND SPECIAL GUEST PANELIST DR. JOYCE CUSTODIO PSCM RD OF REGION 11) WERE CHALLENGED WITH INTRIGUING QUESTIONS DURING THE DISCUSSION FROM THE NURSE MODERATORS MS. HAZEL MILLENA AND GERALDINE NAVARRO AND WITH MORE QUESTIONS FROM AN ENGAGED AUDIENCE DURING THE OPEN FORUM. ENDING ON A GOOD NOTE, THE EVENT WHICH WAS COVERED BY THE ALBAY PROVINCE PRESS (ALBAY PROVINCIAL INFORMATION OFFICE AND BRIGADA NEWS RADIO) WAS CLOSED BY THE PSCM VICE-PRESIDENT DR. AGNES SORIANO-ESTRELLA WHO EXPRESSED CONGRATULATIONS AND APPRECIATION FOR THE EXCELLENT WORK DONE BY RD DR. VANY PENOLIO AND HER REGION 5 TEAM (WITH OTHER MEMBERS NAMED DRS. APRIL MAGTARAYO, BERNA WHO DESIGNED THE EVENT POSTER AND TEE SHIRTS, DONNA, GECAI, ROCHELLE, NYXA CABALTERA, STEPHANIE SANICO AND THE BRHMC MENOPAUSE CLINIC STAFF), AND A SPECIAL 'THANK YOU' TO BIOFEMME THE PSCM PHARMA PARTNER FOR THIS EVENT. ALSO A PERSONAL SINCERE THANKS TO THE MEMBERS OF THE PSCM COMMUNITY SERVICE COMMITTEE (DRS. IME SANCHEZ WHO ALSO PENNED THE MENOPAUSE 'TULA', STEPH SUPAN, VEZZ CANDELARIO, MADI DE CHAVEZ AND ADVISER DR. BETHA FE CASTILLO) AND TO THE PSCM BOARD PARTICULARLY THOSE WHO FLEW TO DARAGA (DRS. DUCHESS, AGNES, JM, NEY, JEAN, DEBBY AND MENIE), ALL OF WHOM HELPED AND SUPPORTED DR. VANY TOWARDS THE WMD SUCCESSFUL IMPLEMENTATION.

ONCE AGAIN BRAVO, REGION 5! ... AND THANK YOU VERY MUCH FOR THIS MEMORABLE OCTOBER WEEKEND.

WE SHALL FONDLY REMEMBER THE FIRST MENOPAUSE WALK, THE LAY CONVERSATIONS AND THE MANY OTHER CONVERSATIONS WE HAD DURING THE OCTOBER 21 FELLOWSHIP NIGHT WITH THE BICOLANO OB-GYNS AND OVER SUMPTUOUS SERVINGS OF BICOL EXPRESS, BINAKOL, PINANGAT AND MUCH MORE (NOT TO FORGET THE SILI ICE CREAM) IN THE MEALS WE PARTOOK WHILE IN LEGAZPI.



PSCM simultaneous session at the POGS Convention 2023

The POGS Annual convention held its first face to face convention last November 8-10, 2023. The PSCM hosted a simultaneous session with lectures focused on nutrition in midlife women, obesity in the midlife, PCOS in the menopause and predictors of premature and early menopause and given by experts from our organization. The PSCM's involvement in the POGS annual convention underscores its commitment to advancing knowledge and promoting best practices in climacteric medicine

Now available at the PSCM office

Add We are also thrilled to announce that the much-anticipated "2024 PSCM Clinical Guide to the Care of the Menopausal Woman" book is now available. To secure a copy, simply click the google order form provided. Here is the link: <https://forms.gle/UoefKsTNzRLju71g6> a subheading

PSCM goes to Coron

Get ready for a tropical rendezvous with us at our 17th Midyear Convention. Join us in the breathtaking paradise of Coron, Palawan on April 8, 2024 hosted at the exquisite Coron Westown Resort. Embrace the warmth and camaraderie and knowledge as we gather to explore the latest in climacteric medicine. Your presence will undoubtedly contribute to the vibrancy of this event. Secure your spot now by completing the registration process thru this link : <https://forms.gle/eqaiHJZYtBAXzAb>

PHILIPPINE SOCIETY FOR GYNECOLOGIC ENDOSCOPY 2024

Save the Date!

August 12-13, 2024

EDSA Shangri-La Hotel

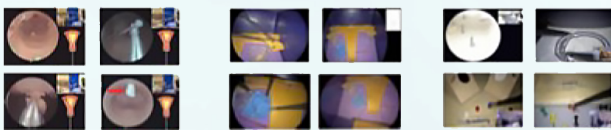


ANNUAL CONGRESS AND 20TH ANNIVERSARY CELEBRATION

PSGE will hold its Annual Congress and 20th Anniversary Celebration on Aug 12-13, 2024 at Edsa Shangri-La Hotel, Ortigas Center, Mandaluyong City. This incredible journey of PSGE, founded by Dr Delfin Tan two decades ago, has achieved numerous milestones that contributed to its reputation as a beacon of progress. From pioneering innovative endoscopic procedures to advocating for meaningful change, PSGE has been at the forefront of positive transformation. This milestone is a testament to the dedication, passion, and perseverance of everyone who has been involved in the organization over the years.

Philippine Society for Gynecologic Endoscopy 2024

Leedah Ranola Nisperos, MD and Regina Paz Tan Espiritu, MD



<http://psge-migs.org/scope-overview.php>

The Surgical Competency on Pelvic Endoscopy (offers a valuable learning opportunity for residents, fellows, and interested consultants seeking to enhance their knowledge of Minimally Invasive Gynecologic Endoscopy. Upon completion of the course, successful participants will receive a certificate, validating their completion of the program and can be used to apply as a requirement for step 1 as part of IGE (Introduction to Gynecologic Endoscopy). For more information and the requirements for application as fellow in the society, please visit our website PSGE MIGS.org.

The society aims to promote monthly activities to its members by promoting camaraderie and learning. On January 16, 2024, the project entitled "Planting Seeds for a Greener Earth", A Tree planting Activity will be held at Sapangbato, Angeles City, Pampanga headed by the assistant secretary of the society, Dr. Marcela Dianalyn Sazon-Carlos. See you there!





PHILIPPINE SOCIETY OF ULTRASOUND IN OBSTETRICS AND GYNECOLOGY

PSUOG 2023 **Certifying Board Examination** at De La Salle University Medical Center on September 24, 2023 and October 24-25, 2023

POGS PSUOG **Precongress Webinar** on October 26, 2023 entitled "The Role of Ultrasound in the Evaluation of AUB" via zoom.



PSUOG **Research and Interesting Case** Contest at the Auditorium of Makati Medical Center on September 29, 2023.



POGS 2023 ANNUAL CONVENTION & 77th ANNIVERSARY CELEBRATION
NOVEMBER 7-10, 2023 PHILIPPINE INTERNATIONAL CONVENTION CENTER

FROM GLOBAL TRENDS
TO LOCAL INTEGRATION

**PHILIPPINE SOCIETY OF ULTRASOUND IN
OBSTETRICS AND GYNECOLOGY**

THE ROLE OF ULTRASOUND IN THE EVALUATION OF AUB

POGS Preconvention Webinar
OCTOBER 26, 2023, 2 PM - 5 PM



Maribel M. Pili-Lopez, MD
"Introduction to IETA Terminology"



Lara Marie D. Bustamante, MD
"The Use of Doppler, Elastography, SIS and 3D ultrasound in the Evaluation of AUB"



Lyra Ruth Clemente-Chua, MD
"Ultrasound Features of Benign Endometrial and Intraovarian Pathology in Women with AUB"



Florentina A. Villanueva, MD
"Ultrasound Features of Endometrial Cancer"



MARISOL PANGAN-GOROSPE, MD
Moderator/Host

1.5 PRC CPD UNITS

PRECONVENTION WEBINAR

PSUOG POGS **Simultaneous Sessions** held by POGS on November 9, 2023 at PICC.

PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation) INC.

POGS

2023 ANNUAL CONVENTION & 77th ANNIVERSARY CELEBRATION

FROM GLOBAL TRENDS
TO LOCAL INTEGRATION


NOVEMBER 7-10, 2023
Philippine International Convention Center

Day 2

November 9, 2023 (Thursday)
02:00 PM - 04:00 PM, Summit Hall C, D, E & F

SIMULTANEOUS SESSION 2


PHILIPPINE SOCIETY OF ULTRASOUND
IN OBSTETRICS AND GYNECOLOGY



Chair:
Lara Marie D. Bustamante, MD




Co-Chair:
Leilani C. Chavez-Coloma, MD



Ultrasound Assessment of Pelvic Infections
Marilou U. de Vera, MD



Ultrasound Assessment of Endometrial and Myometrial Tuberculosis
Nelinda Catherine P. Pangilinan, MD



Ultrasound Findings in Chronic vs Acute PID
Veronica M. Deniega, MD



Challenges in the Ultrasound Diagnosis of Pelvic Infections
Regina Rosario Panlilio-Vitriolo, MD

