

# Women Matters @ POGS

POGS Newsletter Online Volume 47 · Number 4 February 2026



## Inaugural Speech

By: **Concepcion D. Rayel, MD**  
President

### INTRODUCTION

Our Keynote Speaker, National Scientist, Dr. Carmencita David Padilla, Our Past Presidents, Members of the Board of Trustees, Regional Directors, Chair and Members of PBOG and CREED, the President and Members of Subspecialty and Affiliate Societies, Chair and Training Officers of Accredited Institutions, the Organizing Committee, Inductees and proud families, the President of PMA, Esteemed Guests, Colleagues.

### Good evening.

Tonight, we are witnessing POGS history unfold. On the 80th year since its founding, the regions will lead this strong and dynamic Society for the first time. Here to express immense gratitude for the opportunity to be first among all regions is United Mindanao. Please rise to be acknowledged.

We stand before you with deep appreciation for recognizing the wealth of potential and talent in the provinces, for accepting diversity of cultures and perspectives, for ensuring that every member is seen and heard regardless of geography. To Dr. Elisa Tiu and members of the Board of Trustees who paved the way for this representation, thank you.

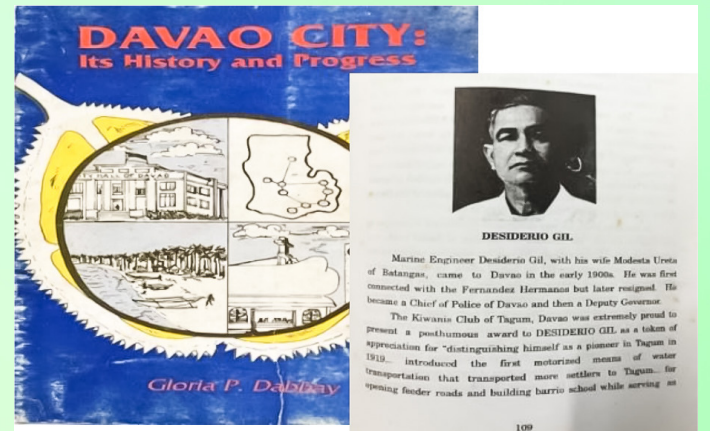
As President Elect, I am overwhelmed by the enormity of the responsibility and expectations, the physical sacrifice of travel, the compromise to a thriving clinical practice.

I take inspiration in the selfless dedication of my predecessors: Founders who had limited resources but had limitless vision and passion, Past Presidents who continue to keep the flame alive, teaching and guiding young minds for generations. My greatest joy comes from the encouragement and support of special friends in the profession.

### HERITAGE

Am I a true representative of the regions?

My siblings and I were bequeathed a rich provincial heritage. Our inheritance came in the form of **ROOTS, WINGS and DIRECTION**. Our grandfather, a pioneer migrant of Davao 6 generations ago, gave us **roots**, a steady foundation anchored on values to ground us to a place we could always call home.



From my mother's life, we grew **wings**. She set the example of excellence in work as the first lady Fiscal in the country. It was however from my lawyer father's thunder that we learned to produce results, not excuses; that argumentation sharpens the mind, confrontation crushes the heart.



My professional parents, Doctors Luciano Sotto, Augusto Manalo, Genara Limson and Norberto Hocson were my enduring compass. They provided me with direction when the path was unclear. They believed that by returning to Davao, I could make a bigger difference in the lives of my colleagues and the women needing an Oncologist. To be a reflection of these extra ordinary persons is a gift I treasure and a responsibility I carry.

### RESPONSIBILITY

Allow me to address our young colleagues we are embracing into the fold. The title Diplomate and President come with prestige and authority but they are not destinations. They are stations in life where we are afforded the opportunity to do good for others. Our convention theme spells out these responsibilities.

## WOMEN

We walk with women during the most transformative and vulnerable times of their lives: puberty, pregnancy, childbirth, illnesses before and beyond menopause. We occupy an intimate and sensitive space as guardians of their health. This trust behooves us to care with competence, compassion and integrity but despite best efforts, we can still lose them.

POGS statistics show that the main causes of mortality stem from **pregnancy related conditions for Obstetrics** and **cancer for Gynecology**.

The acceptable **Threshold for Maternal Mortality is 70/100,000**. The highest rates in the country remain in geographically isolated and disadvantaged areas (GIDA), at **94/100,000**. Hypertension, Infection and Hemorrhage have remained the major reasons for years. Cervical Cancer, a preventable Disease claims the lives of 12 Filipinas each day leaving homes without mothers, let alone the economic burden on families and the health care system.

The pronouncement of the World Health Organization is to screen 70% of eligible women with high performance testing, 90% vaccination and treatment of 70% premalignant conditions if we are to aim at cervical cancer elimination by 2064. In March this year, DOH reported 1.27% screening. Is this enough? We are looking at almost a century to succeed unless we help government to set roadmaps and timelines.

Our Society has established the Committee on Women's Cancers to unify all efforts of POGS ad hoc committees on Cervical Cancer Control. We need to embark on a concerted effort with our subspecialty societies if we are to genuinely make a difference. We laud the work of SGOP on the Z Benefit Package to assist in the treatment of our economically challenged cervical, ovarian and endometrial cancer patients.

## ADVOCACY

Our past presidents, with their flagship projects have addressed the varied needs of our women through their advocacies. (Reproductive Health, Scientific Works, Maternal Perinatal Welfare, Continuing Medical Education, Community Service, Patient Safety-Quality Health Care and more.) POGS provides each member a platform for you to share your expertise. In the implementation of advocacies however, our committees must recognize diversity of cultures where needs are different from one locality to another.

## VISION

The country is shifting to the UNIVERSAL HEALTH CARE system (RA 11223). a noble undertaking to provide promotive, preventive curative rehabilitative and palliative care to all citizens.

To simplify the concept, Health Care Delivery

ceases to be the sole responsibility of DOH. There will be a devolution of responsibility from central to peripheral. LGUS will oversee Primary Care Centers where our citizenry will be enrolled. The target of full implementation in 2025-2026 has been moved to 2030. When administrations change and technocrats are replaced however, birthing pains become severe as evidenced by the super health centers that remain unfinished or non-functional. POGS for its part is preparing for the transition.

If equitable access to HC is deemed important, then let us address the maldistribution of our sub specialists in the archipelago. Allow me to share these data on 4 of our 15 Subspecialty and affiliate societies. Almost 50% of MFM and Oncology experts are in MM hardly in GIDA like BARMM.

I am sending this message to our young OB GYNS. You are needed in the regions. To our trainers, help the underserved areas. If cases are not enough in existing training hospitals, then assist major institutions outside greater Manila where patients overflow so that training programs can be established with guidance.

## EDUCATION

Health Promotion awareness and health literacy must be strengthened across all levels of Health care. Education improves lives and remains top priority for our Society. Women must be made to realize that they are responsible for their well-being and the health of their families.

The country is progressing well in its effort to curb the burgeoning issue of teen pregnancy. There is a decreasing trend in the number of children born to women age 15-19 from 9% in 2017 to 5% in 2022. Government efforts, DOH, DEPED Barangay Centers, hospital programs and private societies like POGS through AHIP and Prepare and Philippine Pediatric Society are doing our share to decrease the burden. With the changing culture today, adolescent infection, albeit is on the rise.

## SOCIAL RESPONSIBILITY

It is tempting to remain in our comfort zones, in our clinics where services are appropriately rewarded. This is just a reminder to our future leaders that there are lives outside that matter just like ours, but they cannot prioritize health because of limited means. We need to reach out to them, like the

indigenous women, women deprived of liberty, and not just women we repeatedly see in city centers.

## 2026 INITIATIVES

2026, is a banner year for POGS, our 80th anniversary. Our theme will be **RESPECT TRADITION, PROMOTE INNOVATION** because we honor the visionary leadership of our pioneers who laid the corner stones of this society with wisdom and integrity. We acknowledge our past presidents, trustees and members for keeping the society relevant, responsive to the changing needs of the women we serve.

### 1. Regional Empowerment

Chapters shall determine what advocacies are truly needed by their communities. It is important to identify national activities they want to undertake, virtually or face to face and to embark on activities that can be locally initiated.

### 2. Collaboration to Decrease the Main Causes of Mortality

Internally, Standing Committees are requested to set roadmaps and coordinate initiatives with Sub Committees, Ad Hoc committees, Subspecialty and Affiliate societies when objectives are the same to conserve on manpower and resources.

Externally, POGS will continue to enhance partnerships with Government and Private sectors, AFOG JHPIEGO, FIGO especially on Maternal Mortality Reduction and Cervical Cancer Elimination.

The DOH has reached out to POGS to actively engage in its activities, to provide technical support and training, to submit cervical ca screening reports. These will be addressed by the newly created committee on women's cancers.

### 3. Adolescent Health

TEEN programs exist in Government Hospitals. Our focus will be on capacity building reorientation of colleagues in private institutions to further decrease teen pregnancy and infection.

The committee on Reproductive Health is encouraged to work collaboratively with PAGSPHIL, AHIP, PREPARE and other task forces of the society.

### 4. Training

With the creation of primary care centers under UHC, we anticipate a possible decrease in service cases for training.

CREED and PBOG can coordinate with the UHC Committee to consider the feasibility of rotations for our RPTs in DOH BUCAS and PHIC YAKAP projects to increase outpatient exposure without compromising their safety.



## 5. Administrative, Training Manuals and Commemorative book

- A. Administrative Manual: We will undertake the task of revising and aligning the Administrative Manual with the newly ratified Constitution and By Laws. The Committee remains under the leadership of Dr. Lourdes Blanco Capito.
- B. A Manual on Mentoring of trainees will be created. An Ad Hoc Committee shall draft a guide for mentors of POGS accredited institutions. Our objective is to standardize mentoring and to enhance training programs nationwide that will nurture leaders and more resilient, goal-oriented trainees.
- C. Grade pro CPGs on Antenatal Care and Postpartum Hemorrhage, a POGS-UP NIH and DOH collaborative project proposed in 2024 will hopefully take off in 2026. Should there be further delays, Practice Bulletins can be undertaken by the Society instead, to help our clinicians and allied health workers.
- D. A simple Commemorative digital book for our 80th anniversary shall be made to document POGS milestones through the creativity of our talented members. Our PRO plus key persons of the Society will oversee the project.

## 6. Care for the Environment

We will launch the “Healthy Women, Healthy Planet” celebration this April 22 to remind everyone of our need to work in harmony with mother earth. A simple act of planting a tree in our backyard or a virtual information dissemination on disaster risk management for awareness can create a ripple effect.

Let me end by expressing deep gratitude to my husband, son and siblings for allowing me to be me, to friends I made in POGS when I served in CREED, PBOG, PHIC, HMO, and various committees, as Regional Director, as Trustee, as SMC President, to friends in my Subspecialty Societies, to colleagues who genuinely believed that 2026 is for Mindanao to lead, to members of Regions 9, 10 and 11 for choosing me to be your standard bearer, to Dr. Jean Toral our Convention Secretary, the organizing committee and our administrative staff for your outstanding work to make this annual convention happen despite all the unique challenges.

To our past Presidents and our Trustees, your understanding, guidance and support are crucial, this being the first time a POGS President will come from the regions.

*Gikan sa akong kasing kasing, Daghang Salamat.*  
A Pleasant evening to all!

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# Valedictory Address

**By: Rowena M. Auxillos, MD, FPOGS, MBA-H**

2025 POGS President

Closing Ceremonies – POGS Annual Convention 2025

Theme: *“Riding the Waves of Change: Navigating the Evolving Needs of Women”*  
Novotel, Araneta Center · November 12, 2025

Good afternoon, my dear colleagues, friends, and partners in service.

As I stand before you at the close of our Annual Convention, my heart overflows with gratitude. The past year — and this event — have been made possible by countless hands and generous hearts. To our Organizing Committee, Scientific Committee, the Secretariat, our exhibitors and sponsors, and to every POGS member across the country — thank you for the dedication, energy, and trust that made this year truly remarkable.

Our convention theme, *“Riding the Waves of Change: Navigating the Evolving Needs of Women,”* beautifully mirrors our collective journey. The needs of women, our patients, and our profession continue to evolve. Like waves, they rise and shift — sometimes gently, sometimes with great force — demanding that we, as a Society, respond with wisdom, compassion, and unity.

This year, we did not resist change. We learned to ride with it — to listen, to adapt, and to move forward together.

When I began my presidency, I was deeply aware that the sea ahead would not always be calm. Leadership, like sailing, requires courage, faith, and a steady hand on the helm. There were moments of uncertainty, but I found strength in our shared mission — to love, to serve, and to uplift women’s health across the nation. I also found inspiration in the people I served with — in our committees that worked tirelessly, in our regional chapters that brought POGS closer to communities, and in our Secretariat, whose loyalty and dedication form the steady current beneath our daily work.

When I delivered my inaugural address in November 2024, I laid out five goals to guide our journey. Today, as I look back, I am grateful to say that we have navigated these waves together — not always perfectly, but always purposefully.

1. We have convened a Constitutional Convention to Update POGS Articles of Incorporation, Constitution and Bylaws, Election Code and the Code of Ethics and Professional Conduct
  - a. Yesterday these documents were ratified by 2/3 vote of our members.
  - b. This ratification means we are now compliant with the Revised Corporation Code of the Philippines and the regulatory standards of the Securities and Exchange Commission, especially since POGS is not just a professional society—it is formally registered as a Foundation. Enhancing our identity as a Foundation means embedding in our Constitution and Bylaws the clarity of our purpose—not just as a community of professionals, but as an institution committed to advancing women’s health through education, research, advocacy, and service. It also means strengthening our internal rules on financial stewardship—clarifying the roles and responsibilities of trustees, aligning our structure with grant-giving and fund-generating functions, and enabling POGS to maximize donor confidence and public trust. When we revise our governance structure with this in mind, we are not just protecting ourselves from legal risk—we are positioning POGS to expand its programs, build partnerships, and responsibly manage resources for the long-term. From a strategic perspective, these revisions support the modernization of our Society and make it more responsive to the changing needs of our members and stakeholders.
  - c. Our Constitution and Bylaws have been updated to reflect current realities—from digital voting and hybrid meetings, to the coordination of national and regional structures, and the streamlining of committees to avoid duplication of efforts.
2. The Election Code has been revised to strengthen transparency, integrity, and fairness in the leadership selection process—ensuring clear guidelines on nominations,



Dr. Rowena M. Auxillos

campaigns, and voting, while also addressing possible conflicts of interest.

3. For the first time, we have instituted a formal Code of Ethics and Professional Conduct covering our key governance bodies—BOT, PBOG, and CREED—and the general membership. These codes reinforce our shared values of professionalism, accountability, collegiality, and ethical leadership. They set the standard for how we lead, how we decide, and how we carry the name of the Foundation in all our work.
4. We have developed a unified, evidence-based, and outcome-driven curriculum, ensuring the continued excellence of OB-GYN education and training nationwide.
5. We have Strengthened Collaboration, Empowered Women, and Improved Maternal and Child Health Nationwide through POGS ALLIANCE FOR UHC in collaboration with other committees.

## What's Next?

1. Revision and Updating of the POGS Administrative Manual: we will align our internal policies with modern governance standards and legal requirements, creating a more responsive and future-ready organization, What this means for POGS:
  - A stronger, smarter, and more grounded Society
  - Leaders guided not just by rules, but by values
  - An institution that is not just compliant—but compelling
  - A legacy of excellence built on service, not just structure
2. Possible Construction of a New POGS Building in 2029: With prudence and foresight, we have done the feasibility study for a new home for POGS. While mindful of risks brought by the Metro Manila Subway Project, we chose to renovate our existing building — upgrading facilities, systems, and services to ensure safety, sustainability, and pride of ownership.

Each of these goals reflects not just administrative work, but a shared spirit of purpose — the unwavering belief that POGS exists to serve, to empower, and to lead.

## Key Achievements – Summary Reflection

This year, we strengthened our foundation — improving benefits for members, increasing awards and incentives, and enhancing employee welfare. We expanded our impact — reaching thousands through education, community service, and advocacy. And we secured our future — with sound finances, renovated facilities, and reforms that safeguard the Society's stability for generations to come.

## All of these 2025 goals are now done!

POGS today stands as a testament to strength and unity — grounded in stability, alive with purpose, and steadfast in its vision for the future. My message to all of you, especially the Fellows to be inducted is simple: let us keep sailing forward. The waves of change will never cease — yet neither will our resolve. Leadership may move from one hand to another, but our mission remains unwavering. As our Baldomero Roxas Awardee, **Dr. Antonia Habana**, so beautifully reminded us just two days ago — each of you holds within you the power to shape the future of women's health in our nation. Her words echo the very essence of what POGS stands for — purpose, compassion, and the enduring call to serve. One day, some of you will sit at this very table you now gaze upon from afar, carrying forward the torch of POGS with the same dedication, courage, and heart that have guided us through every challenge. Let your passion light the way, and may your purpose leave a mark as enduring as the legacy we cherish today.

As I pass the helm to our next President and Board of Trustees, I do so with a

heart full of pride and confidence. POGS rests in capable hands — guided by unity, strengthened by purpose, and grounded in the unwavering love and commitment we share for the women whose lives we touch. May you carry this legacy forward, with courage, compassion, and the same passion that has brought us to this moment.

Before I close, allow me this moment of heartfelt gratitude.

To our **2025 Board of Trustees**, thank you for your wisdom, unity, and unwavering support. You steadied the ship through every decision, every challenge, and every change. Your collective guidance has been my compass, and your faith in me my strength.

To our **Past Presidents**, you are the anchors of POGS — the steady hands that have steered this Society through the years. Your legacy gave us courage to innovate while staying true to our core. I am deeply grateful for your counsel, your friendship, and your quiet example of service.

To our **Regional Directors**, thank you for being our bridge to the regions — for bringing the vision of POGS to every corner of the country. You led with heart, kept your members engaged, and ensured that our mission touched lives beyond the halls of this convention. Your commitment to unity in diversity truly embodies what POGS stands for.

To all our Committee Chairs and Members, thank you for your tireless commitment. You are the wind beneath our sails — the reason our programs thrive and our advocacy reaches so many. Your dedication turned our goals into reality.

To my beloved family, my deepest gratitude. Your love, patience, and unwavering support have been my foundation.

To my dearest friends — my 8Seeds family: **Dr. Ramon Gonzales, Dr. Ramon Reyes, Dr. Rommel Dueñas, Dr. Agnes Estrella, Dr. Joseph Olivar, Dr. Debby Songco, Dr. Faye Cagayan, and Cora Roque** — thank you from the bottom of my heart. You have been my anchors and my safe harbor, steadfast through long nights, early mornings, and every challenge along the way. Your unwavering friendship, support, and encouragement gave me strength, lifted my spirits, and reminded me that no journey is ever undertaken alone.

To my **Casa Luis family** — those who quietly walk beside me, lift me up without seeking recognition, and offer unwavering support in ways both seen and unseen — I am deeply grateful. Your friendship has been a source of strength, joy, and comfort through every challenge and every triumph. I could not have journeyed through these years without you, and your presence has left an indelible mark on my heart that I will carry always.

And to **my colleagues at the University of Perpetual Help Medical Center**, thank you for your guidance, inspiration, and unwavering support along this journey.

To each and every one of you, whatever I have given to POGS, I could not have done without you. You have walked this path with me and filled this journey with purpose, strength, and love. Whatever we have achieved, we achieved together.

As I end this journey, I return to the words that have guided me through calm and storm alike:

In omnibus amare et servire Domino — in all things, love and serve the Lord. Thank you for the honor of serving you — for allowing me to be part of this extraordinary voyage. It has been the privilege of a lifetime.

Maraming Salamat po!

# The 2025 POGS Annual Convention:

*A different kind of experience worth remembering*

By: **Jean Anne B. Toral, MD**, Convention Secretary and  
**Concepcion D. Rayel, MD**, Vice President and Overall Chair of the Annual Convention

Finally, the **Philippine Obstetrical and Gynecological Society's (POGS) Annual Convention** came to fruition last November 9 to 12! After careful and meticulous planning for close to 9 months by the Organizing Committee and with concurrence by the Board of Trustees, we delivered an annual convention for our mother society that is one for its history books. For the first time in at least 25 years, we held it outside of the Philippine International Convention Center (PICC) halls (which had to close for renovation in preparation for the upcoming ASEAN Summit in 2026). We held the convention in the Cineplex of Gateway Mall in Araneta City in Cubao.

Headed by the first region-based Vice President, **Dr. Concepcion Rayel** of Mindanao, the graphic design was intended to represent the main regions of the Philippines. Thus, the 4-women design was made each representing a region: the Inabel of Northern Luzon, the Barong of Southern Luzon, the checkered weave of Panay Islands of the Visayas, and the T'boli dress and head gear from Mindanao. The wave pattern at the bottom of the design speaks of the theme "*riding the waves of change*" and of course, this annual convention of the national professional organization dedicated for the care of mothers and women in general, is in honor of the women we serve as we "*navigate their evolving needs*".

The Scientific Program Committee, headed by the dynamic 2008 POGS President **Ma. Corazon Zaida N. Gamilla**, came up with a crisp 3-day scientific program. There were 3 plenary sessions, 6 simultaneous sessions, 53 POGS members as speakers and/or panelists, 9 foreign speakers, and 5 non-OBGYN local speakers. Each of the plenary sessions had a subtheme. Day 1, "*Looking Beyond*", looked into the disparities of the practice, both at the national and at the regional levels. The pressing problem of premature births and adolescent reproductive health were also tackled. Day 2, "*Moving Forward*", tackled important issues and latest developments on postpartum hemorrhage, instrumental vaginal delivery, recurrent UTI, pregnancy in the woman's life course and the emerging concepts and practices on research integrity and digital solutions. Day 3, "*Other Issues that Matter*", was a day which was a mix of many things from the POGS advocacy projects on reproductive health and green living to periconceptional care, antimicrobial stewardship, conservative management of endometriosis to



the difficult but very interesting genomics and microbiome. There were only 2 simultaneous sessions per day in the afternoons as a main adjustment to the new set up with the cinemas. All 14 affiliate societies joined and each tackled the most. Though there is shorter time allotment per society, they have maximized this and they had more reach with at least 1,700 seats dedicated for each of their sessions.

The Scientific Program Committee worked hand in hand with the Speakers' Bureau headed by **Dr. Marjorie Santos** and the Hospitality and Tours Committee headed by **Dr. Eileen Grace Tancinco**. Soon after the completion of the scientific program, the Speakers' Bureau did its homework of following through with speakers' requirements and other needs. The Hospitality and Tours Committee were very much appreciated by the foreign speakers and non-POGS local speakers as they were treated with extra care by the committee right from their arrival till their departure.

The scientific works of residents in training were also featured during the Convention. The Scientific Works and Abstracts Committee headed by **Dr. Lylah Reyes** was able to compile a total of 103 case reports and 43 original research works.

Other organizations might probably think, how did POGS which has more than 6,000 members fit in the cineplex with 18 cinemas? The secret lies in the proactive planning of the Physical Arrangements and Technical Team (PART) headed by **Dr. Socorro Bernardino** who has always been ready for practically any challenge. With the help of the technical provider Events Hub, PART was able to design a livestreaming set up for the plenary and simultaneous sessions to include overflow venues, the Monet Ballroom and the Tent of the Novotel. The events application was definitely a winner which helped navigate the movement of each delegate especially that we were holding the

convention in the venue for the first time aside from the strategically located physical signages.

If you were amazed by the many artistic infographics that came out for the entire convention, perhaps more than a hundred, credit goes to the Programs and Invitations Committee headed by **Dr. Ira Alatraca-Malonzo**. A Convention A to Z was also created by the Organizing Committee to help the delegates navigate the convention. The Jingle making contest was a testament to the talents that abound in our Society. **Dr. Michael Tumaguil**, a Resident of East Avenue Medical Center captivated everyone with his original composition "*Babae ka*," adjudged winner by **Mr. Ryan Cayabyab**, **Mr. Timothy Vallega**, and Past POGS President **Dr. Benjamin Cuenca**.

The Hotel and Shuttle Committee got busier too as we moved into the new venue. Headed by **Dr. Angelito Magno**, the committee looked into new partner hotels as there are only 2 major hotels in the complex. 14 hotel partners spanning from the northern part of EDSA to the Ortigas areas were chosen to accommodate our delegates to and from the venue. That meant also engaging more shuttle services. Within the venue, golf carts were provided to assist the delegates and immediately outside were e-shuttles to facilitate transfer around the complex.

The Ways and Means Committee headed by **Dr. Sybil Lizanne Bravo** and the Exhibits Committee headed by **Dr. Rosemarie Tiburcio** made sure that pharmaceutical partners and other sponsors were kept in the loop and were very much a part of the annual convention.

The registration process was one of the most seamless for the POGS Annual Convention. Thanks to great effort of the Registration Committee headed by **Dr. Richard Jordias** who has mastered this. The convention bag was also in theme with the regional look of the convention.

The social events of the convention were a tribute to the great men and women of the POGS and also served as a welcome to the POGS new diplomates and fellows. The Opening Ceremonies' highlight were the presentation of the 243 new diplomates who hurdled the rigid examination by the Philippine Board of Obstetrics and Gynecology (PBOG) and the POGS awardees led by the Baldomero Roxas Lecturer for Academic Excellence



**Dr. Antonia Esteban-Habana.** Dr. Habana talked about compassionate leadership. Other awards were given to **Dr. Santiago A. Del Rosario** for the Dr. Julita R. Jalbuena Award of Excellence in Clinical Practice. **Dr. Melchor C. Dela Cruz** for the Ramon Lopez Award of Merit for Community Service. **Dr. Melissa De Lumen Amosco** for the Honoria Acosta-Sison Award of Merit for Research. **Dr. Romelyn April P. Imperio-Onglao** for the Constantino P. Manahan Young Researcher Award.

For the Closing Ceremonies, we witnessed 221 newly inducted fellows become full-fledged obstetrician-gynecologists in the country, the valedictory address of outgoing president **Dr. Rowena Auxilios** and the turnover to incoming president, **Dr. Concepcion Rayel.** **Dr. Carmencita David-Padilla,** National Scientist, and a classmate of Dr. Rayel in the University of the Philippines College of Medicine, served as keynote speaker.

The “light and happy” events of the Convention started with the Sportsfest held last November 8 at the UNILAB grounds. For the first time, there were regional participants from North Western Luzon (R1), Northern Mindanao (R10), and Southern Mindanao (R11) who competed in the annual cheerdance contest. PENTAMED, with their flawless execution, won first place this year. Since Gateway Mall houses the Paeng’s Gateway Bowl, it was an opportune time to revive the POGS Bowling tournament. The Sports Committee headed by **Dr. Antoinette Añonuevo** led these 2 events.

The other “light and happy” events were, of course, the Welcome Reception which set sail the POGS cruise ship featuring Broadway musicals. The much-awaited Fellowship Night featured POGS “Layag”, a tour of the various regions through their spectacular dance performances. A highlight of the Fellowship Night was **Ogie Alcasid’s** performance

which brought the POGS members, young and old, to the dance floor. The concept and the execution of these events were the brainchild of the Socials Committee headed by POGS NCR Director, **Dr. Marinella Abat.** It was a delightful evening enjoyed even by our foreign speakers.

All of these events of the annual convention have been carefully documented by the Souvenir Program led by **Dr. Anna Katrina Sobritchea** and the Documentations Committee headed by **Dr. Judith Cabanela.** They have captured the highlights and the moments of this important activity with the new dimensions it brought.

True to our theme of riding the waves of change, POGS really rode the waves of change in so many ways in this year’s convention. Though not perfect, POGS embraced the changes well. We learned a lot. Living by grace, we came out happy and fulfilled.









# Christmas Party Picture Gallery

 **PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.**

*Appreciation, Recognition & Christmas Party*

**Dress in RED & WHITE**  
and  
*Let's Sleigh the Night*

December 9, 2025 | 5:00PM  
Level 4, World Kitchens, Gateway Mall 2, Araneta City



 **PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.**

*Appreciation, Recognition & Christmas Party*

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and  
*Let's Sleigh the Night*

December 9, 2025 | 5:00PM  
Level 4, World Kitchen, Gateway Mall 2, Araneta City, Cubao





Message from the  
**Board Secretary**

**Agnes L. Soriano-  
Estrella, MD**

# A Year of Strengthening Foundations and Advancing Service: POGS in 2025

The year 2025 stands as a landmark period for the Philippine Obstetrical and Gynecological Society (POGS)—a year defined by consolidation, reform, and forward-looking initiatives that strengthened our institution and expanded our service to members and to Filipino women.

At the heart of these achievements was **the ratification of the Society's most important governance documents, reinforcing transparency, accountability, and professional integrity.** These included the **Articles of Incorporation, Constitution and Bylaws, Election Code,** and the **Code of Ethics and Professional Conduct**—cornerstones that now more clearly define our values, processes, and responsibilities as a unified professional body.

In parallel, POGS BOT approved the **Employees' Handbook,** which formalized policies on employment, welfare, and workplace standards, ensuring that the Society's internal operations are aligned with best practices in human resource management.

To address emerging needs and strategic priorities, several **Ad Hoc Committees** were created in 2025. These included the **Unified Curriculum for Residency Training,** aimed at standardizing and elevating OB-GYN training nationwide; the **POGS Alliance for Universal Health Care;** the **Unified Action Against Cancers Affecting Women,** which integrated the initiatives of various committees namely the Manila Declaration, breast health advocacy, "Puksain ang Cervical Cancer," and Women First; and the **Functional Audit and Oversight Committee,** which further strengthened governance and fiscal accountability.

The Society also made deliberate efforts to **enhance benefits and incentives,** recognizing the invaluable contributions of its members, leaders, examiners, and staff. Improvements included subsidies for the POGS President's attendance at AOFOG/FIGO Congresses, increased employee loyalty awards, higher allocations for logistics and the Special Reserve Fund, expanded Member Assistance Program benefits, enhanced tokens for past leaders and examiners, meal allowances for committee work, monetary awards for POGS awardees, and improved compensation and support for on-call drivers.

Significant investments were likewise made in **infrastructure and facilities.** The POGS Building underwent extensive improvements, including a **new library, POGS lounge,** lobby, dorm, subspecialty offices and a **modernized Secretariat Office** compliant with data privacy requirements. Building-

*The year 2025 stands as a landmark period for the Philippine Obstetrical and Gynecological Society (POGS . . . At the heart of these achievements was **the ratification of the Society's most important governance documents, reinforcing transparency, accountability, and professional integrity.** These included the **Articles of Incorporation, Constitution and Bylaws, Election Code, and the Code of Ethics and Professional Conduct**—cornerstones that now more clearly define our values, processes, and responsibilities as a unified professional body.*



wide upgrades were completed for restrooms, electrical wiring, generator sets with automatic transfer switch, and air-conditioning systems. Asset stewardship was further strengthened through lot appraisals of the Fairview property and the Malakas Street main building and parking area.

Operational capacity was enhanced with the acquisition of a **new POGS van and motorcycle,** improving mobility and logistical support for Society activities.

In the realm of **collaboration and partnerships,** POGS continued to assert its leadership in advocacy and public health. Strategic engagements were strengthened with the **Department of Health, PhilHealth, Philippine Medical Association,** other specialty, subspecialty and affiliate societies. Notably, POGS played an active role in **cervical cancer elimination efforts,** in collaboration with AOFOG, local government units, and NCR partners.

On the international stage, the Society proudly marked the **strong participation of Filipino delegates in the FIGO World Congress,** highlighting global engagement and professional excellence. This commitment to capacity-building was further exemplified by the **first Intensive Course in Obstetric Emergencies (ICOE),** conducted in cooperation with AOFOG and the Obstetrical and Gynecological Society of Malaysia—a significant step in advancing emergency obstetric care training in the region.

Taken together, these accomplishments reflect a year of purposeful leadership and collective effort. As Secretary of the Society, I am honored to document a chapter in POGS history marked by strengthened foundations, empowered members, and renewed commitment to women's health. The gains of 2025 position POGS firmly for the challenges and opportunities ahead—guided by unity, integrity, and service.

Greetings Friends and Colleagues!

This is the last quarter issue of the newsletter for 2025, and this will be the last article I will be writing as the POGS PRO as I will be assuming the *Vice Presidency for 2026*. This is my chance to thank my members of the Newsletter and Foundation Day Committee for all the help and support - **Drs. Ma. Socorro Bernardino, Kristen Canlas, Imee Gonzalez, Ma. Margarita Gellaco, Jennifer Madera, Shiela Magpale, Marivic Mercadal, and Eleyne Valencia**. It was so much fun working with all of you. Congratulations and best wishes as you all move on to our new tasks in POGS.

As the incoming Vice President, I was given the honor of delivering the Closing Remarks during the November 2025 Annual Convention. There was so much to be thankful for that I would like to reprint my thoughts here.

#### CLOSING REMARKS

Our distinguished Keynote Speaker and Inducting Officer **DR. CARMENCITA PADILLA**, candle light leader **DR. REGTA PICHAY** - Council of Advisers, Vice President and Incoming POGS President **DR. CONCEPCION RAYEL**, incumbent officers and members of the Board of Trustees, newly elected Board of Trustees, Invocation leader **DR. MILAGROS TIA JOCSON** newly inducted Fellows, esteemed colleagues, distinguished guests, and friends.

GOOD EVENING.

Thank you Lord, tapos na ang convention natin!

What an incredible few days it has been, filled with challenges and uncertainties up to the last minute. As we gather one last time to bring the POGS 2025 Annual Convention to a close, I am filled with an immense sense of pride and optimism. The intellectual energy, the spirited discussions, and the spirit of camaraderie and efforts to hurdle all challenges have been truly exceptional.

On behalf of the Board of Trustees and the entire leadership of POGS, I have the distinct privilege of extending our most profound gratitude to everyone who made this convention a landmark success.

First, to our esteemed keynote and plenary speakers, our paper presenters, session moderators, and foreign speakers who did not cancel their flights despite the threat of Super typhoon Uwan. One speaker even boarded her 3 AM. Flight and arrived here in time for her 10 AM lecture. You are the thought leaders of our profession, and we thank you for sharing your wisdom with us. Let's give them another resounding round of applause.

We extend our sincerest appreciation to our valued sponsors and exhibitors who did not leave us despite the threats of sanctions. Your partnership is not just a contribution to our convention, but an investment in the future of our profession and our nation. I ask you to join me in giving a special, heartfelt thank you to our Organizing Committee, led by our Vice President and incoming President Dr. Connie Rayel and her team, who have poured countless hours and immense dedication into crafting this memorable experience for all of us. Faced with the challenges of a sudden change in venue and threats of a super typhoon, their work has been nothing short of heroic. I will use the words epic and herculean. They were meeting almost everyday, not only with the Araneta - Novotel Group, but also with the Quezon



City local government, Disaster units, Barangay Socorro officials and PAGASA to ensure our wellness and safety during this convention.

To our ever-reliable Secretariat and our technical teams – you have been the backbone of this event, the silent heroes working behind the scenes. Maraming, maraming salamat sa inyo.

Our biggest, biggest gratitude and appreciation goes to the Araneta Group for all the support, doing their best to give us whatever we needed. All requests were met with, if not outright yes, a promise to *"pwede po, gagawan po natin ng paraan"* Thank you so much!

And finally, I want to thank the most important people in this room: you, our brave delegates. You traveled from all corners of the Philippines

– from the coasts of Luzon, across the islands of the Visayas, and from the heart of Mindanao. Those whose flights were initially cancelled but made all the efforts to rebook so you could still join us. You are the lifeblood of this society. Your active participation, your insightful questions, and your commitment to our shared mission are the reasons we convene each year. You have made this convention a true success.

As we look to the future, the work continues. And so, it is with great excitement that I announce that our journey next year will lead us to the beautiful city of MANILA for our twin celebrations of the **80th Midyear and Annual National Convention!** We hope to see all of you there.

Thank you all once again. For your time, your energy, and your passion. May the spirit of unity and learning from these past few days fuel your efforts throughout the coming year.

Wishing you all a safe and pleasant journey home. *Ingat po sa inyong pag-uwi.*

It is now my honor to formally declare the **2025 POGS ANNUAL CONVENTION** officially closed.

*Mabuhay tayong lahat!*

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.**

**COMMITTEE ON NEWSLETTER AND FOUNDATION DAY CELEBRATION**

**Ma. Socorro M. Solis MD**  
Chair

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. Bernardino, MD | Eleyne I. Valencia, MD

# Philippine Society for Urogynecology and Reconstructive Pelvic Surgery (PSURPS)

## • PSURPS Fourth Quarter 2025: Advancing Pelvic Floor Health Through Service, Scholarship, and Regional Leadership

The final quarter of 2025 marked a productive and deeply meaningful period for the Philippine Society for Urogynecology and Reconstructive Pelvic Surgery (PSURPS). Guided by a shared commitment to advancing pelvic floor health, the Society closed the year with impactful service missions, strong regional and international engagement, and milestones that reflect both growth and purpose.

## • Serving Women Beyond the Capital: The Quezon Surgical Mission

From October 9 to 11, 2025, PSURPS conducted a surgical mission in Lucena City in collaboration with the Department of Obstetrics and Gynecology of Quezon Medical Center, headed by Dr. Limavel Ann M. Veloso. The mission focused on women suffering from pelvic organ prolapse, many of whom had long limited access to subspecialty care.

The PSURPS team was led by its President, Dr. Almira J. Amin-Ong, together with Dr. Mary Rani M. Cadiz, Dr. Jean Aileen E. Manalastas, Dr. Sheryl Ghia G. Esquibal, and Dr. Maria Margarita Franchesca C. Lojo. Beyond providing surgical care, this collaboration laid the groundwork for a sustained partnership and future outreach initiatives in Southern Luzon—underscoring PSURPS' commitment to extending urogynecologic services to underserved communities.



## • Championing Pelvic Floor Guardians: The 2nd Annual PSURPS-APUGA Convention

On October 15 - 16, 2025, PSURPS successfully held its 2nd Annual Convention in partnership with the Asia Pacific Urogynecology Association (APUGA) at Makati Diamond Residences. With the theme "Protecting the Female Pelvic Floor 2.0—Optimizing Pelvic Floor Health During Childbirth and Beyond in the Asia-Pacific Region," the convention gathered obstetricians-gynecologists and physical therapists from across the country.



The scientific program was both comprehensive and forward-looking. The first day featured evidence-based lectures on optimizing vaginal delivery, preventing childbirth-related pelvic floor injuries, and managing postpartum pelvic floor conditions. The second day culminated in a highly anticipated hands-on workshop on obstetric anal sphincter injury (OASIS) repair, where participants refined surgical techniques under the guidance of experienced faculty. The convention reinforced the

Society's role as a leading advocate for pelvic floor protection throughout a woman's life course.



## • Strengthening Regional Presence and Leadership

PSURPS' regional presence was further highlighted in October through the leadership of Dr. Lisa T. Prodigalidad-Jabson, Chair of the AFOG Urogynecology Committee. She presided over the OASIS workshop in Pattaya, Thailand, organized by the Royal Thai College of Obstetrics and Gynaecology (RTCOG). Her participation underscored the Philippines' growing influence in shaping urogynecologic education within the Asia-Oceania region.



Building on this momentum, the AFOG Urogynecology Committee conducted an online forum on November 8, 2025, focusing on the role of minimally invasive surgery in pelvic organ prolapse management. The session explored indications, techniques, and limitations from a urogynecologic perspective. Dr. Prodigalidad-Jabson formally opened the course, followed by a lecture on pelvic support anatomy by Dr. Joanne Karen S. Aguinaldo, enriching the discussion for participants across the region.

## • Advocacy Through Dialogue and Education

During the POGS Annual Convention on November 11, 2025, PSURPS hosted a well-received panel discussion on female lower urinary tract symptoms (LUTS). The session featured Professor Christopher Chong Yew Luen of Singapore, together with local experts Dr. May Anne V. Tabaquero and Dr. Judith M. Sison. Moderated by Dr. Ira Dominique A. Malonzo, the case-based discussion centered on LUTS in menopausal women and emphasized patient-centered, compassionate care - reinforcing that clinical excellence and advocacy go hand in hand.



International engagement continued later that month when Dr. Almira J. Amin-Ong represented PSURPS as an invited speaker and session moderator at the 3rd Thai Urogynecologists Association (ThaiUGA) Annual Meeting 2025, held on November 28 at Century Park Hotel, Bangkok, Thailand. This engagement formed part of PSURPS' ongoing collaboration with neighboring Asian urogynecologic societies - including the Malaysian

Urogynecology Society (MUGS), Indonesian Urogynecological Association (HUGI), and the Singapore Urogynecological Association (SUGA) - a regional partnership initiated last year and hosted by ThaiUGA. Dr. Amin-Ong delivered a lecture titled "Key Insights Essential for Tackling Challenging Cases - Vaginal Synechiae after Obstetric Labor Injury Complex". She also moderated the session on pelvic organ prolapse and stress urinary incontinence, further strengthening professional ties within the region.



## • Celebrating Achievements and Fellowship

The year concluded with the PSURPS Annual Christmas Party on December 2, 2025, once again held at Makati Diamond Residences. The gathering provided an opportunity to celebrate fellowship and reflect on a year of shared accomplishments.

The Society also proudly congratulates the four successful examinees of the Philippine Board of Urogynecology and Reconstructive Pelvic Surgery Written Certifying Examination (Part I):

- Dr. Eileen Feliz Cortes-Garcia
- Dr. Clarissa U. Patrimonio
- Dr. Maria Margarita Franchesca C. Lojo
- Dr. Louiza Erika R. Rellora

Their success reflects PSURPS' ongoing commitment to excellence in training, certification, and professional development.



## • Looking Ahead: 2026 and Beyond

The future is already taking shape. From September 17 to 18, 2026, the Philippines will host the IUGA Regional Symposium, an international platform for sharing global advances in urogynecology and female pelvic floor health. In preparation, PSURPS committee heads convened on October 22, 2025, at Makati Diamond Residences to initiate planning and coordination for this landmark event, with the goal of welcoming participants from across the Asia-Pacific region.

As PSURPS moves toward this important milestone, the Society calls on its members and colleagues to continue advocating for the protection and promotion of female pelvic floor health. Further updates and announcements for 2026 will follow. For more information, please visit [psurps.org](http://psurps.org).



# NCR Activities Highlights —

## Last Quarter of 2025

The last quarter of 2025 was a vibrant and action-packed period for the NCR Region, marked by a series of well-organized and engaging activities led by the dedicated Cluster Presidents. These activities showcased not only academic excellence but also teamwork, sportsmanship, and regional unity. During this quarter, the NCR successfully conducted three major activities: The Battle of Follicles, Cheerdance Competition, and The Battle of Follicles: Champion's Battle.

The Battle of Follicles was participated in by four NCR clusters—BAYCOG, Capitol Citiwide, Pentamed, and Universitywide—with each cluster sending two representatives. The event was organized and spearheaded by Cluster President Dr. Victoria Rowena Rigor-Sese and was held at the Bayanihan Hall, Mandaluyong City.

The Battle of Follicles is a quiz bowl competition designed to test the knowledge of medical residents and practicing physicians, with a special focus on reproductive health. The competition was both intellectually stimulating and highly competitive. Universitywide emerged as the Champion, while BAYCOG and Capitol Citiwide tied for Second Place. Pentamed secured Third Place, completing an impressive showing by all participating clusters.

The second major activity was the Cheerdance Competition, which took place during the POGSlympics at the 79th POGS Annual Convention. All Regions participated, each presenting energetic and creative cheer performances. These routines were performed in support of their respective representatives competing in the games. The event highlighted the regions' unity, creativity, and enthusiastic support, adding excitement and color to the convention.



The final activity of the quarter was the Battle of Follicles: Champion's Battle, where the winners of the Battle of Follicles from different regions competed against one another. Dr. Michelle Lao and Dr. Nicole Puzon got the first place. This culminating event brought together the best of the best, further elevating the level of competition and reinforcing academic excellence across regions.



Overall, the last quarter of 2025 was a testament to the NCR Region's commitment to professional development, camaraderie, and excellence setting a strong tone for the activities ahead.

# Closing Strong, Moving Forward: POGS NWL's Final Quarter Reflections



As the cool breeze of season hinted at the close of another year, the POGS Northwestern Luzon Chapter marched on with purpose, heart, and unity. The last few months of 2025 showcased what the chapter truly stands for: commitment to community, celebration of camaraderie, and courage to show up, even when things aren't perfect. What unfolded across this final quarter was more than a series of events — it was a living tapestry of passion and presence.

## CHEERING WITH HEART: POGS NWL STEPS ONTO THE POGSLYMPICS STAGE

It began with a leap — or rather, a cheer.

For the first time, POGS NWL fielded a cheerleading team for the 2025 POGSLYMPICS. Admittedly, our team entered the arena not as seasoned dancers or choreographed veterans — but as spirited women who knew how to laugh, sway, and represent a region proud of its culture, even with just a handful of rehearsals under their belt.

Donning custom purple uniforms and pom-poms that matched their infectious energy, the team danced to a remix of modern tunes and regional beats.

It wasn't about winning medals. It was about showing up. About cheering even if off-beat. About raising purple flags and stomping in unison to say, "We're here. We may be late, but we're loud. And we're proud."

For many, the experience was a reminder that stepping out of one's comfort zone is a win in itself.



## A CELEBRATION OF QUIET COURAGE: WORLD PREMATURETY DAY

From the loud stomps of the coliseum, the chapter shifted to the quiet corners of community health.

On November 17, POGS NWL joined the World Prematurity Day 2025 celebration at Baguio City Health Services Office (CHSO), in collaboration with PSMFM-Cordillera. The event carried the heartfelt theme: "Give Premature Babies a Strong Start for a Better Future."

No fanfare. No flashy stage. Just mothers, health workers, and OB-GYNs speaking gently and candidly about preterm births, neonatal care, and maternal support.

It was a full day of learning and service. There were prenatal consults, ultrasound sessions, raffle prizes, health lectures, and booths — but the true highlight was the safe space created. Expecting mothers, some visibly anxious, left the center feeling supported and equipped.

In the words of one midwife from the city: "Sometimes we forget that health education delivered with empathy is the most powerful kind." And in that moment, it wasn't just premature babies being given a strong start — it was also community partnerships being reborn in strength and sincerity.



# Closing the Chapter, Opening a New One



As 2025 wrapped up, POGS NWL didn't just tick boxes on a calendar. It opened hearts, bridged distances, and showed up — even when unsure, even when busy, even when tired.

In a way, this quarter captured what the chapter stands for:  
Not perfection, but presence.  
Not loudness, but meaning.  
Not only science, but soul.

Here's to a new year — braver, louder, and kinder.  
Here's to POGS NWL 2026

## OF AWARDS AND ADVOCACY: HONORING CANCER CARE COLLABORATION

On November 18, POGS NWL stood shoulder to shoulder with other health leaders at the Cordillera Regional Cancer Forum held at Orchard Hotel, Baguio City.

There, the chapter was recognized for its Outstanding Partner Initiative in Service Delivery — a testament to the region's sustained efforts in cervical cancer prevention, HPV vaccination advocacy, and community screening campaigns.

Dr. Maria Lorena Santos, who represented the chapter, shared the stage with Dr. Mary Jean Baquien of POGS Northeastern Luzon, both receiving their plaques from the DOH-Cordillera Administrative Region. The moment was more than ceremonial — it was symbolic.

“It's not just about the services rendered,” Dr. Santos shared during her quick speech. “It's about how consistent we've remained, even when it's hard to gather support, even when we're short-staffed, even when it feels like we're doing it alone.”

Indeed, every barangay screening, every RHU visit, every reminder to mothers about their pap smears and breast exams — they all add up. And on that day, they added up to recognition.



## WHEN A SIMPLE BREAKFAST FEELS LIKE COMING HOME: POGS NWL CHRISTMAS GATHERING

Amid the chaos of year-end deadlines and holiday rush, POGS NWL chose a simple route for its Christmas celebration, it may have been simple and quiet, but it was exactly what many of us needed — a slow, gentle morning shared with friends and colleagues who have become family.

Over warm plates of breakfast food, hot coffee, and the cool December breeze of Baguio, we caught up, reconnected, shared stories, laughed (sometimes too loudly 😊), and enjoyed the rare gift of slowing down together.

- ✨ It wasn't a party filled with noise — it was one filled with presence.
- ✨ Not overflowing with activities — but overflowing with warmth.
- ✨ Not grand — but genuinely meaningful.



# KAHEL LAKAD PARA SA LAHAT: POGS NWL CHAPTER STRENGTHENS THE CALL FOR A VAW-FREE PHILIPPINES



On December 12, 2025, the City of Baguio stood united against violence as it held the powerful “Kahel Lakad Para sa Lahat” (Orange Walk for All), a culminating highlight of the nationwide 18-Day Campaign to End Violence Against Women (VAW). The activity showcased the city’s collective resolve to protect women and children from all forms of abuse.

The event was organized by the Women and Children Protection Unit (WCPU) of the Baguio General Hospital and Medical Center (BGHMC), headed by Dr. Elizabeth J. Batino, in partnership with the POGS Northwestern Luzon Chapter. Hundreds of participants marched from Upper Session Road to Malcolm Square, transforming the central district into a sea of kahel—the symbolic color representing hope, courage, and a future free from violence.

## A Parade of Unity Across Sectors

The parade brought together an impressive array of participants from line agencies, NGOs, medical institutions, educational institutions, civic groups, barangay representatives, law enforcement, and private volunteers. Some government offices also held their own separate marches that converged with the main parade, demonstrating full-city solidarity behind the campaign.

The vibrant gathering was not merely ceremonial—it became a visible reminder that ending gender-based violence requires the commitment of all sectors. The short program emphasized the need for coordination, survivor-centered care, and sustained advocacy within communities.

## Beyond Baguio: La Union Schools Join the Advocacy

The regional campaign extended beyond the city as Tanquigan Elementary School in La Union conducted its own awareness activity on December 5. The school proudly joined the 18-Day Campaign by holding a student-centered program focused on rights awareness, safety, respectful communication, and seeking help when needed.

In their message, school representatives emphasized: “From the classroom to the community, we are raising our voices for the safety of women and children. Promoting respectful relationships and gender equality starts here, in our school.” This initiative highlighted the crucial role of early education in shaping a generation that rejects violence and champions equality.

## A Region Moving Toward Change

The combined efforts from Baguio City to La Union painted a strong regional narrative: gender-based violence is a community issue that demands community solutions. Health workers, educators, government leaders, civic organizations, students, and families came together to amplify the message that violence must end where awareness, empathy, and action begin.

For POGS Northwestern Luzon members, participation in the Kahel Lakad also served as an opportunity to strengthen the Society’s advocacy presence beyond clinical practice, aligning women’s health with dignity, protection, and human rights.

## Continuing the Commitment

As the 18-Day Campaign to End VAW draws to a close, the POGS Northwestern Luzon Chapter extends its gratitude to the BGHMC WCPU, Baguio City LGU, partner agencies, participating institutions, and the many individuals who gave their time, energy, and voices to the cause.

The chapter reaffirms its continuing mission to champion women’s safety, empowerment, and well-being throughout the year—within hospitals, schools, communities, and homes.

♥ “Violence Against Women stops HERE — and it stops with ALL OF US.”

# KAHEL LAKAD PARA SA LAHAT: POGS NWL CHAPTER STRENGTHEN THE CALL FOR A VAW-FREE PHILIPPINES



# POGS NORTHEASTERN LUZON CHAPTER

## 4th Quarter Activities

### POGS NEL 1st INTERHOSPITAL INTERESTING CASE AND RESEARCH CONTEST



In line with fostering a culture of research and contributing innovative studies to the field of obstetrics and gynecology, the Philippine Obstetrical and Gynecological Society, Inc. Northeastern Luzon Chapter held its 1st Interhospital Interesting Case and Research Contest on October 17, 2025 in 3K Hotel, Santiago City, Isabela.

The event was attended by 100 members of POGS Nel Chapter as well as residents from the three accredited training institutions in Region II- Region II Trauma and Medical Center, Southern Isabela Medical Center and Cagayan Valley Medical Center. Dr. Lira Lyssa Marquez, a resident from Region II Trauma and Medical Center, won 1st place in the Interesting Case Contest with a case report on "My Brother's Keeper: Peculiar Case of Mr. Pump and Mr. Acardiac".

POGS Northeastern Luzon Chapter aims to conduct the Interhospital Interesting Case and Research Contest annually.

### SIMC REVISIT AND REACCREDITATION



Last September 16, 2025, the Southern Isabela Medical Center was revisited by the Philippine Board of Obstetrics and Gynecology for the accreditation of their obstetrics and gynecology residency training program. Dr. Christia S. Padolina, Dr. Carmela G. Madrigal-Dy and Dr. Jericho Thaddeus P. Luna were the PBOG representatives who visited. They were later reaccredited for 2025-2028.

### WORLD MENOPAUSE DAY 2025



The Philippine Society of Climacteric Medicine Inc. celebrates Menopause Month every October and October 18 as the "World's Menopause Day". This year's theme is "Empowering Health through Lifestyle Medicine". The purpose of World Menopause Day is to raise awareness of menopause and the support options available for improving health and wellbeing.

The Philippine Obstetrical and Gynecological Society, Inc. Northeastern Luzon Chapter in cooperation with Region II Trauma and Medical Center Department of Obstetrics and Gynecology spearheaded the celebration of the World Menopause Day on October 17, 2025 through conducting a lay forum on menopause and healthy lifestyle for menopausal women. A total of 47 attendees participated in the event.

Together with the Integrated Medicine Clinic and Department of Rehabilitation Medicine, we have conducted a series of lectures such as Myths and Facts of Menopause, Menopause and Yoga and Exercises for Menopausal Women. This initiative provided menopausal women with practical insights into managing symptoms through healthy lifestyle choices.

### WORLD PREMATURITY DAY 2025



The Philippines Society of Maternal and Fetal Medicine Inc. celebrates World Prematurity Day with the theme "Give preterm babies a strong start for a hopeful future" on November 16 with the aim to raise awareness regarding prematurity and campaign to strengthen maternal health services to prevent preterm birth and detect health problems early and support families with emotional, financial, and practical resources to care for their preterm babies.

In relation to this, Philippine Obstetrical and Gynecological Society, Inc. Northeastern Luzon Chapter in cooperation with Region II Trauma and Medical Center Department of Obstetrics and Gynecology celebrated the World Prematurity Day through a lay forum and providing free prenatal check, medicines and ultrasound on November 17, 2025 in R2TMC Outpatient Department. It was attended by 70 pregnant mothers. Dr. Daisy Jara Dulnuan, perinatologist served as speaker for the lay forum.



# POGS CENTRAL LUZON CHAPTER NEWSLETTER



Sept-Dec 2025

## Closing the Year with Unity, Excellence, and Purpose

**SEPTEMBER 26, 2025**

### TEAM BUILDING ACTIVITY

Woodgrove Clubhouse | City of San Fernando, Pampanga

The last quarter of 2025, under the leadership of POGS Central Luzon Chapter President Dr. Helene I. Alberto, began with a meaningful Team Building Activity—her final major chapter activity for the year. The activity brought members together beyond clinical settings to strengthen camaraderie, trust, and teamwork, laying a strong foundation for the months ahead.



**NOVEMBER 8, 2025**

### POGSLYMPICS: CHEERING & BRAND AWARDS

Unilab Bayanihan Center

POGS Central Luzon proudly participated in POGSLYMPICS, showcasing unity, creativity, and chapter pride through spirited cheering activities.

#### ★ Brand Award Highlight

Obimin-Plus - Most Bibo Award

Awarded to Dr. Teofilo Jose, recognizing exceptional energy, engagement, and team spirit.



**NOVEMBER 9-12, 2025**

### POGS 2025 ANNUAL CONVENTION & 79TH ANNIVERSARY

Gateway Cineplex 18 - Novotel - New Frontier Theater | Quezon City

Members actively participated in the POGS 2025 Annual Convention and 79th Anniversary Celebration, engaging in plenary lectures, subspecialty sessions, academic discussions, and fellowship activities—reaffirming the chapter's commitment to excellence in women's health.





# POGS CENTRAL LUZON CHAPTER NEWSLETTER



Sept-Dec 2025

## Closing the Year with Unity, Excellence, and Purpose

**DECEMBER 8, 2025**

### INDUCTION OF OFFICERS & TURNOVER CEREMONY

### 47th POGS CENTRAL LUZON ANNIVERSARY CHRISTMAS CELEBRATION

The North Polo Club | Pulilan, Bulacan

The year culminated in an elegant celebration themed "Timeless Elegance," marking the Induction of Officers and Turnover Ceremony, the 47th Anniversary of POGS Central Luzon, and the chapter's Christmas Celebration—a meaningful close to a year of service and collaboration. An event well-attended by POGS Past Presidents, Board of Trustees, and POGS CLC members



### DR. CONCEPCION P. ARGONZA

### EXCELLENCE IN OBSTETRICS & GYNECOLOGY AWARD

A historic milestone was achieved with the launch of the Dr. Concepcion P. Argonza Excellence in Obstetrics & Gynecology Award, established to honor excellence in women's health, leadership, innovation, and service.

The inaugural award was proudly conferred upon Dr. Agnes M. Gaddi, MD, in recognition of her exemplary contributions and unwavering dedication to the field—celebrated fittingly on Dr. Argonza's 90th birthday.



### LOOKING AHEAD TO 2026

As 2025 came to a close, POGS Central Luzon looks forward to 2026 with renewed purpose—guided by excellence, strengthened by unity, and inspired to continue advancing women's health in Central Luzon.

Maraming salamat po sa inyong lahat.  
– POGS Central Luzon Chapter

# Partnership for Safe Beginnings: Accelerating Action Toward Zero Preventable Maternal Deaths

by Eileen Feliz C. Garcia, MD



The Philippine Obstetrical and Gynecological Society (POGS) continues its commitment to promoting excellence in women's health care through meaningful engagement and professional development. On October 21, 2025, at Sotogrande Hotel Katipunan, Quezon City, POGS, through the POGS-Southern Luzon Chapter (POGS-SLC), reaffirmed its unwavering commitment to women's health care by entering into a landmark Memorandum of Understanding (MOU) with the Department of Health (DOH). The event, held under the resonant banner of the Bagong Pilipinas initiative, centered on the critical theme, "Partnership for Safe Beginnings: Accelerating Action Toward Zero Preventable Maternal Deaths."

The day's agenda focused on solidifying a shared vision and operational framework. Following the opening remarks, the program proceeded with strong messages of support, including an inspirational address from Dr. Felices Emerita P. Perez, MHA, MAHPS, Officer-in-Charge, Chief of the Health Program Support Division. The Partnership Framework was then presented by Ms. Vanessa B. Bebida, RM, BSM, Outcome Manager of the National Safe Motherhood Program, DOH-CHD CaLaBaRZon, outlining the objectives, partner roles, and expected outcomes of the collaboration.

The ceremony was followed by messages from partner organizations and a meaningful Commitment of Support Ceremony and Symbolic Turnover of Plaque, signifying the collective pledge to advance maternal health initiatives. The program

concluded with Closing Remarks delivered by Dr. Mark Nicholas O. Santos, RN, Head of the Family Health Unit. Ms. Eden Lisette Lasin of DOH-CHD CaLaBaRZon served as the event's capable Master of Ceremonies.



This led to the highlight of the event—the formal MOU Signing Ceremony—involving representatives from POGS, OGS-SLC, and DOH, including Dr. Voltaire S. Guadalupe, MPH, MAHPS, Officer-in-Charge, Director III, and Dr. Ann Ysabel Gonzales-Andres, MPM, Medical Officer V and Chief, CAMHD. The MOU clearly defines the responsibilities of



both signatory organizations to ensure effective implementation and accountability.

POGS and POGS-SLC commit to providing technical support and capacity-building initiatives for the implementation of Maternal and Perinatal Death Surveillance and Response (MPDSR) and for healthcare providers. Meanwhile, DOH-CHD CaLaBaRZon will provide policy direction, technical guidance, and overall oversight.

This partnership marks a transition from planning to active implementation and evaluation. Immediate next steps include the rollout of joint activities and planning initiatives, such as training programs and information, education, and communication (IEC) campaigns. These efforts will be supported by regular monitoring and coordination meetings to track progress and address emerging challenges.

A formal annual partnership review and evaluation process will be conducted to assess effectiveness and guide future strategies.



The signing ceremony served as a powerful testament to the spirit of collaboration and shared responsibility in safeguarding the health and future of mothers and children. The synergy between the public and private sectors remains crucial in driving sustainable improvements in health care delivery. POGS-SLC looks forward to the successful implementation of this MOU, confident that this collaboration will yield tangible improvements in maternal and infant health outcomes. We are proud to be an integral part of the Bagong Pilipinas vision for a healthier nation.

# Region 5 - Bicol Update

## AHIP (Adult Health Issues and Perspectives) and Breast Cancer Awareness Lectures

Sta. Cruz National High School,  
Canaman, Camarines Sur  
October 1, 2025

To address the growing challenges faced by teenagers in our community, the Philippine Obstetrical and Gynecological Society (POGS) Camarines Sur conducted its annual Adolescent Health Issues and Perspectives (AHIP) Symposium in Canaman, Camarines Sur—a 3rd class municipality—last October 1, 2025 (8:30–11:00 AM).



This activity was made possible through a collaborative partnership between POGS Camarines Sur and the Rotary Club of Naga. POGS members delivered relevant and beneficial discussions on adolescent health, focusing on the unique needs and concerns of this developmental stage.

The symposium was attended by 187 Grade 7 students together with their five class advisers from Sta. Cruz National High School. The participants showed great enthusiasm and engagement during the interactive lecture and open forum.

To further promote holistic health, each student received a hygiene kit as part of the advocacy for responsible self-care and well-being.



As part of the simultaneous activities during the AHIP Symposium, POGS Cam Sur also held its Breast Cancer Awareness Lectures at Sta. Cruz National High School, attended by 36 faculty members. Three insightful lectures were delivered, followed by a lively Q & A portion where participants eagerly raised their questions and clarifications.



To further strengthen the advocacy, flyer cards on proper breast self-examination were distributed. The event ended on a cheerful note with the raffle of 5 umbrellas and the serving of snacks, making the activity both informative and enjoyable.

Indeed, it was a fruitful day of learning and awareness. Sama-sama nating itaguyod ang maagang pagtuklas ng breast cancer!

## AHIP (Adult Health Issues and Perspectives) and Breast Cancer Awareness Lectures

Nursery High School, Masbate City  
September 24, 2025

On September 24, 2025, the Philippine Obstetrical and Gynecological Society (POGS) Bicol Chapter held two important health education sessions at Nursery High School in Masbate City: Adult Health Issues and Perspectives (AHIP) and Breast Cancer Awareness lectures.



A total of 110 student participants attended, along with several teachers and school staff, who also actively joined the discussions. While the students showed great enthusiasm in learning about healthy lifestyle practices and common health concerns among adults, the teachers were particularly engaged during the Breast Cancer Awareness lecture, asking questions about risk factors, prevention, and the importance of early detection. Many expressed that the topic was very timely and relevant, as breast cancer continues to be one of the leading health concerns for women.

The event not only provided valuable health information to the students but also became an opportunity for the teachers to gain deeper knowledge that they can share with their families and the wider community. This collaboration between POGS Bicol Chapter and Nursery High School highlights the importance of bringing health education directly to schools to create lasting awareness and encourage proactive health practices.



## Adolescent Health and Breast Cancer Awareness Activity

Sorsogon National High School  
October 20, 2025

The Philippine Obstetrical and Gynecological Society (POGS) Bicol Sorsogon group successfully conducted the Adolescent Health Issues and Perspectives (AHIP) at Sorsogon National High School on October 20, 2025.

The morning session was attended by a total of 97 students from Grades 7 to 10, who actively participated in discussions on various aspects of adolescent health. The lectures aimed to promote awareness and understanding of the physical, emotional, and social changes that occur during adolescence, as well as to encourage responsible decision-making among the youth.

In the afternoon, a lecture on Breast Self-Examination and Diagnostic Tests for Breast Cancer Prevention and Early Detection was conducted, with 25 teachers from the same institution in attendance. An open forum followed the lecture, providing an avenue for participants to clarify their questions and share insights regarding breast health awareness.

The activity was well-received by both students and faculty members and served as an effective platform to strengthen health education and advocacy on adolescent well-being and women's health.



# Community Service at Palumbanes, Catanduanes After Typhoon Uwan

Palumbanes Island in Catanduanes was among the hardest-hit areas when Typhoon Uwan struck on November 8, 2025. In response to the urgent needs of the community, POGS Bicol immediately mobilized its members to extend help and support.

Through the generosity of POGS Bicol members, funds were swiftly collected and sent to our colleagues in Catanduanes. The initiative called “Shoes for steps”, Pens for Dreams. These contributions enabled the purchase of essential items including school supplies, tsinelas for all students, and several pairs of rubber shoes, lunch box and water bottles that were raffled off to a few lucky recipients. Hot meals such as lugaw were also served, bringing warmth and comfort to the children during this difficult time.

Support was likewise extended to the teachers who received school supplies and fisherfolks were given solar lamps.

A total of 341 children benefited from the donations. The teachers expressed their heartfelt gratitude for the assistance provided, acknowledging how deeply the support of POGS Bicol has touched their community.

Through this initiative, POGS Bicol once again demonstrated the power of compassion, solidarity, and collective action—values that continue to guide our mission of service to those in need.



# POGS Bicol – Albay Group Conducts Outreach Program

Legazpi City Hospital • October 10, 2025

The POGS Bicol – Albay Group successfully held an outreach program at Legazpi City Hospital on October 10, 2025, as part of its continuing commitment to promote women’s health and wellness in the community. A total of 28 women of reproductive age from various municipalities of Albay benefited from the activity, availing of free Pap smear and breast examination services.

The initiative aimed to raise awareness on the importance of early detection and prevention of cervical and breast cancer, two of the leading health concerns among Filipino women. Through this program, POGS Bicol reinforces its mission to provide accessible reproductive health services, especially to underserved sectors of society.

The activity was made possible through the cooperation

of the Legazpi City Hospital staff and the dedicated efforts of POGS Bicol – Albay members, who volunteered their time and expertise for this noble cause. The event was both meaningful and fulfilling, as it not only provided essential health services but also empowered women to take proactive steps in caring for their own well-being.



# Patient Blood Management and Root Cause Analysis Workshop – Training of Trainers

September 7, 2025 | Marison Hotel, Legazpi City

The Patient Blood Management (PBM) and Root Cause Analysis (RCA) Workshop – Training of Trainers was successfully held last September 7, 2025, at Marison Hotel, Legazpi City. The event was well attended by 48 POGS Bicol members, and residents, all of whom listened attentively and engaged actively in the sessions.

The lectures covered equally important topics that sparked great interest and learning among participants. Patient Blood Management is now recognized worldwide as the new standard of care. In Obstetrics and Gynecology, where blood loss can be critical, PBM can save lives and improve recovery. Today, we are taking one more step in bringing these best practices into our daily work.

Meanwhile, Root Cause Analysis teaches us to look beyond the surface of a problem—to dig deeper and uncover the real causes—so we can prevent similar incidents in the future and continuously improve the quality of patient care.

Despite unexpected circumstances, our very own POGS Bicol lecturers rose to the occasion with professionalism and dedication. Special recognition goes to Dra. Rona Rañola, who stepped in on short notice to deliver three lectures after one of our scheduled speakers was unable to attend due to a shoulder dislocation that required medical intervention. Dra. Rona handled the task with grace and excellence, delivering her lectures with flying colors. We deeply appreciate her 100% support and professionalism.

Other POGS Bicol lecturers who shared their expertise with equal passion and skill include Dra. Agustina Ina Roa Tabara, Dra. Imelda Soccoro Mariñas, and Dra. Bernadine Aranzo-Zaragoza.

We also extend our heartfelt thanks to our eight distinguished faculty members from Manila—five for PBM and three for RCA—whose high-impact and high-effort presentations truly elevated the quality of the training.

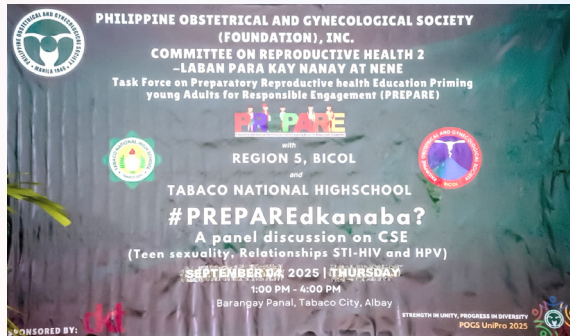
This workshop marks another milestone for POGS Bicol in strengthening knowledge and skills in PBM and RCA, ensuring better patient care and safety in our practice.



# PREPARE Activity

Tabaco National High School  
September 4, 2025

The PREPARE (Preparatory Reproductive Health Education Priming Young Adults for Responsible Engagement) activity held at Tabaco National High School on September 4, 2025, was a huge success. A total of 413 participants—composed mainly of 376 Grade 10 students, along with 11 parents, 22 teachers, and 4 school paramedic nurses—enthusiastically took part in the event.



At first, the students were a bit hesitant to ask questions. But when they saw that those who participated received chocolates, curiosity quickly took over. Eventually, even after the chocolates stopped coming, the students eagerly continued to raise questions, showing just how interested they were in the topics discussed.

The Question and answer covered essential aspects of reproductive health, including menstruation, pregnancy, sex, HIV, and sexually transmitted diseases. Many students were surprised to learn that once a girl begins menstruating, she can become pregnant if she engages in sexual activity. The panelists patiently addressed every concern, creating a safe and open environment for learning.

By the end of the session, the students were not only more informed but also delighted to have gained new knowledge that could guide them in making responsible decisions. Everyone went home happy and grateful for the experience.

## Questions that were asked:

1. Why do people perform sex
2. What is the difference of HIV & AIDS
3. Pwede bang mamuhay ng normal Ang may HIV
4. What are the short term and long term effects of unprotected sex
5. Ano po pwede gamitin para magkaroon ng proteksion sa sex
6. Bakit nagkakatulo Ang lalaki
7. Kailan Ang tamang panahon mag-aral ng sex education
8. Does condom has expiry date
9. Makakabuntis ba kahit one round lang
10. Magkaka infection ba pag nag masturbate
11. Is it possible to have infection in oral sex
12. Meron pa bang proteksyon aside from abstinence
13. Pag nagregla na ba Ang babae pwede na bang mabuntis
14. How can young people set healthy boundaries in a relationship
15. Hindi po ba nakamamatay ang STD
16. Ano Ang effect sa baby ng STD
17. Kung may HIV ang mag-asawa at na infect Ang baby, may chance ba na gumaling ang baby
18. May bakuna ba Ang HIV
19. Kailan Ang tamang panahon ng pakikipagtalik
20. For rape cases, can we resort to abortion
21. What is your stand - that sex education may promote sex
22. Bakit madami pa rin nakikipag sex kahit alam na Mali
23. Mabubuntis ba Ang babae kapag lumunok ng sperm
24. Why HIV is increasing
25. What will happen if you have sex during menstruation

26. HIV or AIDS - which has worse effect
27. Can you already have family and financially stable but still minor

28. Can you tell if a person has HIV
29. Does anal sex cause pregnancy



# Relief Operations for Typhoon Opong Victims in Masbate

October 11, 2025

In response to the devastation brought by Typhoon Opong, the POGS Bicol Masbate Group swiftly organized a relief operation to extend help to affected families. Demonstrating compassion and solidarity, the group purchased bags of rice and prepared large buckets filled with assorted goods and essential items.

A total of 120 families from Barangay Nursery, Masbate City—one of the hardest-hit areas—benefited from the outreach. The barangay was chosen not only because of the severe damage it sustained but also due to the presence of many persons with disabilities (PWDs) who were in great need of assistance.

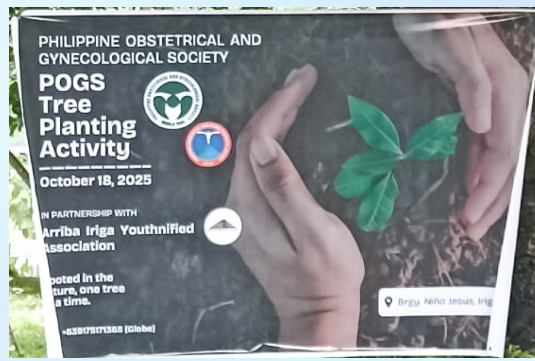
POGS Bicol extends its heartfelt gratitude to all its members who quickly responded to the needs of Masbate by giving cash donations to support the initiative. Special thanks as well to the POGS National Office for the Special Regional Fund, which greatly contributed to making this relief operation possible.

Through this joint effort, POGS Bicol once again demonstrated the spirit of unity and compassion—bringing hope and relief to those most in need.



# Tree Planting Activity

Iriga City, October 18, 2025



POGS Camarines Sur conducted a Tree Planting Activity earlier today at the mountainous Barangay Niño Jesus in Iriga City. This meaningful initiative was held in partnership with the AIYA (Arriba Iriga Youthnified Association), a dynamic youth organization dedicated to environmental and community development efforts.

The team was warmly welcomed by the officers and residents of Barangay Niño Jesus, who expressed their full support and enthusiasm for the activity. A total of 150 seedlings—a combination of narra and balaigang—were planted. The narra trees will one day provide sturdy shade and help prevent soil erosion, while balaigang, a fruit-bearing species, is expected to contribute both nutrition and livelihood opportunities for the community.

During a brief dialogue, the barangay officials pledged their commitment to nurture and care for the seedlings, ensuring their continued growth and sustainability.

The day concluded with a heartwarming fellowship over hot, steaming bowls of goto and bread, a perfect treat for the cool and rainy weather. Indeed, it was a day of camaraderie, purpose, and shared hope for a greener, healthier future.



# Visit to Haven for Women and Girls

Ligao City, October 4, 2025

The Philippine Obstetrical and Gynecological Society (POGS) Bicol visited the Haven for Women and Girls in Ligao City last October 4, 2025. There were 30 residents, ages ranging from 10 to 24 years old, including a 5-month-old baby girl born at the Bicol Regional Hospital and Medical Center. Most of the residents are survivors of sexual abuse.



We discussed topics on menstruation, self-care, and other women's health concerns. To make the conversation more personal and comfortable, we divided them into small groups. This allowed the girls to open up more, ask questions freely, and share their experiences. It was heartwarming to see their eagerness to learn more about their bodies and well-being.

We also brought food for everyone in the facility, along with daily necessities, chocolates, and small pouch bags as gifts. The girls were delighted to receive them and, in return, prepared song and dance numbers to show their appreciation. As we were about to leave, one of the girls followed us outside, embraced us, and whispered a heartfelt "thank you." It was a deeply moving moment—a reminder of how small acts of kindness can make a big difference in their lives.



## PBOG Part II (ORAL) Specialty Board Examination Passers:

Last August 3, 10, and 17, 2025, six (6) successful candidates from POGS Panay Chapter passed the Part II (Oral) Specialty Board Examination that was conducted by the Philippine Board of Obstetrics and Gynecology.

They are: Dr. Mary Ann Gina Caro, Dr. Vienna Hing, Dr. Princess Joy Leysa, Dr. Meghan Lamprea, Dr. Hiyan Quimpo, and Dr. Chona Tubola.



## "Rudimentary Uterine Horn Pregnancy" An Interesting Case Presentation by WVSU-MC



West Visayas State University Medical Center successfully hosted the 3<sup>rd</sup> Interhospital Interesting Case Presentation last August 15, 2025 at Richmond Hotel Iloilo. The presenter, Dr. Shannen Kate Gerra, thoroughly discussed their case of a rudimentary uterine horn ectopic pregnancy. The event also had the active participation of expert OB-GYN reactors namely: Dr. Jaime Manila, Dr. Gertrude Gelito, and Dr. Deb Palmes.

# POGS PANAY

FOURTH QUARTER 2025

## SPECIAL GENERAL ASSEMBLY 2025

POGS Panay Chapter held a special hybrid General Assembly on August 22, 2025 at Sam's 21 Hotel. This was organized to address some unresolved concerns from the General Assembly held last March 21, 2025 which included the updated Tariff of Professional Fees for 2025. A total of 112 members attended the said assembly onsite and online via Zoom.

The program was composed of two parts, beginning with 2 industry-sponsored talks about the benefits of Drospirenone + Ethinyl estradiol pills by Dr. Rey Castillo and Dr. Gertrude Gelito, respectively.



1

## GTD Lay Forum

POGS Panay Chapter successfully held a lay forum on Gestational Trophoblastic Disease (GTD) last August 28, 2025 at the Tabuc Suba Modern Homes Gym in Jaro, Iloilo City. The POGS Panay Officers all wore purple, in honor of the theme color for National Trophoblastic Week. The speaker was GTD specialist, Dr. Maria Teresa G. Dy, who was assisted by Dr. Jil Patricia Adorable. The interactive forum was well-attended by 37 community women from the neighboring areas. The attendees also enjoyed snacks and were given free multivitamins afterwards.



## POGS PANAY Dalagan 2025: "ABOT SA KALUSUGAN"

POGS Panay Dalagan 2025: "Abot sa Kalusugan" was a fun-run fundraising event was held on August 31, 2025 at Megaworld Iloilo. The said run had three race categories namely 3k, 5k, and 10k and had participants from all age groups, ranging from children to the elderly, who all gamely participated.



The POGS Panay Officers with Regional Director, Dr. Rey Castillo.



The 3k runners.



The 5k runners.



The metal medal in the shape of a uterus in 10km finishers



The 10k runners

2

## A.H.I.P. and Project PREPARE Joint Activity

The POGS Adolescent Health Issues and Perspectives (AHIP) and Project PREPARE (Preparatory Reproductive Health Education Priming Young Adults for Responsible Engagement) held a joint activity on September 4, 2025 at Badiangan National High School (BNHS) in Badiangan, Iloilo.



It was the second run for AHIP in 2025, with 200 participating students from Grades 7-9 of BNHS. Meanwhile, for Project PREPARE, it was the third run for 2025 and had 238 participants from Grades 10-12 of BNHS. The AHIP team were also joined by pulmonologists: Dr. Ameen Ponje, Dr. Florence Blanco, Dr. Rosauro Cabana, and Dr. Teodora Trimanez, who gave an advocacy talk against vaping titled "Beat The Vape" to the students who attended the AHIP talk. This joint activity was made possible through Atty. Kristine Cutanda-Larios, SB Member of Badiangan, who facilitated the activity and the cooperation of BNHS Principal, Ma. Prima Lucia Capadosa Diaz.

3

## "When Life Gives You Tangerines"

An Interesting Case Presentation about HPV-negative Cervical Adenosquamous Carcinoma in a young, nulligravid patient by Iloilo Mission Hospital



The 4th Interhospital Interesting Case Presentation, hosted by Iloilo Mission Hospital (IMH), was held at the IMH Medical Arts Building Conference Room last September 12, 2025. The presenter, Dr. Maria Czarina Go, gave a comprehensive discussion on HPV-negative Cervical Adenosquamous Carcinoma in a young, nulligravid patient. She was joined by esteemed reactors: Dr. Maria Lora Tupas, Dr. Ansarie Salpin, and Dr. Rey Felicisimo Castillo.

## Planting trees, growing futures --- for women, for the Earth.

Joint tree-planting activity and lay forum on Endocrine Concerns during Pregnancy



POGS Panay, in cooperation with the POGS Environment and Women's Health (EWH) Committee, held a tree-planting activity on September 20, 2025, at the Iloilo Medical Society Building grounds. This was followed by a forum on Endocrine Concerns during Pregnancy (Focus on Subclinical Hypothyroidism and Type 2 Diabetes) with Dr. Sharon Faith Pagunsan as speaker.



4



## The Hidden Siege

An Interesting Case Presentation about Smooth Muscle Tumor of Uncertain Malignant Potential (STUMP)

The 5th Interhospital Interesting Case Presentation was hosted by St. Paul's Hospital Iloilo Department of Obstetrics and Gynecology, with Dr. April Redil as presenter. This was held last September 30, 2025 at Park Inn by Radisson Blu.

This final case presentation for the year featured rich discussion and insightful perspectives about STUMP/Smooth Muscle Tumor of Uncertain Malignant Potential from the presenter and the expert reactors: Dr. Ronald Lanz Latap, Dr. Evelyn Lacson, and Dr. Bea Natividad Gulmatico.

## — AOGIN holds 2025 CME Session in Iloilo City —

The Asia Oceania Research organization on Genital Infections and Neoplasia (AOGIN) held CME Session on October 4, 2025 at the Grand Xing Imperial Hotel Iloilo. The informative and engaging activity was spearheaded by Dr. Ronald Latap and had a lineup of experts who delivered valuable insights on several topics of interest: Dr. Merlind Montinola-Morales (Navigating the Evolving Landscape of Sexually Transmitted Infection: Antimicrobial Resistance and Novel Diagnostics), Dr. Helen V. Madamba (HIV Status in the Philippines: Current Trends, Government Response, and Future Directions), Dr. Mark Q. Antonio (Anatomy of the Cervix, HPV Infection and its Role in the Development of Preinvasive Disease and Cervical Cancer), Dr. Maria Lora C. Tupas (Advancement in HPV vaccination and screening strategies: Towards Cervical Cancer Elimination), and Dr. Maria Constanca Wylengco (Diagnosis and Treatment of Preinvasive Cervical Disease).



5

## “Dance Your Worries Away”

The Benefits of Dancing

POGS Panay, in cooperation with the POGS Ad Hoc Committee on Mental Wellness and Motivation, conducted mental wellness activity titled “Dance Your Worries Away: The Benefits of Dancing” that was filled with energy, connection, and lots of dancing!

The said activity, held last October 11, 2025 from 2:00pm to 6:00pm at the Bien Hall of Sam's 21 Hotel Iloilo, was graced by members of the POGS Ad Hoc Committee on Members' Mental Wellness and Motivation namely: Dr. Marlyn Dee (chairperson), Dr. Raul Quillamor, and Dr. Angela Bandola.

It was certainly inspiring to hear the story of our guest speaker, OB-GYN slash dancer Dr. Elsie Russel Locsin, on how dancing helped her find herself again. The Wellness Chat, moderated by Dr. Deb Palmes, enabled Dr. Locsin and another guest OB-GYN dancer, Dr. Gladys Nerpiol, to share their insights on dancing as a form of promoting wellness. Members of the audience also shared their own stories and tips on dancing and other physical ways to promote endorphin release.

Best of all, everyone joined in line dance/Bachata dance demo and Zumba session at the end of the program.

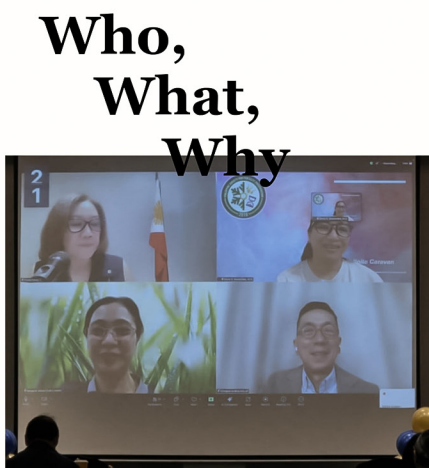


6

## FERTILITY PRESERVATION 101: Who, What, Why



The Philippine Society for Fertility Preservation, Inc. conducted a continuing medical education event titled “Fertility Preservation 101: Who, What, Why” at Park Inn Hotel Iloilo last October 25, 2025.



The topics discussed were: Fertility Preservation in Breast Cancer (Dr. Margaret Joy Limson), Fertility Preservation in Male Cancer (Dr. Nikko Magsanoc), Fertility Preservation in Women with Gynecologic Cancer (Dr. Doris Benavides), Fertility Preservation in Women with Benign Gynecologic Ovarian Conditions (Dr. Gladys Tanangonan), and Social Egg Freezing (Dr. Krista Marie Pacifico).



Despite the last-minute shift from a face-to-face setup to a hybrid format, after the speakers' flights were cancelled due to the eruption of Mount Kanlaon, the event turned out to be a huge success in the form of engaging discussions, insightful presentations, and active participation by the attendees—both onsite and online.

## Project PREPARE 4

POGS Panay Chapter, in collaboration with the University of the Philippines Visayas Alumni Association, successfully conducted the fourth run of Project PREPARE last October 29, 2025 at the University of the Philippines High School in the Visayas where 150 students from Grades 10-12 attended.



7

## RESIDENTS' RESEARCH PAPER PRESENTATION

The Annual Residents' Research Paper Presentation was held on November 28, 2025 at the Iloilo Mission Hospital Conference Rooms.

A total of 11 residents from the 5 training institutions in Iloilo City joined the presentation. The top 3 presenters were: Dr. Leobert Julienne De la Pena (1<sup>st</sup>), Dr. Jastine Camille Velayo (2<sup>nd</sup>), and Dr. Caryl Callanga (3<sup>rd</sup>).

The panel of judges was composed of: Dr. Maria Luz Soria, Dr. Maria Kristina Almonte, and Dr. Mary Grace Isidro.



## SLAYING TRENDS AND SLEIGHING VIBES: POGS Panay Tiktok Summer in December

Joint Annual Business Meeting and Christmas Party 2025



5

# POGS Region 9 Highlights Major Educational Activities and Achievements

By: **Maryam-Lizbeth Lee-Sahijuan, MD, MPH, FPOGS**  
Region 9 Regional Director

On September 25, 2025, the Philippine Obstetrical and Gynecological Society (POGS) together with POGS Region 9 successfully conducted the Maternal, Perinatal, and Patient Safety Conference at Valencia, Palacio, Zamboanga City. The conference was attended by approximately 125 participants composed of physicians and allied healthcare workers including nurses and midwives. The activity emphasized safe, quality, and evidence-based care for mothers and newborns.

Subsequently, on October 22, 2025, POGS Region 9 held its Post Graduate Course entitled **B2B: "Back to Basics"** also at Valencia, Palacio, Zamboanga City. The course gathered 215 participants from across the region, including attendees from Zamboanga Sibugay, Sulu, and Basilan. The course aimed to reinforce essential knowledge and skills among healthcare providers involved in women's care. Its objectives included: 1. Reviewing proper obstetric history taking 2. Demonstrating correct physical examination techniques 3. Analyzing accurate plotting and interpretation of the partograph for timely referral 4. Enumerating the steps of Essential Intrapartum and Newborn Care (EINC) and Active Management of the Third Stage of Labor (AMTSL) 5. Discussing intrapartum monitoring and interpretation. The workshop featured interactive lectures in the morning followed by small group

discussions, hands-on activities, and facilitator feedback and review in the afternoon ensuring a comprehensive and practical learning experience for all participants.

POGS Region 9 also actively participated in the 2025 POGS Annual Convention during which new diplomates and fellows were formally inducted. The newly inducted diplomates are: 1. Dr. Benazer I. Dantes-Alano, 2. Dr. Jehan K. Ajibon-Jabarani, 3. Dr. Felicita I. Sampul-Reluya, 4. Dr. Sharifa Madzda I. Hassan. The newly inducted fellows are: 1. Dr. Fareeza A. Manzur-Abdulmajid, 2. Dr. Mae-Janelle Sarmiento-Babiera, 3. Dr. Fionna Maree A. Paragas, 4. Dr. Joan 5. Gabriela A. Pecato and 6. Dr. Aldilyn A. Sarajan.

Adding to the region's accomplishments, the Zamboanga City Medical Center (ZCMC) Department of Obstetrics and Gynecology won 3rd Runner-Up in the POGS Unilab Battle of the Follicle. Representing ZCMC were OB-GYN residents Dr. Jamera T. Hajjijul-Kamlan and Dr. Rufaida D. Julhan, under the guidance of their coach, Dr. Jennifer D. Araneta.

POGS Region 9 takes pride in these achievements and remains committed to advancing women's health and promoting excellence in obstetrical and

gynecological care across the region.

The Philippine Society of Reproductive Medicine conducted its CME Regional Caravan last November 15, 2025 at Gerardos, Palacio, Zamboanga City.

On December 20, 2025, the POGS Region 9 Chapter carried out **"Project: Smile"** at the Ummu Rawdha Foundation in Sta. Barbara. What began as an act of sadaqah (charity) became a day filled with laughter, warmth, and mercy. Around 40-45 orphans were gifted food packs, tumblers and personal necessities. Beyond these material gifts, they were given something even more precious—moments of joy through fun games led by our doctors and industry partners and smiles inspired by a famous mascot. These smiles were reflections of hearts touched by compassion. This blessed endeavor was made possible through the generosity of the POGS Region 9 members and our industry partners whose sincere contributions were transformed into comfort, happiness and hope. May God accept this effort as sadaqah jariyah (endless charity), purify our intentions, and place barakah (blessings) in the wealth and lives of all who took part. In Shaa Allah. May He allow these acts of kindness to continue spreading goodness and remind us that when we give for His sake, we are the ones who are truly enriched.



JOINT MATERNAL, PERINATAL AND PATIENT SAFETY CONFERENCE



POGS REGION 9 POST GRADUATE COURSE:  
B2B: BACK TO BASICS

POGS PSRM CARAVAN ON REGION 9-  
NOVEMBER 15, 2025 AT GERARDO'S PALACIO



"PROJECT: SMILE"  
Ummu Rawdha Foundation, December 20, 2025



BATTLE OF THE FOLLICLES



2025 POGS REGION 9 OFFICERS



# POGS 10 celebrates Unity and Excellence at Year-End Thanksgiving

By: Dr. Bessie Acebes- Escobal



POGS 10 Regional Director Dr. Dinah G. Abella on her South African attire as she delivers her speech during the POGS 10 Thanksgiving and Christmas Party held in Mullberry Suites, Cagayan De Oro City City

POGS 10 celebrated its Year-End Thanksgiving Party last November 26, 2025 at Mallberry Suites, Cagayan de Oro City, with the theme “Intercontinental Holiday Escape.” The event was successfully attended by POGS members from all over the region—Bukidnon, Ozamiz, Iligan, Marawi, Surigao, Butuan, and Cagayan de Oro City.

A lively dance competition highlighted the celebration, with each team showcasing creative performances inspired by different continents, complete with vibrant continent-themed costumes. Team Bukidnon emerged as the champion, followed by Ozamiz in second place, and Caraga and CDO completing the roster of winners.

The evening continued with a heartwarming speech from the POGS 10 Regional Director Dr. Dinah G. Abella, who expressed gratitude for the dedication and hard work of all members throughout the year, emphasized the importance of unity and collaboration in achieving the organization’s goals, and looked forward to more successful endeavors in the coming year.

As the night drew to a close, members mingled and shared stories, strengthening bonds and creating cherished memories. The Year-End Thanksgiving Party was not just a celebration of achievements, but also a testament to the vibrant community spirit within POGS 10.

The Bukidnon Society of OB-GYN (BSOG) proudly emerged as the Dance Competition Winning Team during the POGS 10 Thanksgiving Ceremony held on November 27, 2025. Dressed in vibrant South African-inspired attire, the BSOG performers captivated the audience with their energy, creativity, and cultural flair, earning top honors in the competition. With them are RD Dr. Dinah Abella and President Dr. Cristilda Villapane.



The newly elected **POGS 10 officers** for 2026 with the Chairman on Nomination Committee, Dr Sarah S. Pingol and Comelec Chairman, Dr Edna Palabrica. With a diverse group of professionals at the helm, POGS 10 is set to enhance its impact in the community and advance its mission of improving health care access and quality, POGS 10 Officers for 2026 are as follows: **President:** Dr Mairasna Boransing, **Vice-President:** Dr. Anthony Tingne, **Secretary:** Dr. Sheila Puto, **Treasurer:** Dr. Lysel Paulo, **Asst Treasurer:** Dr. Wakita Watamama, **PRO:** Dr Dyan Belderol, **Auditor:** Dr. Donabelle Farmacion, **Trustees:** Dr. Chiqui Brioso, Dr. Cosmina Macawadib, Dr Tchaiya Cutab, Dr. Marius Mercado, Dr. Rey Chiu, **IPP:** Dr. Cristilda Villapane and **Regional Director:** Dr. Dinah Abella. As they embark on this new chapter, the officers are committed to maintaining transparency, engaging with stakeholders, and setting a strong foundation for future endeavors.



President Cristilda O. Villapane receives her plaque of recognition for her exemplary service as POGS 10 President 2025. Giving the award is POGS 10 Regional Director Dr. Dinah G. Abella

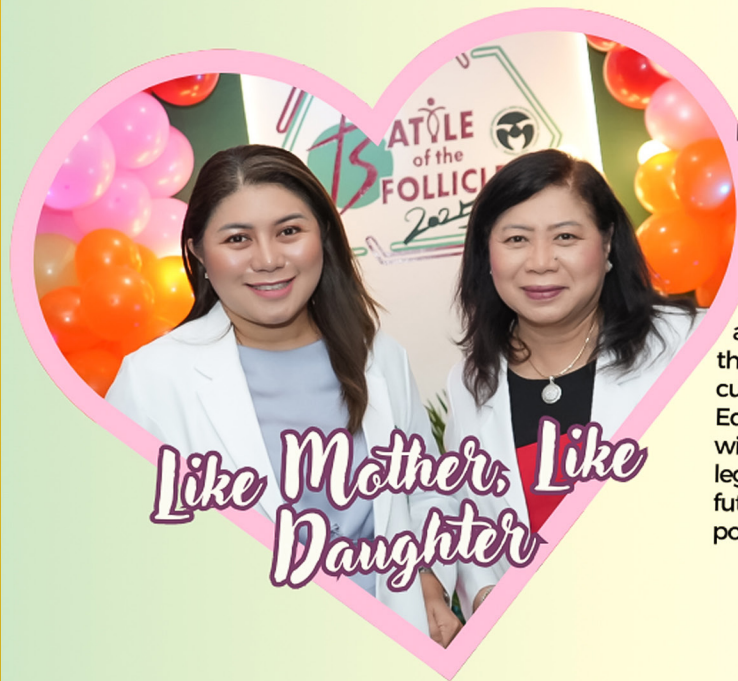


World Menopause Celebration in Butuan City was highlighted with the Search for Menopause Queen. The event was attended by the POGS members in Caraga Region headed by Dr Virginia Malbas- Flores, Caraga Obgyne Society President, POGS 10 Board of Trustee and Menopause Celebration Chairman.



Bukidnon Society of Obgyne Coordinator and POGS 10 Board of Trustee Dr. Ciara Manalo and Dr. Jennie Juayno together the Climate Change and Diaster preparedness committee Chair Dr. Lysel Paulo give Relief goods to the flood victims in Valencia, Bukidnon. With them are Dr. Maridee Latayan and Dr Sobrevega. This initiative not only provided aid to those in need but also served as a reminder of the strength and unity within the community, reinforcing the belief that together, they can overcome any challenge.

POGS 10 representatives for the 79th ANNUAL POGS OLYMPICS. From Right- Left Dr. Louise Justiniano, Dr. Geraldine Malbas, Dr Mel Carbajal, Dr. Cristilda Villapane And Dr. Sohaira Latiph. With a spirit of collaboration and innovation, the Olympics is sure to be a memorable occasion for all involved.



**Mother and Daughter Duo – Both Servant Leaders of POGS10**

Their commitment to the values of empathy, community, and lifelong learning has fostered a supportive environment for their colleagues and the communities they serve, Dr. Dinah G. Abella, serving as the POGS Region 10 Regional Director, and her daughter, Dr. Lorah Lyn Abella-del Rosario, the 2024 Past POGS Region 10 President and currently the Chairman of the Continuing Medical Education, exemplify dedicated servant leadership within POGS 10. Together, they have cultivated a legacy of compassion and excellence, shaping the future of healthcare in their region and setting a powerful example for others to follow.



Battle of the Follicles was participated in by three training hospitals from Region 10, namely Northern Mindanao Medical Center (NMMC), Amai Pakpak Medical Center, and Maria Reyna-Xavier University Hospital, Inc. NMMC emerged as the First Place winner, while Amai Pakpak Medical Center and Maria Reyna-Xavier University Hospital, Inc. tied for the succeeding rank. The event was graced by representatives from the National POGS, Dr. Ana Victoria Dy-Echo and Dr. Sherri Ann Suplido.



Northern Mindanao Medical Center (NMMC) garnered third place in the Battle of the Follicles during the 79th Annual POGS convention in Novotel, Manila on November 11, 2025. With the winners are POGS National President Dr. Rowena Auxillos, Past POGS National President Dr. Christia Padolina, Incoming POGS President Dr. Concepcion Rayel and POGS 10 President Dr. Cristilda Villapane, and Dr. Sharon Galagnara, NMMC Training Officer.



Taken during the Interesting Case Paper Presentation Contest on September 19, 2025. The room buzzed with anticipation as each participant shared their insights and innovative approaches to complex medical cases. Charged with a sense of camaraderie and the shared goal of advancing medical knowledge. As the presentations unfolded, the audience was inspired by the creativity and dedication demonstrated by these promising minds, all united in their passion for making a meaningful impact in the field of medicine.

Dr. Rayyana Ayesha M. Macabalang from Northern Mindanao Medical Center (NMMC) won first place in the Interesting Case Paper Presentation Contest entitled: "Missing Hormones, Missing Cycle: A Case of Primary Amenorrhea Secondary to Hypogonadotropic Hypogonadism Secondary to Diaphragm Sella Meningioma" during the 79th POGS Annual Convention Celebration in Manila. This achievement not only brought honor to her own but also shone a spotlight on the exceptional work being done at NMMC. Her success is a testament to the collaborative spirit and commitment to excellence within the medical community.



The Resident's In-Service Examination (RISE) was held at the Mulberry Hotel in Cagayan de Oro City. There were 43 examinees from various training hospitals. The POGS National was represented by Dr. May Gabaldon, while Dr. Dinah Abella and Dr. Cynthia Baconga served as POGS 10 proctors.

The Northern Mindanao Medical Center (NMMC) Department of OBGYNE in collaboration with Philippine Obstetrical and Gynecological Society (POGS) hosted the first ever Post Graduate Course attended by 280 participants, with the theme FEME Foundations of Excellence :Mastering the Essentials in Obstetrics and Gynecology for optimal patient outcomes. It event was held in Pearlmont Hotel, Limketkai drive, Cagayan de oro city on October 4, 2025.





# POGS SMC HOSTS A SPECTACULAR "RED CARPET MEETS THE BOARDROOM" INDUCTION CEREMONY AND CHRISTMAS PARTY



POGS SMC marked a significant milestone with the successful staging of its "Red Carpet Meets the Boardroom" Induction Ceremony and Christmas Party, held at the Apo View Hotel Grand Ballroom last December 13, 2025. It was an afternoon of elegance blended with corporate excellence and festive celebration. The program formally commenced with a processional honoring the previous presidents and regional directos of the chapter.



POGS SMC Regional Director, Dr. Geraldine Dela Victoria opened the program with an inspiring welcome address extending gratitude to all members for their presence. The message highlighted unity, shared purpose, and the importance of strong leadership in advancing the organization's goals across the region. The Guest of Honor was warmly introduced by Dr. Ruby Robiso, 2010 POGS SMC President who shared meaningful insights into the honoree's leadership, accomplishments, and role in the organization. Through an inspirational message, Dr. Concepcion Rayel, POGS National President and the 1<sup>st</sup> president outside of National Capital Region challenged members to lead with vision, responsibility, and commitment to excellence.



The valedictory address delivered by POGS SMC President, Dr. Marie Jean Aranda, reflected on the highlights for the year 2025 expressing gratitude to all who contributed to the success of the events hosted by the chapter. Dr. Rowena A. Cordero, POGS SMC Election Committee Chairperson presented the officers for the year 2026.



Dr. Mary Lee Lim elected as the President, Dr. Marie Angelica Araral as Vice-president, Dr. Marga Isabel Amoroso as Secretary, Dr. Marie Jeanne Fong as Treasurer, Dr. Marie Claudine Pineda-Ocsio as Auditor and Dr. Sigrid Barinaga as PRO.

Dr. Concepcion Rayel, POGS National President, led the induction of officers, administering the oath and formally welcoming the new set of officers into their respective roles.

Dr. Mary Lee Lim, POGS SMC President 2026, expressed appreciation to the members and shared a forward-looking message focused on unity, leadership, and progress. The area coordinators and chairpersons of POGS SMC Committees were presented by POGS SMC Secretary 2025, Dr. Marie Angelica Araral. The oath was administered by Dr. Mary Lee Lim and formally welcomed the new set of leaders.



POGS SMC's Junior members were presented by Dr. Marie Angelica Araral and followed by oath taking led by Dr. Geraldine Dela Victoria. The organization welcomed its new members, who officially joined the society and committed to upholding its values and objectives.



Following the formal proceedings, the program transitioned into its second part, which included a scientific lecture. Dr. Josefa Dawn Martin, SPMC's Training Officer and PIDSOG founding member, provided a brief overview of the speaker's background and achievements.



Serving as the Guest Speaker, Dr. Erwin De Mesa, POGS Board of Trustee and former PIDSOG President shared valuable insights on Optimizing UTI Management: The Strategic Role of Fosfomycin in Modern Clinical Practice. This was followed by the awarding of certificates for both the speaker and the major sponsor, Biofemme.



The last part of the program featured the sumptuous lunch, fellowship, and entertainment, allowing members to connect and enjoy the festive spirit. The newly inducted POGS SMC Junior members, Diplomates and Fellows gave their dynamic dance performance, demonstrating energy and artistic expression. POGS members were thrilled by interactive games and exciting raffles, which added energy and entertainment to the program. The POGS SMC Cheer dance team captivated the audience with a lively performance, combining precise choreography and vibrant expressions.

POGS SMC'S Diplomates and Fellows 2025 were presented by Dr. Geraldine Dela Victoria honoring their hard work, excellence and commitment to the betterment of the organization.





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# NEWSLETTER

PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY  
SOUTHERN MINDANAO CHAPTER  
Committee on Scientific Works

## 26<sup>th</sup> RESIDENTS' INTERESTING CASE CONTEST

October 4, 2025  
12:00NN - 5:00PM  
Emma Noreen Hall,  
Brokenshire Medical Center,



PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY  
SOUTHERN MINDANAO CHAPTER  
Committee on Scientific Works



## Residents' Research Paper and Poster Contest 2025

October 17, 2025  
1:00PM - 5:00PM  
Panuncialman Lecture Theatre  
Davao Medical School Foundation Inc.,  
Medical School Drive, Poblacion, Davao City



## Academic Excellence Highlights | 2025

The POGS-Southern Mindanao Chapter successfully conducted two major academic activities in 2025, the Interesting Case Contest and the Residents' Research Paper and Poster Contest, reinforcing the chapter's commitment to scholarly excellence, clinical rigor, and evidence-based practice in obstetrics and gynecology. These events brought together fellows, consultants, residents, and trainees, fostering a culture of learning, collaboration, and professional growth.



1<sup>st</sup> Place: Marianell M. Basunillo, MD  
*An Unwanted Transition:  
Endometrial Carcinoma in a 37-  
year old Transgender Male on  
Gender-Affirming Hormone  
Therapy*

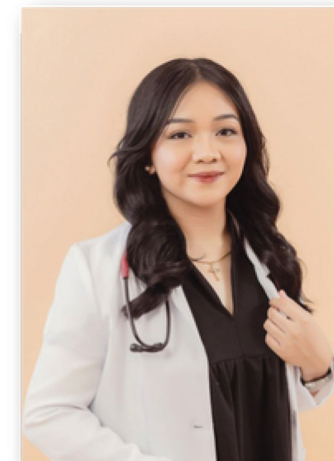
### Interesting Case Contest 2025

The Interesting Case Contest 2025, attended by seventy-one participants, provided a dynamic platform for the presentation and discussion of rare, complex, and diagnostically challenging obstetric and gynecologic cases. The program opened with remarks from the chapter president, emphasizing the importance of continuous learning and academic engagement. A multidisciplinary panel of judges ensured a balanced, objective evaluation of presentations on uncommon malignancies, congenital anomalies, and rare gynecologic and vascular conditions, all demonstrating meticulous clinical reasoning and evidence-based management.



2<sup>nd</sup> Place: Jazel Louise C.  
Barrientos, MD  
*Smooth Muscle, Rough Diagnosis:  
A Rare Case of a Primary Ovarian  
Leiomyosarcoma*

Outstanding case presentations were recognized: Third Place, "Vaginal Enigma: A Dermoid Cyst in Disguise"; Second Place, "Smooth Muscle, Rough Diagnosis: A Rare Case of Primary Ovarian Leiomyosarcoma"; and First Place, "An Unwanted Transition: Endometrial Carcinoma in a 37-year-old Transgender Male on Gender-Affirming Hormone Therapy."



3<sup>rd</sup> Place: Katrina Teresa D.  
Coching, MD  
*Vaginal Enigma: A Dermoid Cyst in  
Disguise*





**POGS  
SOUTHERN  
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CHAPTER**



# NEWSLETTER

## Residents' Research Paper and Poster Contest 2025



### Moving Forward

Both activities concluded with closing remarks from the chapter vice president, expressing appreciation to the organizers, judges, sponsors, presenters, and participants. The successful conduct of these events reaffirmed the POGS-Southern Mindanao Chapter's unwavering commitment to academic excellence, research advancement, and professional development, in line with the mission of the Philippine Obstetrical and Gynecological Society to uphold the highest standards of patient care and lifelong learning.

### Residents' Research Paper and Poster Contest 2025

Complementing the clinical focus of the case contest, the Residents' Research Paper and Poster Contest 2025 highlighted the chapter's dedication to nurturing research competence and innovation. The activity was attended by sixty-five participants and featured both research paper and poster categories. A rigorous screening process ensured that all submissions met standards of scientific integrity, methodological rigor, and clinical relevance. Research presentations addressed a broad range of topics, including maternal and perinatal outcomes, infectious diseases in pregnancy, gynecologic emergencies, adolescent reproductive health, and predictive clinical models.

The scientific program was further enriched by a lecture entitled "Innovation in the Standard of Folate Supplementation." Following deliberations, First Place in the Research Paper Contest was awarded for "Assessing Clinical Outcomes for Patients Treated for Pelvic Inflammatory Disease in a Tertiary Hospital in Davao City." Second Place was conferred for the study on predicting adnexal torsion using a preoperative predictive score. At the same time, Third Place recognized research on clinicodemographic predictors of maternal and perinatal outcomes among pregnant patients with COVID-19. The Research Poster Contest Winner was awarded for the study on maternal and fetal outcomes among low-risk obstetric patients vaccinated during pregnancy.

