

# PHILIPPINE SOCIETY FOR REPRODUCTIVE MEDICINE, INC. NEWSLETTER



## MESSAGE FROM THE PRESIDENT

Welcome to the 23<sup>rd</sup> Annual convention of the Philippine Society for Reproductive Medicine!

This year's unified theme of "Concerns, Controversies and Challenges in Reproductive Medicine" encapsulates the many paradigm shifts in the management of the most common conditions encountered in our practice. Our invited faculty include eminent speakers and experts in the field of Reproductive Medicine namely Prof. Jacques Donnez of Belgium, Prof. Zion Ben-Rafael of Israel and Prof. Johanz Smith of Belgium.

A pre-congress course on In vitro Fertilization will be held on Sept 26, 2017 that will feature the A to Z of ART and will be punctuated by a panel discussion of interesting cases. The following 2 days of the congress proper will include updates on the management of leiomyoma, polycystic ovary syndrome and endometriosis. These topics will be discussed by world-renowned and local experts, with emphasis on the impact of pathophysiology on the management of these diseases. In addition, current information on the topics of infertility, abnormal uterine bleeding and menopause will be presented in the light of Philippine experience. The convention proper will be highlighted by the Keynote



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Welcome to the 2017 PSRM 23<sup>rd</sup> Annual Convention: Concerns, Controversies and Challenges in Reproductive Medicine. Through the years, it has been the mission of PSRM to provide relevant information on various topics with regards to reproductive medicine. For this year, we have gathered experts to share their knowledge and experience on endometriosis, PCOS, AUB, infertility and menopause in order to enhance our current understanding of reproductive medicine and to help us provide the best possible individualized care to our patients. This convention is not just for the specialists in reproductive medicine. It is for all gynecologists in practice, OB-GYN residents/fellows in-training, as well as, primary care physicians involved in women's health.



Apart from our home-grown experts, we are also honored to have with us three international guest speakers who have come to share their expertise, in order to elucidate on the latest findings and help us apply these new treatment options to our daily practice. We have Professor Jacques Donnez from Belgium, Dr. Johan Smits, also from Belgium and Dr. Zion Ben-Rafael from Israel. These experts are not only well known for their work in the field of reproductive

### *Continuation message from the president.....*

speech of Professor Jacques Donnez of Belgium on "Fertility Preservation in Women: from Cancer to Benign Disease and Social Freezing."

We invite all participants of the congress to let their hair down, don their nautical outfits and join us for a night of song and dance on September 27, 2017 for the Fellowship Night entitled "Swim up!" at the Palawan Ballroom of the Edsa Shangrila Hotel.

The Business meeting will be held on Sept 28, 2017 at 1 o'clock in the afternoon and will be open to members of the society. On this occasion, the CPG for Leiomyomas will be formally launched and the newly-appointed PSRM Regional representatives will be announced.

I would like to acknowledge and convey my appreciation to the members of the Organizing Committee chaired by Dr. Regina Paz Tan-Espiritu, PSRM Vice President, the Scientific Committee headed by Dr. Ma. Antonia Habana and Dr. Delfin

Tan, the Committees on Ways and Means (Dr. G. Tanangonan and Dr. C. Sua-Lao), Exhibits (Dr. D. Songco, Dr. G. Cruz and Dr. M. Dichoso) Physical Arrangements (Dr. A. Fernandez and Dr. M. Cristi-Limson), Documentation and Registration (Dr. R. Esguerra and Dr. L. Casanova), Program and Invitations (Dr. M. Barrientos and Dr. S. Desquitado) and Socials (Dr. M. Abat, Dr. E. Caringal and Dr. J. Medina). Thank you for your selfless and inspired work!

Lastly, I would like to thank the membership of the Philippine Society for Reproductive Medicine, all the Past Presidents, our support staff and most especially the Board of Directors who have worked tirelessly over the past year to move the society ever closer to fulfilling its vision and mission. It has been a privilege to work with all of you.

Madonna Victoria C. Domingo MD MBA FPSRM  
President



## **OUTREACH PROGRAM**

The PSRM CME had its 1<sup>st</sup> series of lectures last June 30, 2017 at the Fontana Golden Pavilion, Pampanga. We were warmly welcomed by the POGS Central Luzon Chapter. We would like to thank Dr. Concepcion Argonza and Dr. Lily Chua.



2<sup>nd</sup> series of lectures last August 27, 2017 at the SEDA Hotel, Nuvali, Sta. Rosa Laguna. We were warmly welcomed by the Region 4 POGS chapter. We would like to thank Dr. Joan Badua and Dr. Anette Macayaon. Last stop is Iloilo on October.



medicine, they are also known for their talent to teach. To highlight our congress, Prof. Donnez will give a Keynote Lecture on fertility preservation.

This year, we have a special pre-congress course on In-Vitro Fertilization. It will tackle the basics of IVF and how to apply them to actual clinical IVF practice. It will also feature various cases encountered during IVF, complications and updates. This course is dedicated to all specialists looking to further advance their knowledge on IVF as well as OB-GYNs interested in understanding more about IVF. Dr. Zion Ben-Rafael and Dr. Johan Smits will join us for this workshop.

For this year, we have also come up with something special: our souvenir program will include a free guidebook on reproductive medicine. This is a compact reference manual, compiling the various classifications/tables that we use in our practice of reproductive medicine. This is a handy and useful material for our clinics and each attendee will be provided with a free copy.

We will also hold our annual fellowship night on September 27. This year's theme is the nautically inspired "Swim Up", and all attendees are invited to come in their best sailor-inspired outfit. Our Socials Committee have prepared games and sur-

prise numbers for everyone to participate and enjoy.

This Annual Convention would not have been possible without the valuable guidance of our Scientific Committee, headed by Dr. Tonette Habana, co-chaired by Dr. Delfin Tan, with the help of other members of the committee, Dr. Ina Irabon, Dr. Eileen Manalo and Dr. Marlyn Dee. PSRM is a well-oiled machine and I have the pleasure of working with a reliable, efficient and dedicated organizing committee: Dr. Gladys Tanangonan and Dr. Chiaoling Sua-Lao for the Ways and Means Committee; Dr. Debby Pacquing-Songco, Dr. Grace Cruz, and Dr. Marian Capco-Dichoso for the Exhibits Committee; Dr. Jing Fernandez, Dr. Majoy Cristi-Limson for the Physical Arrangements Committee; Dr. Rose Esguerra and Dr. Lenie Casanova for the Documentation and Registration Committee and for coming up with our PSRM Guidebook; Dr. Tess Barrientos and Dr. Sonia Desquitado for the Program and Invitations Committee and Dr. Ney Abat, Dr. Emma Caringal and Dr. Joyce Medina for the Committee on Socials and for organizing our fellowship night. Other Board Members have also been there to give their advice when major decisions had to be made, Dr. Angge Aguilar and Dr. Judith Galang, and most especially, our President, Dr. Mads Domingo, for her guidance,

every step of the way. Thank you everyone for your untiring and generous support and for being part of our Dream Team.

I would also like to thank our sponsors for their magnanimous support for this endeavor: Abbott, Pharmalink and Biomerieux (Platinum Sponsor), Bayer, Dae-woong, Takeda and Brady Pharma (Gold Sponsor), Biofemme (for the registration kits) and all the exhibitors who set up their booth with us.

Thank you to the staff of PSRM, who are doing the legwork behind-the-scenes, Sarah, Sheila and Richie, thank you for all your help. Sarah and Richie have been with us for many years and we thank you for your loyalty.

Lastly, I would like to thank all the delegates who have attended this Annual Convention. Thank you for always participating in our events. Without your presence, this Annual Convention would not be possible. I hope that this course will be as fruitful for you as it is for us.

**Regina Paz Tan-Espiritu, MD,**  
**FPOGS, FPSRM, FPSGE**  
Vice-President, PSRM  
Overall Chair, PSRM 23<sup>rd</sup> Annual Convention

## 2017 PSRM INTERESTING PAPER CONTEST

Committee on Research chair Dr. Maria Jesusa Banal-Silao announces the top qualified papers for the Fellows' Interesting Case Paper Contest for oral presentation on September 27, 2017. The panel of judges is composed of Dr. Marlyn T. Dee, Dr. Jericho Thadeus Luna, and Dr. Brenda Zamora. The titles and synopses of each are as follows:

Interesting Case Reports :

- 1) Uterine Isthmic Atresia: Hope for a rare mullerian anomaly
- 2) A case of mixed gonadal dysgenesis: (45 XO/46 XY Mosaicism)
- 3) Bilateral tubal pregnancy: A case report and review of literature



## The PSRM presents: The 2017 Clinical Practice Guideline for Uterine Leiomyoma

The Philippine Society for Reproductive Medicine proudly announces the release of the Clinical Practice Guideline (CPG) for Uterine Leiomyoma. This project, which took around 9 months of intensive research, peer review and critiquing, was spearheaded by the chair of the Technical Working Group (TWG), Dr Maria Antonia E. Habana, who also serves as member of the editorial staff, along with Dr Delfin A. Tan, Dr Eileen M. Manalo, Dr Ina S. Irabon, and Dr Regina Paz A. Tan-Espiritu.

The project was first conceived during the latter part of 2016, when a series of discussions with the then POGS leadership (POGS President Dr. Blanca de Guia-Fuerte, POGS Vice President Dr. Mayumi S. Bismark, and POGS Committee on CPG chair Dr. Enrico Gil C. Oblepías) was started, regarding the proposal to revise the 2010 POGS CPG on Myoma and Adnexal Masses. After evaluation and in consideration of the availability of newer interventions, it was recommended that a guideline dedicated solely to uterine leiomyoma be developed. The PSRM Board of Directors approved the proposal to develop an entirely new CPG on Uterine Leiomyoma, with PSRM serving as the lead society.

Generous funding for the project through an unrestricted educational grant was approved and provided by the Foundation for the Advancement for Clinical Epidemiology, Inc (FACE Inc) through its President, Dr. Jacinto Blas V. Mantaring.

The new CPG covers all areas of clinical practice including pathophysiology, diagnosis, medical treatments, conservative treatments, surgical alternatives, and even special cases such as pregnancy with concurrent leiomyoma and infertility in women with leiomyoma. The implementation of this guideline aims to optimize the decision-making process of health-care providers in the evaluation and management of women with uterine leiomyoma. The goal of the **Clinical Practice Guideline for Uterine Leiomyomas** is to provide recommendations in the diagnosis and treatment

for patients diagnosed with uterine leiomyoma, through a systematic and comprehensive examination of available medical evidence and clinical experience.

The 2017 CPG contains 17 chapters, covering the following topics: Chapter 1 Epidemiology and Risk factors by Dr Maria Antonia E. Habana; Chapter 2 Pathophysiology and Burden of disease by Dr Marilyn T. Dee, Dr Rudie Frederick B. Mendiolá and Dr Leedah Ranola-Nisperos; Chapter 3 Clinical presentation by Dr Corazon T. Lim and Dr Genalyn A. Carreon; Chapter 4 Classification by Dr Trinidad R. Vera and Dr Susana S. Lao; Chapter 5 Differential diagnosis by Dr Judith Galang-Perez and Dr Margaret Joyce Cristi-Limson; Chapter 6 Complications by Dr Lilia P. Luna and Dr Emma R. Caringal; Chapter 7 Diagnostic methods and Imaging modalities by Dr Lyra Ruth Clemente-Chua and Dr Marinella Agnes G. Abat; Chapter 8 Expectant management by Dr Anna Belen I. Alensuela and Dr Romerico F. Torres; Chapter 9 Medical Management by Dr Eileen M. Manalo, Dr Ina S. Irabon and Dr Sarrie Joyce C. Canlas; Chapter 10 Surgical management by Dr Delfin A. Tan, Dr Sonia E. Desquitado and Dr Marie Grace G. Cruz; Chapter 11 Other treatment modalities by Dr Gilda G. Martinez, Dr Regina Paz A. Tan-Espiritu and Dr Marites A. Barrientos; Chapter 12 Submucous myomas by Dr Maria Antonia E. Habana, Dr Maria Jesus Banal-Silao and Dr Satrina Rica Perez-Castillo; Chapter 13 Adjunctive therapy and Adhesion prevention by Dr Enrico Gil C. Oblepías, Dr Chiaoling Sua-Lao, and Dr Allen Gideon R. Tan; Chapter 14 Principles of Patient blood management by Dr Delfin A Tan, Dr Ma. Asuncion A. Fernandez and Dr Marian C. Dichoso; Chapter 15 Infertility in women with leiomyoma by Dr Virgilio M. Novero Jr, Dr Angela S. Aguilar and Dr Ednalyn Ong-Jao; Chapter 16 Pregnancy with concurrent leiomyoma by Dr Florante R. Gonzaga, Dr Madonna Victoria C. Domingo and Dr Debby Pacquing-Songco; and Chapter 17 Summary of Medical Treatment by Dr Joan Tan-Garcia, Dr Gladys G. Tanangonan and Dr Mona Ethellin L. Yiu.

Statements were graded according to the quality of evidence (high +++, moderate ++, low

++ and very low +) and strength of recommendation (strong and weak). Outcomes considered in the guideline included: accuracy of diagnostic tests, decrease in menstrual blood loss, reduction in fibroid size, patient satisfaction/quality of life, surgical complications, costs, fertility, pregnancy rates, and obstetric and neonatal complications. In order to help the writers competently grade their statements, a one-day hands-on GRADEPRO training workshop was held on March 6, 2017, facilitated by Dr Jacinto Blas V. Mantaring.

Presentation of the first draft was held on July 19, 2017 at the Crowne Plaza Hotel in Ortigas, where writers from each chapter presented their statements for extensive peer review and deliberation by members of the technical working group (TWG), editorial staff and board of directors. This was followed two weeks later by a presentation of the second draft, also held at Crowne Plaza Hotel. Finally, before publication, the statements were presented in a whole-day plenary session on August 16, 2017 at the EDSA Shangrila Hotel. This was attended by various stakeholders, such as the following: Philippine Obstetrical and Gynecological Society represented by its President, Dr. Mayumi S. Bismark, the Chair of the POGS Committee on Clinical Practice Guidelines, Dr. Betha Fe M. Castillo, and POGS CPG Managing editor Dr Ana Victoria V. Dy Echo; Philippine Society for Gynecologic Endoscopy represented by its President Dr. German Tan-Cardoso; Philippine Society for Ultrasound in Obstetrics and Gynecology represented by its President Dr. Gumersinda Javier; Philippine Nurses Association represented by Marian G. Santos, MAN, RN; Academe (University of Santo Tomas Faculty of Medicine and Surgery) represented by Dr. Corazon Zaida Gamilla; Pharmaceutical industry represented by Ms. Maria Mariquita Linda Marcelo of Pharmalink Inc., PSRM fellows represented by Dr. Rosiebel Esguerra and Dr. Mailyn Panganiban, and Reproductive Medicine fellows-in-training represented by Drs. Marie Josephine Conifedd Almaria, Maria Reichenber Arcilla, Nina Revecho and Anna Marie Tan-See.

Afterwards, the guidelines were again reviewed and finalized by the editorial board prior to final printing.

Initial Organizing TWG meeting: February 20, 2017  
Sentro 1771, Capitol Commons, Pasig City



**GRADE PRO WORKSHOP with Dr. Jacinto Mantaring, President of the Foundation for the Advancement of Clinical Epidemiology; March 6, 2017, Crowne Plaza Hotel, Ortigas**





Presentation of first draft: July 19, 2017  
Crowne Plaza Hotel, Ortigas



Presentation of second draft: August 2, 2017  
Crowne Plaza Hotel, Ortigas



Plenary presentation to stakeholders: August 16, 2017  
EDSA Shangrila Hotel



## Welcome new FELLOWS!

The Committee on Certifying Board chaired by Dr. Lyra Ruth C. Chua is pleased to announce the new fellows of the Philippine Society for Reproductive Medicine. They are the following:

- 1) Ma. Rosielyn D. Asto, MD
- 2) Christina R. Cuadra, MD
- 3) Geralyn M. De Vera-Sumugat, MD
- 4) Fides Marie DS. Francisco, MD
- 5) Yvette Marie C. Manalo-Mendoza, MD
- 6) Mikaela Erlinda G. Martinez, MD
- 7) Maria Luisa C. Tanchoco, MD
- 8) Anna Katrina G. Purugganan, MD



## Editor's Corner

By Angela G. Sison-Aguilar, MD MSc MBA

# A plea for access to combined hormonal medication: an essential and necessary

## An appeal to the Supreme Court to lift the TRO

Abnormal uterine bleeding (AUB) afflicts 1 of every 4 women worldwide (1)<sup>i</sup>. More than half of these women suffer from anemia due to heavy bleeding (2)<sup>ii</sup>. Not only does it affect the quality of life of women and their families, it also results in serious morbidity and possibly mortality. The socioeconomic impact of AUB in women of all ages is huge and universal.

After appropriate assessment, most women who have ovulation disorders as a cause of their irregular bleeding are given a hormonal treatment in the form of an estrogen-progesterone preparation (3)<sup>iii</sup>. This medication is commonly the first line treatment and is widely administered across many countries (4)<sup>iv</sup>, (5)<sup>v</sup> including the Philippines (6)<sup>vi</sup>. Available in many formulations, it has the therapeutic effect of suppressing the hypothalamic pituitary axis through negative feedback and is able to decrease and control heavy menstrual bleeding (7)<sup>vii</sup> resulting in regular cycles. Depending on the progestin formulation, it is able to decrease clinical hyperandrogenic symptoms such as acne (8)<sup>viii</sup> and hirsutism, decrease bothersome premenstrual dysphoria (9)<sup>ix</sup>, and decrease the suffering of many women due to dysmenorrhea (10)<sup>x</sup>. Through the same effect on the hypothalamus and the pituitary gland, the preparation is able to suppress the secretion of follicle stimulating hormone (FSH) thus preventing follicle maturation and ovulation. The "pill" as it is commonly known has thus been used as an effective and safe contraceptive.

The continued availability of this essential medication for Philippine health care is thus necessary for the effective treatment and management of many gynecologic conditions. The ongoing legal restraint (11)<sup>xi</sup> on the procurement of these medications has the consequence of restricting its availability by hindering the relicensing of said medications by the Philippine Food and Drug Administration (FDA) through a temporary restraining order (TRO) issued by the Supreme Court in 2015 (12)<sup>xii</sup>.

The controversy surrounding the Responsible Parenthood and Reproductive Health Act of 2012 (RH Law) centers on hormonal medications which, while not medically indicated as abortifacients, are alleged by the petitioners against it as agents which:

- a) Induce(s) abortion; or
- b) Induce(s) the destruction of a fetus inside the mother's womb; or
- c) Prevent(s) the fertilized ovum to reach and be implanted in the mother's womb,

and is thus against the provisions of Article II, Section 12 of the Constitution.

Interestingly, medications which are true category X drugs, included in this group are anti-malarials and chemotherapy drugs for cancer, can

inadvertently harm the fetus and cause abortion. These availability of these medications are not restricted and not affected by a petition which resulted in a TRO. This casts doubt as to the true intent of the petition against the RH bill's implementation. If the legal argument is to be used against antimalarial and anticancer drugs, both will no longer be available in the country. Indeed, it seems science cannot overcome politics and the lack of consistency with which the reasoning is applied selectively on medications or medical devices licensed for therapeutic purposes in the country eventually violates Section 15, Article II of the Constitution provides:

*Section 15. The State shall protect and promote the right to health of the people and instill health consciousness among them.*

To further illustrate the poor logic behind the TRO, a simple urinary catheter, licensed as a medical device, for drainage of urine from the bladder, will be not be allowed in the Philippines if the petitioners' rationale is followed, since, though not the primary mechanism, it is being used to induce abortion in the backstreets.

According to the Department of Health's own description (13)<sup>xiii</sup> of the situation:

*The FDA was unable to renew the certificates of product registration (CPRs) of 15 of 48 contraceptive products in the Philippine National Formulary in 2016. Fourteen more CPRs will expire in 2017, another 14 in 2018, four in 2019 and one in 2020. This means that by November of 2020, artificial contraceptives will no longer be available in the market.*

Given the urgency of the matter, the DOH has already submitted a response (14)<sup>xiv</sup> to the directive of the Supreme Court (15)<sup>xv</sup> to "formulate the rules and regulations or guidelines which will govern the purchase and distribution/dispensation" of these medications in question. To date, the temporary restraining order is still in effect.

We plead with the distinguished members of the Supreme Court to consider favorably the petition to lift the restraining order on the licensing and sale of these medications. Without these medications, a large number of our women will be denied access to appropriate and effective health care. Such will cause untold suffering and loss not just to these individuals but also to their families and to the society as a whole.

<sup>i</sup> (1) Whitaker, Lucy, and Hilary OD Critchley. "Abnormal uterine bleeding." *Best Practice & Research. Clinical Obstetrics & Gynaecology* 34 (2016): 54.

<sup>ii</sup> (2) Fraser, Ian S., et al. "Prevalence of heavy menstrual bleeding and experiences of affected women in a European patient survey." *International Journal of Gynecology & Obstetrics* 128.3 (2015): 196-200.

<sup>iii</sup> (3) Heikinheimo O, Fraser I, The current status of hormonal therapies for heavy menstrual bleeding (AUB-O and AUB-E), *Best Practice & Research Clinical*



## THE PSRM NEWSLETTER

The PSRM Newsletter is an official publication of the Philippine Society of Reproductive Medicine, Inc. It is printed bi-annually and distributed to the members of the PSRM.

### Editorial Staff:

Editor-in-Chief : Angela S. Aguilar, MD  
Contributors : Ina S Irabon, MD  
Madonna Victoria C. Domingo, MD  
Regina Paz Tan-Espiritu  
Angela S. Aguilar, MD  
Marinella Agnes G. Abat, MD  
Lyra Ruth C. Chua, MD  
Maria Jesusa Banal-Silao, MD

Secretariat: : G/F POGS Bldg., #56 Malakas St.,  
Diliman, Quezon City  
Telefax: 9209565  
Email: psrei2001@yahoo.com  
Website: www.psrei.org

### Continuation editorial corner.....

Obstetrics & Gynaecology (2017), doi: 10.1016/j.bpobgyn.2017.01.001.

iv (4) American College of Obstetricians and Gynecologists. "Management of abnormal uterine bleeding associated with ovulatory dysfunction. ACOG Practice bulletin no. 136." *Obstet Gynecol* 122 (2013): 176-185.

v (5) Singh, Sukhbir, et al. "Abnormal uterine bleeding in pre-menopausal women." *Journal of Obstetrics and Gynaecology Canada* 35.5 (2013): 473-475.

vi (6) POGS. Clinical Practice Guidelines on Abnormal Menstrual Bleeding.

vii (7) Supreme Court General Resolution Nos. 217872 (17 June, 2015) and 204819, 204934, 204957, 204988, 205003, 205043, 205138, 205478, 205491, 205720, 206355, 207111, 207172 & 207563.

viii (8) Supreme Court General Resolution Nos. 217872 (17 June, 2015)

ix (9) 3rd Annual Report on the Implementation on the RPRH Act of 2012

x (10) A Motion for Urgent Resolution was also filed by the Office of the Solicitor General in March 6, 2017.

xi (11) Supreme Court General Resolution No. 204819

xii (12) Supreme Court General Resolution Nos. 217872 (17 June, 2015)

xiii (13) 3rd Annual Report on the Implementation on the RPRH Act of 2012

xiv (14) A Motion for Urgent Resolution was also filed by the Office of the Solicitor General in March 6, 2017.

xv (15) Supreme Court General Resolution No. 204819

## Urofollitropin For Injection B.P.

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# THINK POSITIVE

**uFSH HP = rFSH**  
**59/270 vs. 59/247<sup>1</sup>**  
(pregnancy rate in non sponsored trials)



**+ uFSH HP is cost effective and non inferior to rFSH<sup>1</sup>**

### Reference:

1. Al-Inany H, Aboulghar M, Mansour R and Serour G. Meta-analysis of recombinant versus urinary-derived FSH: an update. *Human Reproduction* 2003; 18(2)