

NEWSLETTER

PHILIPPINE SOCIETY FOR REPRODUCTIVE MEDICINE, INC.



PSRM Newsletter

September 2018 ♦ Volume 21, Issue 38



Welcome to the 2018 PSRM 24th Annual Convention: Concerns, Controversies and Challenges in Reproductive Medicine. Through the years, PSRM has always stayed true to its mission to provide relevant information on various topics with regards to reproductive medicine. Each year, we gather experts to share their in-depth knowledge and experience on endometriosis, PCOS, AUB, infertility, contraception and menopause. As you can see, these

may be the same topics we focus on year in and year out. But their management and the manner in which they are discussed are always evolving. These mainstays of reproductive medicine are very dynamic topics and we seek to give the latest updates in order to enhance our current understanding of these issues 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. The aim of this meeting is to offer the practitioners a practical approach to mastering the basics and keeping up with the latest information on reproductive medicine.

Apart from our home-grown experts, we are honored to have with us six 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 Ramon Aurell Ballesteros from Spain, Dr. Michael Richardson, Professor Thiam Chye Tan and Ms. Angela Ho all from Singapore, Dr. Shubhadeep Bhattacharjee from India and Dr. Double Hong from Taiwan. These experts are not only well known in their respective fields, they are also driven by their willingness to teach.

In addition to the standard topics for discussion, we are including a session on fertility preservation and oncofertility, which serves to guide clinicians in addressing delicate matters with regards to this issue. Another highlight of the congress is the session exploring the role of the gynecologist in co-managing cancer patients. The aim of this session is to offer practitioners a practical approach to dealing with the gynecologic problems of cancer patients, given the limits of therapy. A third highlight is the

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WELCOME DELEGATES! 24th ANNUAL CONVENTION

The Philippine Society for Reproductive Medicine will hold its 24th Annual Convention on September 25-27, 2018 entitled Concerns, Controversies and Challenges in Reproductive Medicine. The event, which will be held at Edsa Shangri-



-la Hotel, will kick off with a Pre-congress IVF Course which aims to update IVF practitioners and embryologists with the different aspects of managing patients and the laboratory. There will be a breakout session in the afternoon wherein learnings acquired during the lectures would be applied. The main congress will tackle a diverse array of topics by excellent speakers. Topics included are endometriosis, polycystic ovary syndrome, contraception, menopause, infertility and fertility

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panel discussion on menopause, where well-known experts will help the participants deal with various cases of women with menopause.

A new feature introduced in this congress is the Breakout Sessions, which will offer a more interactive type of learning. For this activity, the delegates will be choose a topic of interest, such as Adenomyosis, Leiomyoma, Pediatric and Adolescent Gynecology and Male Infertility. Authorities in the field will facilitate the teaching process. Apart from the usual didactics, the smaller group setting will allow the participants a more in-depth participation and learning.

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 showcase different scenarios encountered during IVF, its complications and updates. A special feature of this course is the focused group discussion. The delegates will be divided into smaller groups where an IVF expert will mentor them in a classroom-type setting. This session will help the delegates apply their learnings from the day's didactics to actual IVF cases. The idea is to simulate the daily approach to the management (stimulation and monitoring) of IVF patients. This course is dedicated to all specialists (REIs, embryologists, IVF lab staff) looking to further advance their knowledge on IVF as well as OB-GYNs interested in understanding more about IVF. Joining us for this workshop are our international guests, Prof. Ramon Aurell Ballesteros, Dr. Michael Richardson, Ms. Angela Ho, Dr. Shubhadeep Bhattacharjee and Dr. Double Hong.

We are also continuing a feature which we introduced last year: the distribution of a handbook 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 revised and updated free copy of the guidebook.

In order to boost the research output of residents, fellows, consultants in Reproductive Medicine, we will also have a Research and Interesting Case Contest on September 26. The Research Committee spearheaded by Dr. Angela Aguilar has seen a rise in the number of submissions. There will also be a gallery featuring the poster sessions of all accepted entries.

ALL delegates are invited to participate in the annual fellowship night on September 26. This year's theme is the luau-inspired "ARTLOHA", and all attendees are invited to come in their best hawaiian outfit. Our Socials Committee, headed by Dr. Ney Abat, has prepared games and surprise numbers for everyone to participate and enjoy.

As always, PSRM is a well-oiled machine and I have the pleasure of working with a reliable, efficient and dedicated organizing committee, headed by our overall chair, Dr. Gladys Tanangonan. Thank you to the valuable guidance of our Scientific Committee, chaired by Dr. Mads Domingo, co-chaired by Dr. Tonette Habana, with the help of other members of the committee, Dr. Ina Irabon, Dr. Tess Barrientos, and our mentors Dr. Delfin Tan, Dr. Nards Almeda, Dr. Lilia Luna and Dr. Joy Novero. Thank you to the organizing committee members who selflessly and quietly work for PSRM: Dr. Jing Fernandez (chair) for the Ways and Means Committee; Dr. Debby Pacquing-Songco (chair), Dr. Grace Cruz, and Dr. Marian Capco-Dichoso (co-chairs) for the Exhibits Committee; Dr. Majoy Cristi-Limson (chair) and Dr. Dadah Nisperos (co-chair) for the Physical Arrangements Committee; Dr. Rose Esguerra (chair) and Dr. Myka Bucu (co-chair) for the Documentation and Registration Committee and for coming up with our PSRM Guidebook; Dr. Lenie Casanova (chair) and Dr. Allen Tan (co-chair) for the Program and Invitations Committee and Dr. Ney Abat (chair), Dr. Emma Caringal (co-chair) for the Committee on Socials and for organizing our fellowship night. I would like to mention other silent workers who may not have been chair/co-chair of the committees but who never-the-less voluntarily contributed so much: Dr. Irene Sy for helping out in Ways and Means Committee and Dr. Joyce Medina for always supporting the Socials Committee.

I would also like to thank our other Board Members who have been there to give their advice when major decisions had to be made and who contributed to this year's achievements: Dr. Angge Aguilar for spearheading the research committee and driving up the interest in research, Dr. Mico Torres for fixing our PSRM records, and Dr. Dina Sazon-Carlos for tirelessly organizing all our 5 CME workshops for the 2018. Thank you to our generous CME sponsors for this year, UAP (Cagayan De Oro, La Union, Bicol, and Iloilo CMEs) and Embil Exeltis (Pampanga CME).

Thank you everyone for your untiring and generous support. It is truly an honor to work with such a great team. Thanks to all PSRM members for your commitment to our society's endeavors. I thank you with all my heart. *#I LOVE PSRM.*

I would also like to thank our sponsors for their magnanimous support for this annual event: Abbott, Ferring and Merck Serono (Platinum Sponsor), Bayer, Brady Pharma, Pharmalink, Sofiva, Thermo Fisher and Unilab (Gold Sponsor), BSV, Biofemme and UAP (Silver Sponsor), and all the exhibitors who set up their booths with us.

continuation vice president

preservation and oncofertility. Special topics on the gynecologist's role in the management of breast cancer patients and abnormal uterine bleeding in patients with inherited bleeding disorders are also included. Prof. Ramon Aurell Ballesteros from Spain, Dr. Michael Richardson, Prof Thiam Chye Tan and Embryologist Angela Ho, all from Singapore, Dr. Shubhadeep Bhattacharjee from India and Dr. Double Hong from Taiwan are the special guest speakers coming over to share their expertise. Special sessions on adenomyosis, leiomyoma, pediatric and adolescent gynecology and male infertility with local REI experts in the breakout groups, as well as the panel discussion on early menopause, would also be something to look forward to. The 3 day congress promises to be jam-packed with outstanding lectures the goal of which is to advance exemplary patient care and achieve better outcomes in reproductive health.

Gladys G. Tanangonan, MD, FPOGS, FPSRM, FPSGE
Vice President and Over-all Chair 24th Annual Convention

continuation president

Thank you to the staff of PSRM, who are doing the legwork behind-the-scenes, and who have been with us for so many years: Sarah and Richie. 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
President, PSRM

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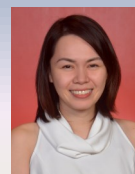
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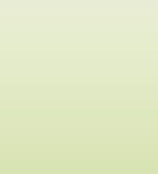
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2018 OUTREACH PROGRAM

Last August 5, 2018, 120 participants attended the 3rd series of PSRM Outreach Program at the Hotel Venezia Renaissance, Legaspi City, Albay. The course overview was given by Dr. Marcela Dianalyn Sazon-Carlos, chair of the outreach program. Dr. Angela S. Aguilar gave a lecture on Myoma and Infertility, Dr. Gladys Tanangonan on PCOS, Dr. Regina Paz Tan-Espiritu on Endometriosis. We would like to thank POGS Region 5 and Dr. Ana Young Garcia-Sy for their warm welcome and of course our sponsor, Unilab– UAP for their magnanimous support on this project.



The 4th series of lectures was done on August 15, 2018 at the Fontana Golden Pavilion, Clark Freeport with an overwhelming attendance of 220. We were warmly welcomed by Region 3, POGS Central Luzon Chapter. We would like to thank Dr. Precy Eclarin and our local speakers from Central Luzon, Dr. Eileen Co-Sy, and Dr. Irmina Lacsina-Gomez.



EDITOR'S CORNER

STIMULATING RESEARCH AND ITS RELEVANCE IN OUR DAILY PRACTICE

Angela G. Sison-Aguilar, MD,
MSc, MBA



Many of us are clinicians. We barely have enough extra time for other endeavors apart from our surgeries and our clinics. Even our family and friends have to compete for our attention—what more for an obscure entity called research?

Yet we have, even in our daily practice, questions that need to be answered, patients' needs that have to be fulfilled, diagnostic dilemmas that have to be deciphered and management controversies that have to be resolved. Who will give these answers? Where will we get enlightenment? What will provided solutions?

Research. Written and published—these will give us answers to our clinical questions. Whether it is a mere storytelling exercise—the case report—or a full blown randomized, double blind, placebo controlled, multi-center study—the whole range contributes to the body of scientific knowledge.

The case report is more than just gossip of what the other doctor encountered in her clinic. The case report helps us compare similar clinical profiles, heighten our diagnostic suspicions, and guide us to possible treatments and prepare us for probable outcomes. Case reports in greater numbers (hopefully, with adequate sample sizes) become clinical studies, whose outcomes can be generalized to a larger number of patients. These can direct us toward better approaches to our patient's diagnosis and management. Research can, to quote David Shaw and Gareth Jones in their paper written in the last century, fill "the most pressing gaps in our knowledge."

This year, we have endeavored to expand the participation to this communal building of scientific knowledge. We have expanded our invitation to include not just REI fellows but also to all who will con-

duct any study covering topics pertinent to reproductive medicine:

1. Infertility
2. Polycystic ovary syndrome
3. Endometriosis
4. Myoma
5. Abnormal uterine bleeding
6. Recurrent pregnancy loss
7. Disorders of sexual development
8. Reproductive genetics
9. Menopause
10. Contraception

We envision that our annual meeting will be a forum, not just for lectures by eminent speakers, but also a forum to exchange of ideas, a setting for collaboration, a venue for translating data into clinical recommendations, a catalyst to change practice and create a positive impact on reproductive health. We hope that from this fertile ground will rise reproductive scientists from among us who will lead the charge and push the agenda of research and innovation in reproductive medicine.

Let us all get involved. Let us all get engaged.
Research!

¹ Shaw D, Jones G. Stimulating Research. Bulletin of the Royal College of Psychiatrists. 1981 Mar;5 (3):51-.

² Townsend J, editor. Strengthening research in academic Ob/Gyn departments. National Academies Press; 1992 Feb 1.

THE PSRM NEWSLETTER

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EDITORIAL STAFF:

Editor-in-Chief	: Dr. Angela S. Aguilar
Contributors	: Dr. Regina Paz Tan-Espiritu : Dr. Gladys G. Tanangonan : Dr. Marcela Dianalyn S. Carlos
Secretariat	: G/F POGS Bldg. #56 Malakas St. Diliman, Quezon City Telefax: 632 9209565 Email: psrei2001@yahoo.com



International Activities

FIGO Regional Congress of Middle East and Africa
April 11 - 13, 2018
Intercontinental Dubai Festival City, UAE

FIGO XXII World Congress 2018
October 14 - 19, 2018
Rio de Janeiro, Brazil

2019 IFFS World Congress
11 April—14 April 2019
Shanghai Expo Centre, Shanghai, China

ASPIRE
2-5 May 2019
Hongkong Convention and Exhibition Centre
Hongkong

AOFOG 2019 in Manila
November 11-16, 2019



Local Activities

POGS 2018 Annual Convention
November 13-16, 2018
Philippine International Convention Center

Asia Pacific Menopause Federation Congress
29-31 May 2019
EDSA Shangri-La Hotel, Mandaluyong City

