



NEWSLETTER

PHILIPPINE SOCIETY FOR REPRODUCTIVE MEDICINE, INC.

IN THIS ISSUE

- Learning with PSRM never stops
- Polycystic Ovary Syndrome: updates in diagnosis, pathogenesis and management
- PJREI goes digital
- PSRM website: a testament of resiliency
- PSRM sparks new interests in research
- PSRM welcomes new fellows



Welcome Message

Angela S. Aguilar, MD
President, PSRM

This year, 2021, is a turning point, not just for our society but for the world. The pandemic brought about cataclysmic change to humankind and everyone was forced to adapt to this new order. We are blessed that our society was able to weather this storm, armed with the determination to pursue our goals, not just for ourselves and our practice but for the betterment of women's health and fertility.

We have embraced the new technology early on, continuing to hold meetings and events online, without skipping a beat. Our presence never waned, and, I daresay, even gained greater prominence this year as we are continuously able to provide continuing medical education every week to our members, and to our larger constituency, our colleagues from the Philippine Obstetrical and Gynecological Society, Inc.

In fact, we have been rejuvenated, aided by our resolute and dedicated board of directors, whose hard work and commitment had carried our projects through, and our new administrative staff, who enabled us to maintain the level of activity unexpected with the current restrictions. We did not hibernate, nor shrink, in the face of these challenges. I would even say we grew and flourished!

Today as we hold our first full length annual convention through our virtual platform, we welcome our new members, the newly certified fellows in reproductive medicine, and our new associate members, embryologists and allied professions in our field. We will also launch and report on our new projects.

Indeed, we are thankful for this year, for the support of our members and partners, for our collective passion to pursue our goals. With the blessings our Lord, the Philippine Society for Reproductive Medicine, will continue to fulfill its mission for years to come.

PSRM carries on with initiatives for 2021

Debbie Guanni Dy-Meguizo, MD
PSRM Vice-President and Over-all Chair, Annual Convention

In 2020, we were all surprised by the extent of the COVID-19 pandemic and the uncertainty that came with it. As we begin 2021, we are now faced with the task of mimicking normalcy in continuing medical education. With this in mind, PSRM has a jam-packed year ahead filled with projects that are not only educational, but also provide opportunities to foster the bonds we have as members of PSRM.

We started with our series of "Online Thursdays" offering all our attendees unbiased, straight to the fact, and evidence-based discussions on reproductive endocrinology. We have a great team of CME on scientific and technical support. Topics were timely and interesting, discussed by superb lecturers. And as expected, PSRM lecturers and moderators delivered excellently.

From May 13 to 14, 2021, we had our Virtual Midyear Convention, entitled IVF: Revisited. As ART has a continuing fast-paced innovation, discussions were directed on the updates available both locally and internationally.

From July to August 2021, we had four sessions in our IVF series. The first series was on ART in Poor Ovarian Reserve, and the second was on Fibroids in ART. Through these efforts, we enriched the knowledge of our members on the current trends of ART.

This coming September 17 and 18 2021, PSRM will hold a 2-day Virtual Annual Convention on the Concerns, Challenges and Controversies in Reproductive Medicine. We will be having local and international speakers who are experts in the fields of reproductive endocrinology, abnormal uterine bleeding, PCOS, endometriosis, recurrent pregnancy losses, advanced reproductive technology, infertility, minimally invasive surgery, menopause, transgender issues, counseling, and ethics — everything about PSRM, everything we are all passionate about.

October 16, 2021 will be the POGS-PSRM Pre-Congress Day. We will be engaging our attendees on the Tips and Tricks in the Management of AUB from adolescent, to reproductive (with myoma, with endometriosis), to perimenopausal women. We will be having four great speakers, all renowned presidents of PSRM. On November 10, 2021, let us all support the PSRM simultaneous session during the POGS annual convention.

All these activities were made possible with a great teamwork. We have an excellent organizing committee who planned and executed all our projects magnificently. Members of PSRM have great potential and this what makes our society.



Polycystic Ovary Syndrome: updates in diagnosis, pathogenesis and management

Ina S. Irabon, MD

PSRM officially launches its handbook on PCOS, entitled "Polycystic Ovary Syndrome: Updates in Diagnosis, Pathogenesis and Management", during the business meeting of the virtual Annual PSRM convention on September 18, 2021. It was a project that was initiated by the board of directors from year 2020 (under the leadership of Dr Marinella Agnes Garcia-Abat), but was delayed due to the start of the COVID-19 pandemic. The handbook basically contains sections on diagnosis and epidemiology, pathophysiology, long-term health consequences and clinical guidelines on management. The objective is to primarily update our members and all obstetrician-gynecologists on the best available evidence on diagnostic and therapeutic modalities for PCOS, as well as to synthesize in one comprehensive book, the latest information about the etiology and pathogenesis of PCOS. The editors of this handbook are Dr Delfin A. Tan, Dr Antonia E. Habana, and Dr Ina S. Irabon.

Methodology

The editorial team formed a technical working group that was composed of the following: Dr Marites A. Barrientos, Dr Marian Capco- Dichoso, Dr Margaret Joyce Cristi-Limson, Dr Gilyn Angela J. Marasigan, Dr Mikaela Erlinda Martinez-Bucu, Dr Anna Lynn A. Matignas, Dr Ednelyn Ong-Jao, Dr Leedah Ranola-Nisperos, Dr Emma R. Caringal, Dr Maria Luisa C. Tanchoco, Dr Ma. Isidora Yap-Garcia, and Dr Mary Liezl N. Yu. The technical working group is headed by Dr Ina S. Irabon.

The topics included in the CPG were discussed by the technical working group, editorial board, and approved by the PSRM Board of Directors. The authors for each topic/chapter were then chosen based on their expertise.

An extensive literature search was done to answer specific clinical questions formed using the PICO format. Searches were limited to the English language. Published studies were searched and identified using the following databases: Cochrane database, Pubmed (NIH National Library of Medicine),

Embase, Google scholar, Science Direct, Ovid, and other applicable sites. Guidelines from uptodate.com and by other societies such as ASRM, ESHRE, ACOG, RANZCOG, SOGC and NICE were also used as references. Systematic reviews, metaanalysis, and randomized controlled trials were primarily used when available. If

Quality of evidence	Strength of Recommendations
High ⊕⊕⊕⊕	Strong (for or against)
Moderate ⊕⊕⊕	Weak (for or against)
Low ⊕⊕	
Very Low ⊕	

not available, then literature that was most relevant to the clinical question was used. These were then synthesized by the authors and TWG members, and the quality of evidence was evaluated using the Grade Pro approach. The quality of evidence and strength of recommendations were reported as follows:

Peer review process/Presentation of guideline to stakeholders.

The statements were then presented in a 2-day critiquing plenary session composed of the technical working group, authors, editorial board, PSRM board of directors, and PSRM past presidents, via an online platform (Zoom). Selected chapters were sent to stakeholders for external review (patients and representatives from specialty societies such as Philippine Society of Maternal Fetal Medicine, Pediatric and Adolescent Gynecology Society of the Philippines, and Philippine Society of Pediatric Metabolism and Endocrinology). The chapters on diagnosis, pathogenesis and long-term consequences likewise underwent peer review. All comments and suggestions were considered and the necessary revisions were made. The guidelines were again reviewed by the editorial board prior to coming out with the final recommendations.

These clinical practice guidelines will be revised as the need arises, or when new evidence is available that will alter current recommendations.

Philippine Journal of Reproductive Endocrinology and Infertility (PJREI) goes digital

Ina S. Irabon, MD

The Philippine Journal of Reproductive Endocrinology and Infertility (PJREI), a peer-reviewed official journal publication of the PSRM, now has a website, which PSRM members and all other researchers, can use to search and access articles on reproductive medicine, that was published in the journal. The site will also be a portal for writers to submit their articles related to reproductive medicine, for possible publication in the PJREI. The PJREI accepts papers on reproductive medicine and surgery,

andrology, menopause, pediatric gynecology, immunology, genetics and contraception. It is indexed at the Western Pacific Region Index Medicus (WPRIM) and HERDIN database of the Philippine Council for Health Research and Development (PCHRD). The PJREI editor-in-chief is Dr Maria Antonia E. Habana, and its associate editor is Dr Ina S. Irabon.

The PJREI website shall be officially launched on September 18, 2021, during the virtual Annual PSRM convention.



PSRM website: a testament of resiliency

Emille Teresa B. Apepe, MD

The current pandemic has strengthened the advocacy of the Philippine Society for Reproductive Medicine (PSRM) to sustain and promote collaborative efforts among its members. These efforts aimed at disseminating and establishing an understanding of reproductive medicine among non-PSRM colleagues as well as the general public. With this in mind, the new website, <https://psrminc.org>, was launched in May 2021 which included striking features such as educational videos and infographics on a variety of topics, an updated listing of PSRM members and their clinic affiliations, links to recorded videos of PSRM's weekly webinars, and a registry of ART clinics nationwide. The Communication Committee of PSRM, under the dedicated leadership of Dr. Marites Barrientos, who is also the current P.R.O. of PSRM, is optimistic that everyone will have a worthwhile experience navigating through an upgraded version of the society's website, and will continue to keep the content relevant and useful well beyond these unprecedented times.



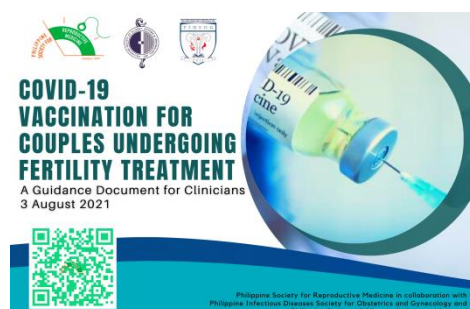
PSRM sparks new interests in research

Mona Ethellin Yiu-Senolos, MD

True to its mandate to promote research in reproductive medicine, the Committee on Research and Development has embarked on an educational series aimed at laying the groundwork for creating excellent, meaningful research. The committee jump-started the year with a Technical Peer Review course for our research team and selected members in the academe. This course was spearheaded by Professor Jose Florencio Lapeña, MD – a distinguished editor and experienced peer-reviewer in the national and international arena. This was followed by a series of research sessions aimed at supplying our learners with the basic tools for generating research: from the basics of case-report writing by Dr. Mark Anthony Sandoval, how to do a systematic review by Dr. Lindsey Sikora and research designs and methodology by Dr. Mario R. Festin. The last in the series will deal on the different available softwares that trainees can cite when writing their papers, to be given by Dr. Teresa Flaxman.

Putting these seminars into practice, the society has conducted its annual research paper and interesting case report contests as well as an interesting case report poster contest in time for our virtual annual convention. These activities will serve as a venue to further cultivate young minds and hone their skills in research that we hope will impact and improve patient care.

Recognizing the society's wealth of expertise, the committee also created Special Interest Groups (SIGs) to bring together members with shared interests and passion to foster cooperation and close communication. Currently, we have 5 SIGs where PSRM members can volunteer to join: Infertility, Polycystic ovary syndrome (PCOS), Reproductive Surgery, Recurrent Pregnancy Loss (RPL), and Disorders of Sexual Dysfunction (DSD). The SIGs are envisioned to act as the machinery for faster distribution and, ultimately creation of new knowledge that is relevant to our setting. A sample of which is the joint position statement on COVID vaccination for couples undergoing fertility treatment published last August 3, 2021 and further updated on August 14, 2021, in collaboration with the Philippine Infectious Diseases Society for Obstetrics and Gynecology (PIDSOG) and Philippine Society for Allergy, Asthma and Immunology (PSAAI). More projects are in the pipeline as we continue to strive for progress in research, spark interest amongst our members, and ultimately meet the challenge of improving reproductive care nationally and globally one research at a time.



The Philippine Society for Reproductive Medicine (PSRM) has resumed the certifying board exam this year after it was postponed in 2020 as the pandemic surged and disrupted some of its planned activities.

The Certifying Board, headed by Dr. Gilda G. Martinez, together with the members Dr. Rudie Frederick B. Mendiola (co-chair), Dr. Lilia P. Luna, Dr. Enrico Gil C. Oblepías, Dr. Madonna Victoria B. Domingo and Dr. Ina S. Irabon facilitated the written and oral examinations last August 13, and 22, 2021, respectively.

The following are the five new fellows who will be inducted during the PSRM Virtual Annual Convention on September 18, 2021, with Dr. Florante P. Gonzaga as the inducting officer: (1) Carmela Joy P. Aquino-Cabral, MD, (2) Diana J. Cupino-Arcinue, MD, (3) Muriel L. España, MD, and (4) Patricia Ann A. Factor, MD, all from the Philippine General Hospital and Maria Delina E. De Chavez-Nueva, MD from St. Luke's Medical Center – Quezon City.

PSRM welcomes new fellows



CARMELA JOY P.
AQUINO-CABRAL, MD



DIANA J. CUPINO-
ARCINUE, MD



MARIA DELINA E. DE
CHAVEZ-NUEDA, MD



MURIEL L. ESPAÑA,
MD



PATRICIA ANN A.
FACTOR, MD

PHILIPPINE SOCIETY FOR REPRODUCTIVE MEDICINE

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CONCERNS, CONTROVERSIES AND CHALLENGES IN REPRODUCTIVE MEDICINE

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