

PSREI NEWSLETTER

Official Newsletter of the Philippine Society of Reproductive Endocrinology and Infertility, Inc.

Volume 6, Issue 13

March, 2004

Message from the President

The Philippine Society of Reproductive Endocrinology and infertility was founded in 1993. This year, 2004, will be a good ten year period since then.

What has been accomplished so far?

1. The Society is now an affiliate member of the International Federation of Fertility Societies.
2. From an initial membership of 38, we have now 71 members. Sixty eight of them are from Luzon, 1 member is from the Visayas region, and 2 members from Mindanao.
3. We now have two accredited training programs for the subspecialty and one awaiting full accreditation
4. At present, we have two scholarship grants for fellows in training.
5. For this year, we are launching the official journal of the society which shall be published bi-annually.
6. Every year, we have the interesting case and research paper contest to encourage further interest the specialty
7. The midyear postgraduate course and annual convention are both on-going with increasing number of attendees each year.



continued on page 2



Past President 2000 Dr. Rosalinda Arceo inducted the officers and members of the PSREI Board of Directors during the society's Christmas celebration at the Mandarin Oriental Hotel last December 2003. Inductees were President Blanca de Guia, Vice President Santiago del Rosario, Secretary Enrico Gil Oblepias, Treasurer Carmencita Tongco, Auditor Gilda Martinez, PRO Lyra Ruth Chua, and member Grace Serrano. The affair was hosted by Roche Philippines.

PSREI Journal to be published



For the first time in its 11-year history, the PSREI is coming out with a journal of its own. Past President Greg B. Pastorfide has been appointed by President Blanca de Guia as editor in chief of the journal. With this priority project of Dr. de Guia, worthwhile local research papers and interesting cases will see publication. This will furthermore encourage more members to go into quality research and scientific writing to get their work published.

The other members of the editorial board are: Drs. Lyra Ruth C. Chua, Virgilio M. Novero, Gilda Martinez, Eileen Manalo and Marilyn Dee. The journal will be produced with an educational grant from Serono Philippines and will be distributed to all members of the society, PQGS accredited hospitals, and registrants in the PSREI annual convention. Two issues will be printed yearly, 200 copies for each issue. Watch out for the maiden issue!

In this Issue:

- 1 - Message of the President
PSREI Journal to be Published
Induction of Board of Directors
Year 2004

- 2 - Editors Corner
- 3 - The Working Committees
- 4 - Calendar of Scientific Meetings
PSREI Representatives to IFFS 2004
Price Quotation for IFFS 2004

- 5 - IMMS
- 6 - The Year That Was . . .
- 7-8 - Up close & Personal
Members' Directory

EDITOR'S CORNER

Lyra Ruth Clemente-Chua, MD



A newsletter is a letter that gives out news, right? So this piece that you are now holding in your hands is sent to you to inform you of what you need to know about our society. But rather than just being a means of disseminating information as cold black letters and words leaping out of the white pages, we would want this newsletter to be a means of communicating with each other, sharing thoughts and ideas, fostering camaraderie and spreading cheer through the written word. You may have a poem or a vignette for publication, a picture or two you may want to share, an interesting article you may want others to enjoy, a piece of knowledge that you want our colleagues to have ... You may want to ventilate your frustrations about the subspecialty with the rest of us, and know that you are not alone.

This is therefore an invitation to everyone to jumpstart the spark of the writer in you and move that pen. Join in. You are never too old nor too young to begin!

President's message..... from p. 1

After these years, are we following the vision and direction set forth by the founding members of the society? Do we need to change in direction? It will be interesting to hear the views of the different past presidents of the society.

As a national society, we always want to be in the forefront internationally. However, before we can do so, we must first be felt as a strong presence in the local setting.

Here are some of my practical "wish" lists for the society as of the moment.

1. Establishment of accredited training programs for fellowship in reproductive endocrinology and infertility both in the Visayas and Mindanao region
2. More participation in research and in paper presentations internationally from both fellows and fellows in-training of the society

As service provider, I can only wish for government support for low-priced drugs and equipment so that our countrymen can avail of the services of the reproductive endocrinology and infertility specialists.

My parting message is "We will only succeed if we persist in our beliefs".

THE PSREI NEWSLETTER

The PSREI Newsletter is an official publication of the Philippine Society of Reproductive Endocrinology and Infertility, Inc. It is printed quarterly in cooperation with ROCHE PHILIPPINES and distributed to the members of PSREI.

EDITORIAL STAFF:

Editor-in-Chief	: Dr. Lyra Ruth Clemente-Chua
Assistant Editor	: Dr. Grace P. Serrano
Contributors	: Dr. Santiago A. Del Rosario Dr. Blanca C. De Guia Dr. Joan Tan-Garcia Dr. Tellie Luna-De Guzman Dr. Marlyn T. Dee
Secretary & Layout	: Ms. Sarah Jane C. David
Secretariat	: G/F POGS Bldg., #56 Malakas Street, Diliman, Quezon City Telefax: 920-9565 Email: psrei2001@yahoo.com



THE WORKING COMMITTEES

ANNUAL CONVENTION SCHEDULED

PSREI Vice President and Annual Convention Over-all Chair Dr. Santiago del Rosario has announced the holding of the 11th annual convention of the society on Sept. 30 – Oct. 1 at the ISLA Ballroom of the EDSA Shangrila Hotel, Mandaluyong City.

The theme for this year's convention is "Updates in Reproductive Medicine," with lectures and interactive sessions by noted speakers from the local scientific community on the following general topics: Day 1, Session 1 Infertility under Drs. Lilia Luna and Dr. Corazon Lim, Session 2 - Reproductive Technology under Dr. Leonardo Almeda and Dr. Greg B. Pastorfide, Session 3 - Endometriosis under Dr. Rogelio P. Mendiola and Dr. Florante P. Gonzaga, Session 4 - Adolescence Menopause / Andropause under Dr. Rosalinda B. Arceo And Dr. Delfin A. Tan, Session 5 - Frontiers In Research under Dr. Ma. Trinidad R. Vera.

The interesting case presentation contest will close the first day's sessions. A luncheon symposium on contraception and sterilization technology will be held on the second day, and the interactive session and video session on endoscopy will close the second day's sessions. More details will be in the flyers that will be sent to all members.



FLASH NEWS:

Dr. Santiago del Rosario nominated for top PMA award

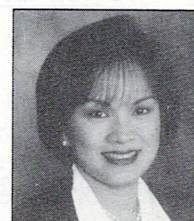
PSREI vice president Dr. Santiago A. Del Rosario is our nominee for the PMA Distinguished Service Award for 2004. Having served as president of the PMA in 1988-1989, plus the POGS, Manila Medical Society, Philippine Federation of Private Medical Practitioners, among all his other accomplishments, make him very eligible for this award. PSREI is rallying full force for his getting the award.

MIDYEAR POSTGRADUATE COURSE SLATED

Dr. Tellie Luna de-Guzman, chair of the committee on the midyear postgraduate course has announced an exciting line-up of topics and speakers for this midyear activity on July 17, 2004, at the Garden Ballroom, EDSA Shangrila Hotel, Mandaluyong City. The topics are:

- ❑ Understanding the new recombinant preparations: Their physiologic basis and clinical applications
- ❑ Poor-responders and clomiphene-resistant cases: The next step in ovulation induction
- ❑ Understanding the various progesterone preparations and their role in luteal phase support
- ❑ The subfertile male: Current trends in evaluation and treatment
- ❑ Revised 2003 Consensus Statement on PCOS
- ❑ Non-surgical diagnosis of endometriosis: Changing standards?
- ❑ EXPERT OPINION: an interactive case discussion on difficult infertility

Registration Fees: Member P500, Non-member P800, Resident P400.00

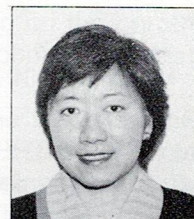


CALL FOR RESEARCH PROPOSALS ANNOUNCED

The committee on research chair Dr. Marlyn Dee announces an invitation for the submission of research proposals from interested PSREI members, under the auspices of the Local Research Fund program of the Pfizer Philippines Foundation. The research should focus on alternative solutions to the country's top causes of morbidity and mortality, and those listed that are relevant to the society would be heart diseases, diabetes, hypertension, cancer in relation to PCOS, obesity, and the metabolic X syndrome.

A grant of P50,000 to P200,000 per proposal will be given and a maximum of 5 grants will be given each year. The author must be a Filipino citizen and a licensed medical practitioner from a reputable institution. Proposals will be judged according to the following criteria: focuses on the top ten morbidity/mortality in the country, addresses a current public health concern, facilitates transfer of technology to other practitioners for replication.

Please send your abstracts to Pfizer Philippines Foundation, 23/F Ayala Life – FGU Center, Ayala Ave., Makati City or through email address PPFI@Pfizer.com



CALENDAR OF SCIENTIFIC MEETINGS

Local

- July 17, 2004 Midyear postgraduate Course
EDSA Shangrila Hotel
- Sept. 30-Oct 1, 2004 10th Annual PSREI Convention
EDSA Shangrila Hotel

International

- March 21-24, 2004 1st International Meeting of the
International Society of Ultrasound in
Obstetrics & Gynecology, Singapore
Website: www.isuogsingapore.com
- April 21-24, 2004 5th International Symposium on
Women's Health and Menopause;
Florence, Italy
Website: www.lorenzinfoundation.org
- May 20-22, 2004 1st Euro-Asian Congress The Events
of the Year in Gynecology & Obstetrics;
St. Petersburg, Russia
Email: congres@eska.fr
- May 23-28, 2004 18th World Congress on Fertility &
Sterility; Montreal, Canada
Website: www.iffs2004.com
- May 27-29, 2004 4th World Congress on Ovulation
Induction; Bologna, Italy Website:
www.gynepro.it
- June 3-6, 2004 5th World Congress on Controversies
in Obstetrics, Gynecology, & Infertility;
Las Vegas, Nevada, USA
Website: [www.kenes.com/
controversies/cogi5](http://www.kenes.com/controversies/cogi5)
- Nov 25-28, 2004 6th World Congress on Controversies
in Obstetrics, Gynecology, & Infertility;
Bangkok, Thailand
Email: cogi@kenes.com
- Nov 25-28, 2004 5th Indian Congress on Gynecologic
Endoscopy, Infertility, & ART;
Khajurajo, Madhya Pradesh, India
Website: www.sisab.net/india2004
- October 18-22, 2005 11th World Congress on the
Menopause, Buenos Aires, Argentina

PSREI representatives to IFFS designated



Dr. Myra Cruz Macalalag of the UP-PGH Department of OB-GYN fellowship training program in REI, will represent the PSREI in the Visiting International Fellow Program of the International Federation of Fertility and Sterility in Montreal, Canada on May 23-28, 2004.

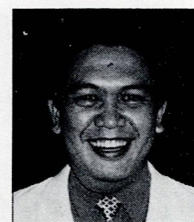


On the other hand, current PSREI auditor Dr. Gilda Germar-Martinez will be the official delegate of the society to participate in the General Assembly and to receive the ballots for the voting that will be conducted.

Other nominees yet to be named are the PSREI representative for IFFS auditing subcommittee member and IFFS nominating committee member.

From Our Secretary

Price Quotation for IFFS 2004



Filkor Travel Services Corp.
Ground Flr., G-1, CCH Bldg.
136 Leviste, formerly Alfaro St.,
Salcedo Village, Makati City
817-7486; 810-2275

Montreal Congress:

AIRFARE via Northwest: \$ 935 (no conditions)
via Air Canada: \$ 900 (restricted tickets, terms
and conditions below apply)*

HOTEL: Holiday Inn Select \$ 230/room/nite
Hyatt Regency \$ 210/room/nite
Hotel Intercontinental \$ 238/room/nite
(above rates are for twin sharing accommodations)

TAXES: US tax and Canadian Tax - \$ 115.00
War tax - \$ 12.00
Philippine Taxes - \$ 30.00

A SUMMARY OF THE POSITION STATEMENT OF THE EXECUTIVE COMMITTEE OF THE INTERNATIONAL MENOPAUSE SOCIETY REGARDING HORMONE TREATMENT OF WOMEN IN THE MENOPAUSAL TRANSITION AND BEYOND

The Executive Committee of the International Menopause Society (IMS) has reviewed information from the following:

1. Observational studies
2. The Women's Health Initiative (WHI)
3. The Estrogen Replacement and Atherosclerosis Study (ERAS)
4. Heart and Estrogen/Progestin Replacement Study (HERS)
5. Million women Study (MWS)
6. Pre-clinical research

The following points were raised by the Executive Committee:

1. Initial findings of the WHI showed an apparent increase in the risk of breast cancer and an apparent adverse effect on coronary heart disease, stroke and pulmonary embolism in the estrogen + progestin arm of the study. However, a subsequent analysis by the WHI of the full 5-year period has already shown that there was no statistically significant increase in breast cancer and the apparent increase in the cardiovascular hazard risk in year five had occurred because of a transient fall in the rates of these events/diagnoses in the placebo group, rather than a rise in the estrogen + progestin group.
2. The WHI, HERS, and ERAS were randomized controlled trials (RCTs) on women who were in late postmenopause with average age of 63 to 65 years. These older women will have had subclinical cardiovascular disease at the time they entered the trial. Results in such populations should not be generalized to younger women early in menopause.
3. The MWS is an observational study that reported that all types of hormone therapy regimens induce an increase in breast cancer risk, starting from the 1st year of use. The risk disappears from 1 to 5 years after withdrawal of hormone therapy. This strongly suggests that the surplus of breast cancer arose from observation bias and was not induced by the hormones.
4. The power analysis of the WHI showed that it was ten-fold underpowered to detect an early-estrogen cardioprotective effect of the magnitude reported in the observational Nurses Health Study of 2000.

5. The only valid studies of HRT for cardioprotection of women in the menopausal transition are the epidemiological and observational studies that generally agree with laboratory and animal studies, indicating cardioprotection by estrogen initiated in women during the menopausal transition.

The following guidelines were presented by the committee.

1. The committee recommends the continuation of HRT for the relief of menopausal and urogenital symptoms, avoidance of osteoporosis, and atrophy of connective tissue and epithelia. Possible clinical benefits in the prevention of cardiovascular disease and nervous system protection seem likely but have yet to be confirmed for women in the menopausal transition.
2. There are no reasons to place mandatory limitations on the length of treatment including arbitrary cessation of HRT in women who started replacement during the menopausal transition and remain symptom-free while on hormones. Each patient must be counseled on the current data so that she can make appropriate, informed, individual decisions.
3. Prevention, not treatment, is the most feasible goal. There is no evidence that HRT is beneficial for existing heart disease or dementia but the initiation of hormones during the menopausal transition appears to provide protection against fractures and heart disease as seen in observational studies.
4. The dose and regimen of hormones need to be individualized. Older women generally require lower doses.
5. The effect of the route of administration remains an issue.
6. The different types and regimens of HRT do not have the same tissue and metabolic effects and should not be grouped together as having a class effect.
7. Lastly, evidence from population studies cannot be directly generalized to individual patients. However, such evidence can be used as general guidance in clinical decision-making, in which case the emphasis should be on absolute rather than relative risk.

The Year That Was



Midyear Convention



Dr. Mendiola donating his painting



Christmas fellowship & induction of officers for 2004



Trips Abroad



Down Memory Lane



Past Presidents



Past Presidents

UP CLOSE AND PERSONAL: YOUR PSREI BOARD OF DIRECTORS

We all know the officers and leaders of our society because they were our mentors (tormentors?) and professors during medical school and residency training, they gave brilliant lectures during our postgraduate courses and conventions as we listened in awe, and they willingly helped us out in difficult clinical cases that we referred to them. But wouldn't it be nice if we got to know them on a more personal level? What makes them tick and what makes them click? This section will show some facets of our luminaries that we do not ordinarily see in the short encounters we have with them. Their answers to some questions we posed to them will reveal a little bit more about themselves.



PSREI luminaries with Roche representatives.

WHAT OR WHO PLAYED A MAJOR ROLE IN YOUR DECISION TO GO INTO THIS SUBSPECIALTY?

Dr. Blanca de Guia

- I just feel that reproductive endocrinology is less stressful than being in high-risk pregnancy and also less depressing than being in gyne oncology.

Dr. Gilda Martinez

- My decision to go into this subspecialty was due to my interest in the challenge, as well as the feeling of accomplishment, in helping infertile couples in their desire to achieve pregnancy. I guess I was influenced by two important persons in my life. My mother, Dr. Erlinda Germar, who

saw the fast-paced development of knowledge and technology towards the direction of reproductive medicine, and Dr. Florante Gonzaga, my mentor and one who I would consider the father of this subspecialty in our country, encouraged me to pursue further training abroad to help set up a fellowship training in the university hospital.

Dr. Enrico Gil Oblepias

- I just find this subspecialty to be very dynamic and interesting. Of course, this is arguable. I'm quite sure other obstetrician-gynecologists see their own subspecialty the same way... and I think that's a good thing.

Dr. Tellie Luna-de Guzman

- What made me decide to go into this subspecialty? The major factors in my choice of this subspecialty were the pros which outweighed the cons. I chose REI because it enables me to make a major difference in the lives of people. REI patients come to you because "they made the choice" not because "they had no choice". REI rarely involves life vs. death issues. If we are successful, new life begins. If we don't achieve our treatment goal, the couple's life goes on. Another "pro" is that I have control over my working hours. I chose not to be a slave to time and labor. This way, I have time for my kids. Lastly, I like the challenge; endocrinology isn't "de kahon". Every case is a different challenge. I also have to keep

Cont'd on p. 8

Up Close..... from p. 7

on reading because the science of REI advances by leaps and bounds.

Dr. Grace Serrano

- My interest in Reproductive Endocrinology and Infertility made me go into the subspecialty.

WHAT IMPRESSED YOU MOST DURING YOUR TRAINING IN THE SUBSPECIALTY OF REI?

Dr. Santiago del Rosario

- I was impressed by the expertise and fluent lectures of Professor Herebert E. Kufferman on Reproductive Endocrinology and Infertility during the Postgraduate Course of Endocrinology in Obstetrics and Gynecology at the New York University. I was also impressed by the lectures of Professor Steptoe which he delivered in the Figo Congress in Tokyo, Japan in 1970. The practice of disciplined scientific and ethical delivery of healthcare always evokes in me as a sense of awe in the same way as beautiful art inspires me.

Dr. Joan Tan Garcia

- Many new information on Reproductive Physiology is constantly available for our use in REI patients – one should continue in upgrading / updating on what we know.

Dr. Marlyn Dee

- Technology which can be offered to patients and all paid by the social insurance abroad because they consider infertility as a disease.

WHAT ARE YOU AFRAID OF?

Dr. de Guia

- I'm afraid of losing my mother. It will be very sad.

Dr. Martinez

- Nothing in particular. I guess we all have insignificant fears like afraid of getting fat again, dealing with obnoxious or plastic people, getting paralyzed, FPJ as president, getting mugged, etc.

Dr. Oblepias

- Having to leave of this earth without knowing that I have adequately prepared my kids for their future – physically, intellectually, emotionally, and spiritually. Financially? Bahala na sila. 😊

Dr. de Guzman

- I am afraid of not being there when my children need me.

WHAT MAKES YOU SAD?

Dr. del Rosario

- There are few instances that make me sad. Some of these are: when people that I consider as friends tell lies about me and I cannot go that low to do the same; when I miss the departed family members; when I fail in an endeavor because I am cheated or because circumstances are unfair.

Dr. Dee

- Most patients can not afford the cost of technology and medications especially in infertility or endocrine problems

Dr. Garcia

- Seeing my daughter cry for me because I'm busy

Important Message to all members Re: Members' Directory

Please fill up the form to be counted in

Name: _____

I.D. photo: Recent passport or visa sized picture. Black & White or Colored: _____

Home address: (For the society's mailing list. May not appear in directory booklet.) _____

Home telephone number/s: (For the society's phone list. May not appear in directory booklet). _____

Cellular phone number/s: _____

e-mail address/es: _____

Clinic/s: (To include clinic address, schedule and telephone number/s) _____

Members may e-mail above to: psrei2001@yahoo.com

For snail mail it to PSREI office at: G/F POGS Building, Malakas St., Diliman, Quezon City, Philippines