



PSREI Newsletter

PHILIPPINE SOCIETY OF REPRODUCTIVE ENDOCRINOLOGY AND INFERTILITY, INC.

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LETTER FROM THE PRESIDENT



To my dearest members,

It has been a most challenging year. First came the global financial crisis, and then, a series of natural calamities ranging from earthquakes to raging typhoons. I was in Jeju, Korea attending an expert's forum on anti aging when Ondoy wrecked havoc on Metro Manila. To this day, with all the suffering and devastation that this strongest of typhoons brought, I still don't know why I was spared from it all: from being one of the casualties or perhaps from having my home destroyed by the floods, or even from being stuck in traffic for 10-24 hours as others have reported. Whatever the reason, I thank God for keeping me alive, for keeping my home nice and dry, and, most importantly, for keeping my whole family safe and sound.

Indeed, all of us have so much to be thankful for.

Despite the hardships, the PSREI, all of us are alive and well, and the PSREI, our beloved society is flourishing. To date, we have 62 active members and are still growing and with the upcoming constitutional amendment, we can look forward to a bigger, more vibrant membership.

Through an unrestricted grant by companies such as Schering Plough, Takeda and Pharmalink, we have been able to carry out successfully the various activities of the society.

The Outreach Program of the PSREI, started in 2004 is aimed at disseminating up-to-date information on the management of commonly encountered problems related to the practice of reproductive endocrinology and infertility, to our OB-Gyn colleagues in the provinces. This year, the board of PSREI started the program by preparing lecture modules on such topics as abnormal uterine bleeding, pelvic endometriosis, ovulation induction for the general OB-Gyn, and, work-up of the infertile couple. This we did after an overnight stay at scenic Taal Vista in Tagaytay from February 28 to March 1, 2009, through an unrestricted sponsorship by

WELCOME PARTICIPANTS!

The Philippine Society of Reproductive Endocrinology and Infertility (PSREI) welcomes all delegates to its 15th Annual Convention today, October 21-23, 2009 at the Diamond Hotel, Manila. The theme for this year's convention is "Dilemmas in REI: A Problem-Based Approach".

Schering Plough. Thus far, with the help of Takeda who provided the venues and travel logistics we have given lectures in Cabanatuan (on May 30, 2009) and in Naga City (on July 11, 2009) with over-whelming success. There were 130 attendees in Cabanatuan and 95 in Naga, all of whom were happy to receive their certificates of attendance. Next in line is Dagupan, which has been scheduled for October 27 of this year.

The month of June has been designated by the International Federation of Fertility Societies (IFFS) as World Fertility Month, and for this year, we focused on lay awareness on infertility with a radio guesting at DZBB (with

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EDITOR'S CORNER

By Angela G. Sison-Aguilar MD



Strategic directions for the PSREI

We have been very busy as a society, growing from a handful of founders in the 1990s towards hopefully a hundred members as we enter the second decade of the new millennium. In this new decade of our existence, it is time to reflect on and analyze the organization's role and impact in our profession and in the quality of health care our patients receive.

We have successfully staged several meetings and propagated relevant knowledge in our subspecialty. We have set up and nurtured training programs that have produced and certified experts in our field. We have started culling experience and knowledge, distilling it into written guidelines to assist us and our colleagues on appropriate patient care. We have set out on various events that seek to educate both physicians and patients.

Letter from the President... from page 1

Dr. Eileen Co-Sy and myself) and a TV appearance at Shop Talk with Pia Honteveros (with yours truly, Dr. Virgilio M. Novero Jr., Dr. Eileen Co-Sy). Incidentally, Dr. Eileen Co-Sy is the live wire chairperson of both the PSREI Outreach program and the Fertility Month celebration.

After intensive preparations and deliberation, the PSREI held its Midyear Convention on June 1, 2009 at the Discovery Suites, Mandaluyong City, Metro Manila. For the second year in a row, this Midyear activity has focused on the formulation of consensus statements, which for 2009, will be on polycystic ovarian syndrome. The PSREI Consensus Statement on PCOS will probably see print on October 21, 2009 during our annual convention.

On August 22, 2009, the PSREI was inducted as member of the Pacific Rim Fertility Society (PRFS). Representing the PSREI to the 7th Conference of the PRFS which was held in Taipei last August 20-23, 2009 were Dr. Virgilio Novero Jr., Dr. Ma. Jesusa Banal-Silao, Dr. Delfin A. Tan, Dr. Irene Sy, Dr. Joan Tan-Garcia and yours truly.

Our 15th annual convention is fast approaching and with the theme "Dilemmas in REI: a Problem-Based Approach", the 2-day convention covering reproductive endocrinology, basic infertility issues, controversies in REI, prospects and future developments in REI, ART, reproductive surgery, and simultaneous sessions followed by a half-day endoscopy workshop focusing on tubal surgery and myomectomy, should prove quite stimulating. Invited speakers are IVF expert Cheng Li Chang, and stem cell expert Dr. Cerie Sue Daly and world-renowned endoscopist, Dr. Charles Koh. An interesting add-on to this year's convention is the ART exhibit which should prove to be a fusion of art and A.R.T. The fellowship night will see us reminiscing the "Totally awesome 80's" and will pay tribute to Michael Jackson. We hope to see all of you there!

God bless us all!

Yours truly,

Eileen M. Manalo, MD

THE PSREI NEWSLETTER

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

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Welcome to the 15th PSREI Annual Meeting!

VIRGILIO M. NOVERO, JR., MD, FPOGS, FPSREI, FPSGE
Vice President, PSREI
Overall Chair, Organizing Committee



On behalf of this year's hardworking Organizing Committee, I as Chairman would like to welcome all participants and enthusiasts in reproductive endocrinology (REI) to the 15th Annual Convention of the Philippine Society of Reproductive Endocrinology and Infertility which opens today October 21, 2009 and will run for the next 3 days including a special Reproductive Endoscopy Workshop on October 23, the last day.

With its theme "Dilemmas in REI: A Problem-based Approach", the convention is slated all to be held within the comfortable confines of the Manila Diamond Hotel and all participants will surely get their money's worth with the participation of renowned speaker-experts in the various topics of REI. Leading the cast of invited guest speakers are three foreign experts: Dr. Charles Koh, a world icon in gynecologic endoscopy, Dr. Cheng Li Chang, a respected fertility expert from Singapore, and Dr. Cherie Sue Daly, a Singapore-based specialist in cord blood and stem cell banking. These three distinguished persons of medicine plus the ever-reliable hord of seasoned local experts promise to provide what is expected of a world-class meeting on REI. The carefully crafted lectures will cater to the needs of both general REI practitioners as well as the subspecialists making this meeting ideal for all REI enthusiasts.

This carefully designed scientific program will surely meet the current requirements of the dynamic field of Reproductive Endocrinology and Infertility (REI) where the regular integration of new knowledge, revised concepts, and practical skills by clinicians and related health workers has become an absolute requirement to maintain a minimum standard of competence.

To the participants, again welcome to the meeting and I assure you that you will not be disappointed! To the hardworking convention organizers and PSREI officers, thank you for eight months of passionate, intense hard work and congratulations for a job well-done! Let us all maintain this habit of cooperative learning for

FOREIGN GUEST SPEAKERS



CHARLES KOH, MD
 Clinical Associate Professor
 Medical College of Wisconsin



CHENG LI CHANG, MD
 Medical Director
 Thomson Fertility Center
 Singapore



CHERIE SUE DALY, MD
 Executive Director
 Cordlife, Singapore



SURESH KATTERA, PhD
 Scientific Director
 Gleneagles IVF Center, Singapore



Drs. Angel Tan, Ma. Jesusa Banal-Silao, Marilyn T. Dee, Eileen Co-Sy, Madonna Domingo, Rudie Frederick Mendiola, Enrico Gil C. Oblepias, Gladys Tanangonan, Eileen M. Manalo, Patra Punsalan, Virgilio M. Novero Jr.



Drs. Enrico Gil C. Oblepias, Ma. Jesusa Banal-Silao, Marilyn T. Dee, Eileen Co-Sy, Virgilio M. Novero Jr., Eileen M. Manalo

ORGANIZING COMMITTEE



Virgilio M. Novero Jr., MD
 Vice President and Over-all
 Chair 15th Annual Convention



Patra P. Punsalan, MD
 Chair, Com on Scientific



Concepcion Ilao-Oreta, MD
 Chair, Com on Ways and Means



Enrico Gil C. Oblepias, MD
 Chair, Com on Exhibit



Noel E. Raymundo, MD
 Chair, Com on Physical
 Arrangement



Marilyn T. Dee, MD
 Chair, Com on Documenta-
 tion and Book of Abstract



Regina Paz Tan-Espiritu, MD
 Chair, Com on Program and
 Invitation



Eileen Co-Sy, MD
 Chair, Com on Socials



Ma. Jesusa Banal-Silao, MD
 Co-Chair, Com on Scientific



Angela S. Aguilar, MD
 Co-Chair, Com on Ways and
 Means



Danilo Milla, MD
 Co-Chair, Com on Exhibit



Rudie Frederick Mendiola, MD
 Co-Chair, Com on Physical
 Arrangement



Madonna C. Domingo, MD
 Co-Chair, Documentation
 and Book of Abstract



Gladys Tanangonan, MD
 Co-Chair, Program and



Anna Belen I. Mensuela, MD
 Co-Chair, Com on Socials

What's NEW in the care of the Menopausal Woman?

*Joan Tan Garcia, FPOGS, FPSREI, FPSGE
2009 President, PSCM*

Menopause period occupies more than one third of the life of an average woman who lives up till 80 presently. Health care for these women is a big burden to families and our society. Presently, attention has been focused on the cardiovascular health being the number one cause of morbidity and mortality in the world. Thus, the International Menopause Society (IMS) with its knowledgeable members have met several times to come up with important statements regarding cardiovascular health.

Weight gain occurs in peri-menopausal women not receiving HRT. This is mainly due to an increase in body fat, which is concentrated in the abdomen. An increased BMI tends to reduce insulin sensitivity and increase systolic BP. This is accompanied by decline in serum HDL cholesterol levels and increase in LDL cholesterol which all contributes to higher incidence of CHD.

Hypertension, dyslipidemia, obesity and other components of the metabolic syndrome are now preventable. The recommendation of the IMS that HRT can be given to women around the age of natural menopause without increasing the risk of coronary heart disease and may even decrease the risk in this age group. HRT is not contraindicated in women with hypertension as it may even reduce blood pressure. This period is the window of opportunity to reduce the risk of CVD morbidity and mortality for those with vasomotor symptoms. It should be said that postmenopausal women are not recommended to take HRT for solely the prevention of CVD. HRT is contraindicated in women with a history of myocardial infarction, stroke, or pulmonary embolism.

Recommendation of lifestyle modifications should be stressed as diabetes mellitus, elevated triglycerides, smoking and hypertension could be reversed. Proper control with agents that have been accepted should be prescribed by the menopausal physician along with advice of regular exercises.

Regular evaluation of all parameters of good health should be undertaken. Specific recommendations on the duration of HRT should be based on the patient characteristics and the dose and type of HRT used. After the WHI publication, the IMS executive committee stated that there are no reasons to place mandatory limitations on the length of therapy. It was considered that there was no justification for the arbitrary cessation in women who started HRT during the menopausal transition and remain symptom-free while on hormones.

Infertility Practice in Southern Mindanao Region

Ma. Lourdes Gementiza Cabling, MD, FPOGS, FPSREI

It has been a real pleasure to be asked to write regarding the practise of infertility in Southern Mindanao region. Let me categorize my response in three aspects: knowledge, economic and culture.

Having been into the practice for the past 3 years, I could say that the general public has recognized and gradually gained acceptance to the existence of infertility as a real problem in the journey to parenthood. Setting the Fertility Care Center — Davao, Inc. (FCCDI), a Brokenshire Hospital based facility located in the heart of the city, with the rest of OB-Gyn practitioners to address the need of the subfertile individual in the region was a brilliant decision. It is designed as “one stop shop” that will enable subfertile individual to gain access to the current technology. Annually the statistic of couples seeking consultation has risen by a quarter. Many of whom were amazed by the fact when they come to realize that time is of the essence in the management of fertility.

A series of layman's forum have been made for the past years which we usually hold during the center's anniversary. Worth mentioning is the last layman's forum with topic on male infertility. Mindanao is the home of almost 30 percent of the Filipino sea farers which by occupation and chronic absentee has made them very likely to experience secondary infertility if not primary. Of course working hand-in-hand with the urologist has always been beneficial to both our practise and patient.

Cost of the treatment has been the major deterrent to pursue fertility treatment. Proven helpful is socializing the service by offering “packages” especially on endoscopic procedures.

Correcting fallacies is very challenging which usually transpires during the initial visit of the couple. On a personal note, it takes so much courage for a young practitioner to counsel with conviction on patients who are more often a decade or more older my age.

The journey has just started more updates next issue.

Thank you so much Dra Angela.

BOARD OF DIRECTORS



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Board Member

WORKSHOP DRY RUN

October 16, 2009

Diamond Hotel, Manila



PSREI OUTREACH PROGRAM

Since 2006 and every year thereafter, the PSREI Board of directors have been visiting different regions of the country as part of its outreach program. This CME activity was conceived during the incumbency of Dr. Lyra Ruth Clemente-Chua with the primary goal of bringing basic and updated information about varied topics in Reproductive Endocrinology and Infertility to general OB-GYNs in underserved areas in the Philippines. In the hope that the patients in these parts of the country in turn will be benefited without having to come to Metro Manila. This year in particular, the lecture forums that were held in Cabanatuan City (May 30) and Naga City (July 11) have all been very well received by the local practitioners. Three other destinations, namely

Dagupan City, Cagayan de Oro and Bohol, are scheduled for the rest of the year until early next year. Lecture topics in all the meetings are as follows: Abnormal Uterine Bleeding, Infertility work-up, Pelvic Endometriosis, and Ovulation Induction. Modules on these topics will be part of PSREI files and will be available for future use of the society. Special thanks go to our sponsors Boie Takeda and Schering Plough, as well as to the officers in the regional chapters of POGS and fellows of PSREI in the provinces, without whom this endeavour would not have been possible.

Eileen Co-Sy, MD, FPSREI
Chair, Outreach Committee
PSREI 2009

Cabanatuan, May 30, 2009



Naga, July 11, 2009

INTERNATIONAL MEETING CALENDAR

2010

58th Annual Meeting of the Pacific Coast Reproductive Society

Dates: April 14-18, 2010

Location: Renaissance Esmeralda Resort, Indian Wells, California, USA

For More Information: <http://www.pcrsonline.org>

Frontiers in Reproductive Medicine: Molecular & Cellular Concepts

Sponsor: Marine Biological Laboratory

Dates: May 2 - June 12, 2010

Place: Woods Hole, Massachusetts, USA

For More Information: Email: fircoordinator@gmail.com;

Web Site: <http://fir.mbl.edu>

ESHRE 2010

26th Annual Meeting - ESHRE 2010 - Rome, Italy,
27-30 June 2010

IFFS 20th World Congress on Fertility and Sterility

Dates: September 12-16, 2010

Location: Munich, Germany

For More Information: website: <http://www.iffs2010.com/>

66th Annual Meeting of the ASRM

Description: 66th Annual Meeting of the ASRM

Dates: October 23-27, 2010

Place: Colorado Convention Center, Denver, Colorado, USA

For More Information: ASRM, Tel: 205-978-5000,

Fax: 205-978-5018, Email: asrm@asrm.org

2011

ESHRE 2010

27th Annual Meeting - ESHRE 2011 - Stockholm, Sweden,
3-6 July 2011

2011 World Endometriosis Congress

Dates: September 4-11, 2011

Location: Montpellier, FRANCE

For More Information:

<http://www.wce2011.com>

Congratulations and Welcome to the new PSREI members!

The PSREI Board of Directors and Certifying Board welcome the new members who successfully passed the written and oral examination given last September 20 and 27 and they are Dr. Grace Caras, Dr. Ma. Katherine Lipana, and Dr. Susana Lao.



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PSREI Tree planted in Sariaya



PSREI President Eileen Manalo (4th from right) leads the tree planting ceremony along with past president and tree donor Dr. Roger Mendiola and current vice president and farm owner Dr. Joy Novero (2nd from right) and spouse Mrs. Lowela Novero (3rd from left). Festivities were held at a private farm of the Noveros in Sariaya, Quezon last Jan. 25, 2009. Looking on are Dr. Trinidad Vera and Dr. Marlyn Dee (8th and 7th from right) and other PSREI supporters including Dr. Augusto Manalo, Dr. Rebecca Singson and Dr. Filomena San Juan.