



PSREI Newsletter

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PHILIPPINE SOCIETY OF REPRODUCTIVE ENDOCRINOLOGY AND INFERTILITY, INC.

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Guidelines on the Ethics and Practice of ART and IUI to be Updated

Welcome Participants!

Joan Tan-Garcia, MD



To our esteemed colleagues,

Our PSREI President and Board of Directors are welcoming all of you to this year's Midyear convention on June 21, 2011 at the Manila Diamond Hotel. As has been in the past, the midyear convention is one to bring important information to the general obstetricians and gynecologists on how to assess and manage different infertility problems. When we are so engrossed in our specialty, there are occasions we don't get to review on basic infertility principles and this midyear convention would be a good time to brush up on some forgotten information.

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MESSAGE FROM THE PRESIDENT

Enrico Gil C. Oblepias, MD



Greetings!

Welcome to PSREI's 10th Midyear Convention. As the society continues to fulfil its commitment to updating our members with the latest in the field of reproductive medicine, it has been decided to devote this year's midyear convention to the topic of infertility. The Organizing Committee Chair Dr. Joan Tan-Garcia and Scientific Committee Chair Dr. Delfin Tan have come up with a good mix of topics concerning **"Current Concepts in Male and Female infertility."** Since infertility is not just a gynecologist's domain, we are fortunate to have urologists Dr. Dennis Lusaya, Dr. Paul Anthony Sunga, Dr. Frances Monette Bragais; and psychiatrist Dr. Sonia Castro-Rodriguez to broaden our understanding of it.

Continued on page 4

PSREI's First Quick Reference Manual in the Works

The **Philippine Obstetrical and Gynecological Society** in 1992 came out with a book entitled **Practical Reproductive Endocrinology and Infertility**. Two years before the founding of the **PSREI** in 1994, this was made possible through the efforts of **POGS' Committee on Reproductive Endocrinology and Infertility** composed by its chair **Dr. Delfin A. Tan** and its members **Drs. Leonardo A. Almeda, Rosalinda B. Arceo, Florante P. Gonzaga, Amelia D. Roa, and Ma. Trinidad R. Vera**. All of them pillars in the field of obstetrics and gynecology. The authorships of the twenty-three different chapters were distributed amongst the six committee members. Indeed an overwhelming task by any standards.

In 1993, Drs. Gonzaga and Arceo, with the support of the then newly formed **Section of Reproductive Endocrinology and Infertility** of **UP-PGH** came out with the

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Welcome...

(continued from page 1)

I have been privileged to be assigned as the overall chair for the one day convention by our able President and Vice President. With Professor Delfin A. Tan as overall Scientific committee chair and Dr. Annabelle Ignacio Alensuela acting as chair for Ways and Means, the mid-year convention has been finalized. I am confident that the scientific program would attract some of our POGS colleagues to attend in spite of the heat and busyness of their practice. This is also a venue to invite our colleagues from the urology specialty to become our affiliate members since there is an increasing number of male infertility and we do need the help of our urologists.

Professor Delfin Tan and I thought to divide the day into a morning session on Male Infertility and an afternoon session on Female Infertility. We have invited three prominent urologists, Drs. Frances Monette Bragais, Dennis Lusaya, and Paul Anthony Sunga to grace our morning session with "Diagnosing causes of Male Infertility, Surgical Management of Male Infertility and Management of Ejaculatory Disorders".

The afternoon session has another guest Dr. Sonia

Castro-Rodriguez who will talk on "Sexual Dysfunction causing Infertility" in addition to our esteemed members on "Diagnosing Causes of Female Infertility" by Dr. Eileen Co-Sy and "Recognizing Ovarian Reserve before Infertility Treatments" by Prof. Leonardo Almeda. Our foreign guest will speak during our lunch symposium and on another topic "Strategies to improve the success of ART"

We are fortunate to have MSD and Invida to be our major sponsors for the midyear convention. MSD is bringing us a surprise foreign guest speaker to speak on a topic relevant for our practice for lunch and Invida will sponsor a dinner symposium immediately after the convention as they launch their new product very useful to our infertility practice. During the convention, there will be ample time for all delegates to visit our exhibits and get acquainted with the different products our exhibitors have for us.

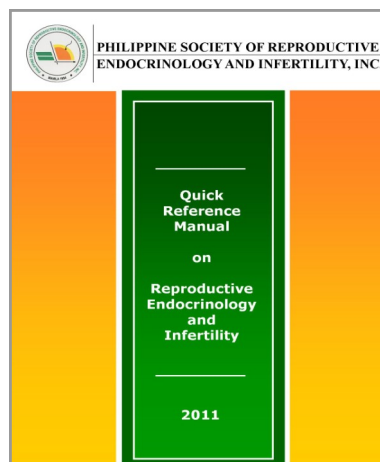
I hope to see all of you during this midyear convention and I assure you that you would be very enlightened and contented. Thank you for coming. God Bless you all.

PSREI's First Quick...

(continued from page 1)

Reference Manual on Reproductive Endocrinology, Infertility and Menopause. The young doctors who have been entrusted to author the different chapters of this book moved on to become themselves respected authorities in the field of REI by the time the second edition was released in 1998.

In the past, these two titles have been very useful to OB-GYN practitioners, residents and REI fellows-in-training. Which is why; a more recent version is sorely needed. One that is updated to reflect the developments in Reproductive Medicine over the past decade while at the same time



maintaining the sensibleness and handiness of its predecessor. Imbued with the spirit of its forerunners, the new book is meant to be a quick reference manual and not a text book.

Today, the PSREI embarks on

the same journey our mentors took some 20 years before with the same aspirations of assisting the gynecologist in managing with the best possible results the woman with reproductive and endocrinologic problems.

With Dr. Florante Gonzaga as Editor-in-Chief, and Dr. Leonardo Almeda and Dr. Delfin Tan as Associate Editors, this book is in good hands. Dr. Rosalinda Arceo, Dr. Santiago Del Rosario, Dr. Lilia Luna, Dr. Antonia Habana, and Dr. Angela Aguilar complete the Editorial Board. Dr. Enrico Gil Oblepías serves as Production Editor while Dr. Angel Tan-Espiritu is Lay-Out Editor. This project is made possible through the generous support of **Merck Sharp and Dohme Philippines.**



2011 PSREI OUTREACH PROGRAM

Noel E. Raymundo, MD

Since the PSREI Committee on Outreach Program has been established in the year 2006, there are 16 provinces has been visited and they are Cebu, Baguio, Davao, Laoag, Angeles, Bacolod, Tacloban, Surigao, Lucena, Ilocos Sur, Cabanatuan, Naga, Dagupan City, Iloilo, CDO, Pampanga. All of these have been very well attended by the local practitioners.

Last February 27, 2011, 80 participants attended the first of the six-part series of PSREI Outreach programs at the Java Hotel, Laoag City. The course overview was given by Dr. Noel E. Raymundo, chair of the outreach program.

Dr. Enrico Gil C. Oblepias gave a lecture on the "WHO Medical Eligibility Criteria for Contraceptive Use", Dr. Marlyn T. Dee on the topic "Work-up of the Infertile Couple", Dr. Maria Jesusa Banal-Silao on the topic "Abnormal Uterine Bleeding", Dr. Rudie Frederick B. Mendiola on the topic "Ovulation Induction", and Dr. Noel E. Raymundo on the topic "Pelvic Endometriosis".

The second outreach for this year was held at the Planta Hotel, Bacolod City, there were 42 participants in attendance. The local society led by Dr. Evelyn Lacson welcomed the delegation. Dr. Joan Tan-Garcia gave a lecture on "PCOS", Dr. Marlyn T. Dee on the topic "Work-up of the Infertile Couple", Dr. Lyra Ruth Clemente-Chua on the



LAOAG OUTREACH...



Dr. Oblepias



Dr. Dee



Dr. Raymundo



Dr. Silao



Dr. Mendiola

topic "Abnormal Uterine Bleeding", Dr. Romerico Torres on the topic "Ovulation Induction", and Dr. Patria P. Punsalan on the topic "Pelvic Endometriosis".

Four other destinations, namely Bohol, Davao, Tuguegarao and General Santos are scheduled for the rest of the year.

The PSREI Module Workshop was conducted last May 2, 2011 at the Diamond Hotel to update all the lecture modules that were being used in the outreach program.

A PCOS module prepared by Dr. Joan Tan-Garcia and a module on the WHO Medical Eligibility Criteria prepared by Dr. Enrico Gil C. Oblepias and Dr. Anna Belen I. Alensuela has been added. Dr. Maria Jesusa Banal-Silao presented the updated module on AUB, Dr. Marlyn T. Dee on the Work-up on Infertile Couple, Dr. Rudie Frederick B. Mendiola on the Ovulation Induction, and Dr. Noel E. Raymundo on the Endometriosis.

Special thanks go to our sponsor Merck Sharp and Dohme as well as to the officers of POGS regional chapters with whom this endeavour would not have been possible.

BACOLOD OUTREACH...



Dr. Chua



Dr. Punsalan



Dr. Torres



Dr. Dee



Dr. Garcia

Message from the President...

(continued from page 1)

Allow me this opportunity to also invite everybody to this year's Annual Convention to be held October 5 to 6 at Diamond Hotel Manila. PSREI Vice President and Overall Chair Dr. Marlyn Dee and Scientific Committee Chair Dr. Eileen Manalo prepared a comprehensive two day program with **Issues, Updates, and Controversies in REI** as its theme. This year, guest lecturers Prof. Teraporn Vutayanicht (Thailand), Prof. Fady Sharara (USA), Prof. Robert John Norman (Australia), Prof. Kelton Tremellen (Australia), and Prof. Gareth Weston (Australia) will come over to share their professional expertise with us. A one day **Workshop on Assisted Reproductive Techniques** that follows may also be availed of on October 7.

To all the lecturers and all the members of the respective organizing committees of both the Midyear and Annual Conventions, I would like thank you all for sharing with us your knowledge and contributing your time and talents to the fruition of these endeavours. To our ever supportive sponsors, to you more power.

Let me take this occasion to keep you abreast with the activities of the society as well.

The CME Outreach Program is now on its 6th year. Originally composed of four modules, two new modules on Medical Eligibility for Contraceptive Use and PCOS were added to AUB, Endometriosis, Ovulation Induction and Basic Work-Up of the Infertile Couple. Aimed at disseminating up-to-date information on the management of commonly encountered problems in the practice of REI to general obstetricians-gynaecologists in the different regions of the country, the original modules standardized in 2009 were updated this May. The CME team is slated to visit six provinces this year.

Five years after the first **Guidelines on the Ethics and Practice of Assisted Reproductive Technology & Intrauterine Insemination** was adapted, this is to be updated this year to address the issues that comes with the constantly evolving practice of Reproductive Medicine. The task will be undertaken by the PSREI Committee on Ethics chaired by Dr. Santiago del Rosario and the newly formed *ad hoc* Regulatory Board for the Practice of ART and IUI chaired by Dr. Leonardo Almeda.

The society is proud of having produced two Consensus Guidelines in the last 3 years – the **Consensus Statements on Endometriosis** in 2008 and the **Consensus Statements on Polycystic Ovarian Syndrome** in 2009; and also of being one of the few subspecialty societies with its own publication. To make local data available to the general medical community as well as to acknowledge the scientific and research contributions of our members, the present PSREI Board decided to donate a copy of each Consensus Statements and a complete set of our journals to medical libraries of universities, initially, in Metro Manila.

The society is also making a **PSREI Quick Reference Manual on Reproductive Endocrinology and Infertility**. Our goal is to provide a practical guide for our members and a quick reference for the generalists on all matters of Reproductive Endocrinology and Infertility. Dr. Florante Gonzaga is editor-in-chief.

All of these are made possible only because of the dedicated participation of our members, the invaluable guidance of our mentors and the generous support of our sponsors. **For these, PSREI is truly grateful.**

17TH ANNUAL CONVENTION

October 5-7, 2011, Diamond Hotel, Manila



“Annual Convention preparations on sked...”

Marlyn T. Dee, MD

The preparation to this year's 17th PSREI Annual Convention is in progress according to Vice- President and Annual Convention Chair, Dr. Marlyn T. Dee. This year's theme is “Issues, Updates and Challenges in REI”, slated on October 5 to 7, 2011 at the Diamond Hotel.

The Scientific Committee headed by Dr. Eileen Manalo has prepared an innovative program that will cover the broad range of our specialty and provide “take home” information for your practice. The two-day symposia on October 5 & 6 will feature sessions on AUB & PCOS, Surgeries in Reproductive Medicine, Infertility issues, Immunology in Reproductive Medicine and ART. We have invited at least 3 world-renowned REI experts, namely, Prof. Robert John Norman from Australia, Prof. Fady I. Sharara of Washington DC and Prof. Teraporn Vutyavanich of Thailand. The third day of the convention, October 7 will be a whole day workshop on ART, to be facilitated by both foreign and local experts.

DAY 1, October 5

SESSION 1: AUB AND PCOS

- Abnormal Uterine Bleeding: FIGO Updates
- PCOS: Profile in the Asia Pacific
- Profile of the Filipina with PCOS
- Multiple problems in the PCOS Patient: Solutions
- Androgen Excess in PCOS: Approaches to Management

SESSION II: INFERTILITY ISSUES

- Imaging in Reproductive Medicine: Updates
- Ovulation Induction Strategies
- Luteal Support in ART: What, When and How?
- Anti-Oxidants for the Infertile Couple
- Fertility Management in the Perimenopause

DAY 2, October 6

Breakfast Symposium:

GnRH Agonist for the Pre and Post-OP Therapy for Endometriosis”

SESSION III: SURGERIES IN REPRODUCTIVE MEDICINE

- The Recurrent Endometrioma: What To Do?
- Reductive Surgery in Adenomyosis
- Corrective Surgery for Tubal Factor Infertility

- Tubal Cannulation
- Microsurgical Techniques

SESSION IV: IMMUNOLOGY IN REPRODUCTIVE MEDICINE

- Recurrent Pregnancy Loss and Thyroid Dysfunction
- Recurrent Implantation Failures
- Genetics and Immunology in endometriosis

SESSION V:

- Ovarian Reserve Testing: What's New?
- Ovulation Induction Protocols in ART
- Ovulation Induction for Poor Responders
- 10 Characteristics of a Great Reproductive Unit
- Oocyte and Ovarian Cryopreservation: Are We Ready for It?
- Reducing OHSS Risk

DAY 3, October 7

ART WORKSHOP

- Selecting and Preparing Patients for IVF
- Stimulation Protocols for Normal Responders
- Stimulation Protocols for the Poor and Hyper-responders
- Embryo Selection and Transfer Strategies
- Optimizing Implantation
- Regulating ART Practice in the Philippines
- New Approaches in the Prevention and Management of OHSS
- Gamete, Embryo and Ovarian Cryopreservation
- Children Born after IVF
- Counselling the IVF Couple



Members of the 2011 PSREI Annual Convention Organizing Committee with the members of the PSREI Board.

2011 BOARD OF DIRECTORS

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The 2011 PSREI Board of Directors take their Oath of Office during last December's year end appreciation party and ...



...PSREI Christmas party. Having a "Hat Theme", all members came in wearing unique and colourful headwear.

PSREI Donates Consensus Guidelines and Journals to Medical Libraries

The **Philippine Society of Reproductive Endocrinology and Infertility** has produced two Consensus Guidelines in the last 3 years – the **Consensus Statements on Endometriosis in 2008** and the **Consensus Statements on Polycystic Ovarian Syndrome in 2009**. These two books were published through the collective efforts of the members of our society and have been well received by practicing gynecologists and OB-GYN training institutions

in the country.

In this age of evidence-based medicine, medical students as well are becoming more discerning in the references they use in their medical education nowadays. It is with this thought that the present PSREI Board decided to donate a copy of each, initially to medical libraries of universities in Metro Manila which include the ff: Far Eastern University, Manila Central University, University of Santo Tomas, University of the

East, and University of the Philippines.

Complete sets of the **Philippine Journal of Reproductive Endocrinology and Infertility (PJREI)**, issues from the first ever published to the most recent, were also given along with the Consensus Guidelines. This is a first step in making local data available to the general medical community as well as an acknowledgment of the scientific paper and research contributions of our members.



Editor's Corner

Anna Belen I. Alensuela, MD

The American College of Obstetricians and Gynecologists is the nation's leading group of physicians providing health care for women. As a private, voluntary, nonprofit membership organization of approximately 55,000 members, The College strongly advocates for quality health care for women, maintains the highest standards of clinical practice and continuing education of its members, promotes patient education, and increases awareness among its members and the public of the changing issues facing women's health care.

The 59th annual American Congress of Obstetricians and Gynecologists (ACOG) convention was a success. Here are the highlights:

In honor of a career devoted to the advancement of women's health, the ACOG presented the first ever Luella Klein Lifetime Achievement Award to the award's namesake, Luella Klein, MD. The award, which recognizes an ob-gyn who has dedicated his or her life in a significant way to women's health.

Several awards on research were likewise awarded to fellows whose idea focuses on issues related to nutrition in pregnancy with a special interest in the areas of obesity; contraception — counseling, long-term contraception; menstrual bleeding disorders; cervical cancer prevention; in-office gynecologic surgical procedures that seeks to integrate advances in minimally invasive office-based procedures with established protocols for patient care; prevention of preterm birth that addresses the ability to identify asymptomatic high-risk women and/or utilize fetal fibronectin testing in combination with prevention services to reduce incidence in preterm birth; ultrasound specific and dedicated to a practical clinical use in a new or unique approach; adolescent health preventive services; and immunization in ob-gyn practice.

Leading experts spoke about top issues in women's health

- Maintaining Midlife Mood, Mind, and Memory: Therapeutic Options
- Prophylactic Bilateral Salpingo-Oophorectomy: Recommendations Based on Risk of Ovarian Cancer
- Misogyny and Women's Health
- Successful Models of Collaborative Practice: The Baystate Story
- The Great Mimic of Presumed Gynecologic Pelvic Pain: Interstitial Cystitis and Myofascial Pain
- Maternal Mortality
- Preconception Care
- What Women Need to Know about Cosmetic Surgery
- Generic ITP: Effective, Affordable
- The Ob-Gyn Workforce: What Lies Ahead
- Elimination of Non-Medically Indicated Deliveries Before 39 Weeks
- Healthy Babies Need 39 Weeks
- Treating Fibroids without "The Big Cut" —
- When to See a FPMRS Specialist

James N. Martin, Jr, MD, of Mississippi, became the 62nd president of The American Congress of Obstetricians and Gynecologists (ACOG), based in Washington, DC. Dr. Martin was sworn in during the presidential inauguration and convocation at the annual conference of ob-gyns.

Dr. Martin is currently professor of ob-gyn and director of the division of maternal-fetal medicine at the Winfred L. Wiser Hospital for Women and Infants, University of Mississippi Medical Center, in Jackson. His clinical expertise lies in the management of complicated pregnancies, particularly those related to hypertensive disorders.

ACOG will hold its 60th Annual Clinical Meeting in San Diego, California from May 5-9, 2012. Over the years, the Committee on Scientific Program has produced outstanding up-to-date sessions and symposia. Next year's Annual Clinical Meeting will excel with more state-of-the-art hands-on sessions, instructive postgraduate courses, informative poster sessions, engaging clinical seminars and many extra-curricula activities. The 2012 Educational Program will address topics of interest, relevance and concerns that continuously reflect the advancement of health care for women worldwide.

NEWS BITS

PSREI Written and Oral Exams

The written and oral examinations of the PSREI have been set on August 31 and September 21, 2011. This examination is open to all certified fellows and diplomates of the POGS of high standing and has completed training in approved training programs in Reproductive Endocrinology and Infertility locally or abroad. For more details, please contact the PSREI Secretariat at 920-9565 or Dr. Florante P. Gonzaga at 631-3896. Successful examinees will be inducted into the society during the annual convention on October 2011.

Residents Interesting Case and Research Paper Contest set

Research Committee Chair Dr. Ma. Antonia Habana announces the holding of the Annual Research contest and the Residents' Interesting Case Contest during the Annual PSREI Convention on October 5-7, 2011 at the Diamond Hotel, Manila. Cash prizes of P12,000 for first place, P7,000 for second place, and P5,000 for third place have been earmarked for each of the two contests. Deadline for the submission of entries have been set on August 15, 2011.

THE PSREI NEWSLETTER

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

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Guidelines on the Ethics and Practice of Assisted Reproductive Technology & Intrauterine Insemination to be Updated

In 2006, the PSREI came out with the first **Guidelines on the Ethics and Practice of Assisted Reproductive Technology & Intrauterine Insemination**. Five years after, this to be updated to address the issues that comes with the constantly evolving practice of Reproductive Medicine in the world. Although medicine in the Philippines, as a discipline reflects closely that of Western countries, the ethical principles in its practice may not necessarily follow.

Take gamete and ovarian tissue cryopreservation for instance. Assisted reproductive technology in general, which includes oocyte retrieval and cryopreservation, based on the 2006 guidelines is to be limited exclusively to married patients. However, with advancements in IVF techniques, individuals with conditions which put them at risk for infertility prior to marriage (like radiotherapy or chemotherapy) can now hope of conceiving at a later time because of cryopreservation. The ethical considerations of this issue will now have to be tackled.

It has been also been agreed upon by the members of the PSREI Committee on Ethics that what used to be the **2006 Guidelines** should be divided into two parts. The **Practice Guidelines** in Assisted Reproductive Technology &

Intrauterine Insemination and the **Ethical Principles** of Assisted Reproductive Technology & Intrauterine Insemination on which the former was to be based on. The task will now involve the collaboration of the **PSREI Committee on Ethics** chaired by **Dr. Santiago del Rosario** and the newly formed **ad hoc Regulatory Board for the Practice of ART and IUI** chaired by Dr. Leonardo Almeda.

A workshop to be held July 25, 2011 at the Diamond Hotel will involve the members of the two bodies already mentioned, the present members of the Board of Directors, and past PSREI presidents. To cover all the bases, special guests were also invited in the persons of Dr. Marita Reyes, Fr. Manuel Perez, Dr. Antonio Rebosa and Dr. Zaida Gamilla. The activity is made possible through the generous support of **Cord Life Philippines**.

This development comes in an opportune time since the **Committee on Ethics** of the **Philippine Obstetrical and Gynecological Society**, headed by **Dr. Lourdes Capito**, itself happens to be revising the **2004 Ethical Guidelines in Obstetrical and Gynecological Practice, Medical Education and Re-**

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