



PSREI Newsletter

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Dear Colleagues,

Greetings from the City of
Angels!

It is my pleasure to announce that the 11th PSREI Midyear Convention will be held in cooperation with the POGS Central Luzon Chapter on May 3, 2012 at the Holiday Inn Clark Special Economic Zone. This is possible through the graciousness and enthusiasm of the PSREI and CLPOGS board of directors who accepted my proposal to hold it in my region. This is a

11th Midyear Convention and 1st Joint PSREI and CLPOGS Convention

great opportunity for my *cabalens* and friends from nearby provinces a better opportunity to attend this yearly event that focuses on basic reproductive endocrinology and infertility.

The theme of the meeting is aptly entitled "Everyday REI:



Quick Tips for Clinicians" because the scientific programme will be dedicated to

practical points on how to manage common REI problems that we see daily in the clinic. We have invited well known speakers such as Dr. Lyra Ruth Chua, Dr. Joan Tan-Garcia, Dr. Eileen Manalo and Dr. Delfin Tan, and some new and up-coming speakers as well. We can promise you an enriching time from start to finish. If that is not enough to entice you to register, why not consider bringing along the entire family for an overnight stay? (contact Dr. Ivy Romero at +639238959228) The spouse can spend time playing golf and the kids can have a grand time at the Fontana waterpark. If you're the more adventurous type, you can go



Message from the President

Marlyn T. Dee, MD

Greetings! Welcome to the PSREI's first joint midyear convention with the POGS Central Luzon Chapter in Holiday Inn, Clark, Pampanga. In fulfillment of the society's goal of updating the members through its Continuing Medical Education (CME), the Chair of the Midyear Convention, Dr. Eileen Co-Sy and the Scientific Committee Chair Dr. Danilo Jose C. Milla have prepared interesting topics which we often see in our practice, hence the theme "Everyday REI: Quick Tips for Clinicians". Aside from the updates from

this convention, members and families can spend some time to go around the beautiful scenic spots and partake the delicious food with gusto which Region I can offer.

May I now invite everybody to attend the 2nd joint IFFS-PSREI Regional Meeting and the 18th PSREI Annual Convention on October 1 to 3 to be held at Diamond Hotel. The overall Chair and PSREI Vice-President Dr. Joan Tan

18th Annual Convention and 2nd IFFS Joint Workshop



October 1-3, 2012

Diamond Hotel, Manila

Theme:

"Strengthening Infertility Management in the Region"



Dear Colleagues and friends,
Summer sets in early this year with the warm weather and early vacation of most secondary schools. This year, the midyear PSREI is being held in the beautiful Angeles City on May 3, 2012. We have been fortunate to have the POGS Central Luzon chapter headed by

Dr. Consolacion Argonza joining hands with Dr. Eileen Co-Sy, overall organizing chair to make the convention a fruitful one for all including those who are not REI specialists. As in the past years, the midyear has always been geared towards sharing medical infertility diagnosis and treatment to all with basic updates. By this time, those of you who are attendees would have found the scientific program to be one which is rewarding for the time to be spent.

This is entirely different from that of this year's annual convention to be held at Manila Diamond Hotel on October 1-3, 2012. This year's annual would have an international flavour added as it would be our 2nd Joint meeting with the International Federation of Fertility Societies. This was because the IFFS CME Chair, Professor Paul Devroey had selected to hold a Regional IFFS conference in Manila. Thus, our friends and colleagues from our neighboring countries are being invited to join our convention this October. Our initial flyers have been distributed to them with the help of

Merck Serono staff and also distributed during this year POGS midyear convention. We are looking forward to them attending our convention.

With the efficient Chair of the scientific committee, Dr. Lyra T. Chua are our immediate past president Dr. Enrico Oblepias, Duchess Banal-Sillao, Romerico Torres and Professor Florante Gonzaga who have made a very significant and realistic program to enhance our needs in the field of infertility. The topics were submitted to Professor Paul Devroey who added some important topics geared to improve our performance in putting out researches. We have been so much behind in the international field of research and it will be good that a team of academicians are sharing with us the hows. Besides Professor Paul Devroey, we will be hearing from Drs. Nicholas Polyzos of Greece and Dominic Stoop of Belgium who will be giving 6 lectures each. The general topics are namely: Polycystic Ovarian Syndrome, Endometriosis, Controlled Ovarian Hyperstimulation, Controversies in Infertility, Concerns in ART, The ART of Research and the Science of ART.

May I encourage you all to register early for the convention (date of early registration) so we could have an estimate of number of attendees for proper logistics. May I also request you to invite your friends from our neighboring countries to likewise attend and register early thru our secretariat. Details regarding the cost of the convention and hotel accommodation will be available thru our PSREI secretariat or thru our webpage (www.psrei.org) May I remind all certified PSREI members to likewise attend and pay their annual dues to enjoy continued benefits bestowed on members. We are a small society recognized by POGS as a component society who have privileges and responsibilities as well. Finally, let us all come early on each day so that we could start and end the convention on time

I would like to take this opportunity to thank the whole organizing committee who have worked so hard unselfishly for the success of this coming annual convention.

See you all in the IFFS-PSREI joint meeting in October 1-3, 2012 at the Manila Diamond Hotel.

Midyear Convention.....

trekking in Mount Pinatubo the next day. Or, you can just relax and unwind and try the exquisite cuisine that Pangasinana is so famous for. We will be happy to arrange these activities for you. (contact Dr. Rowena Mangubat at +639228316356)

Angeles city is less than an hour's ride along NLEX and Diosdado Macapagal International Airport is right inside Clark.

So wherever from the Philippines you'll be coming from, there is an easy and convenient way to reach us.

So what are you waiting for?

Register now!(Contact Sarah at +639162754287)

We look forward to welcoming you!

Yours truly,

Dr. Eileen Co-Sy
PSREI Treasurer and Over-all Chair, 1st Joint PSREI and CLPOGS Convention



Continuation.....President's corner

-Garcia together with Scientific Committee Chair Dr. Lyra Ruth Clemente-Chua have left no stone upturned, preparing for a comprehensive program to be participated by the international and local experts. Dr. Paul Devroey, the current medical director of IFFS on medical education will be bringing with him 2 other world-renown experts namely, Drs. Nicholas Polyzos (Greece) and Dominic Stoop (Belgium). This will be a big event wherein participants from other regions will be interested to join our convention leading to a healthy exchange of ideas.

Allow me to present with great pride the heads of the following committees, all dedicated to work for our society.

Standing Committee:

Certifying Board- Dr. Corazon T. Lim
Amendments- Dr. Lilia P. Luna
Election - Dr. Trinidad R. Vera
Finance - Dr. Eileen Co-Sy

Publication- Dr. Gladys Tanangonan
Audit Dr. Danilo Jose T. Milla
Credentials and Membership:

Dr. Angela S. Aguilar
Research Dr. Ma. Antonia E. Habana
Regulatory Board on IVF Practice –
Dr. Leonardo A. Almeda

Ad-hoc Committee

Journal - Dr. Gilda G. Martinez
Outreach Program-

Dr. Danilo Jose T. Milla
Legislation - Dr. Delfin A. Tan
Ethics - Dr. Santiago A. Del Rosario
Midyear Postgraduate- Dr. Eileen Co-Sy

Please visit our website at www.psrei.org. The Committee on Publication headed by Dr. Gladys Tanangonan has been inviting our members through Facebook. This will serve as a venue wherein one can ask for opinions from expert regarding interesting cases and problems encountered in their practice. Likewise, there are plans of extending to the public through "Ask the Ex-

pert" corner in the web; however there should be proper regulation.

The Regulatory Board on IVF Practice chaired by Dr. Leonardo A. Almeda will have as its initial agenda, the leveling of the members in relation to the practice of ART. As what was discussed during the last year's Business Meeting, the Board has already furnished the list of PSREI fellows to different hospitals as part of regulating the practice of REI.

To our members, just a reminder to please pay the annual membership dues on or before the convention in order to avail of the registration fees as active members in good standing.

Lastly, I would like to thank in advance the Board of directors, Committee heads, fellow members and our sponsors for supporting the year-round activities of the society.

CPG on Infertility

The Society has so far published 2 consensus guidelines, namely, Endometriosis in 2008 and PCOS in 2009. This third guidelines, CPGs on Infertility will have as its editors Drs. Delfin Tan and Maria Antonia Habana. They will be ably assisted by Drs. Angela Aguilar and Regina Paz Tan-Espiritu. The Technical Working Group (TWG) is being chaired by Dr. Madonna Domingo and assisted by Dr. Patria P. Punsalan. The groups with their chairs

and co-chairs are as follows:

Definition and Epidemiology: Drs. Trinidad Vera and Lyra Ruth Chua
Etiologies/Pathophysiology: Drs. Florante Gonzaga and Gilda Martinez
Evaluation : Drs. Lilia Luna and Corazon T. Lim

Treatment:
Periconceptional health and Ovulation induction: Drs. Eileen Manalo and Ma. Jesusa B. Silao
Tubal and Pelvic endome-

triosis: Drs. Blanca DeGuia-Fuerte and Angela S. Aguilar
Male infertility, ART, Immunology and Alternative Medicine: Drs. Leonardo Almeda and Virgilio M. Novero Jr.

Ethics: Drs. Santiago Del Rosario and Enrico Gil Oblepías

Several pocket meetings were done by the different groups with the TWGs. With the enthusiasm and support shown by its dedicated members, we will be able to present the output in June among the stakeholders

and due for release during the Annual Convention in October.

This CPGs on Infertility will benefit primarily the members and fellows in training in the management of infertility. Likewise, this will guide the general OB-GYN and residents in the proper evaluation and treatment of infertility and as to when to refer to the specialists. The printing of the CPGs will be sponsored solely by MSD-Organon and we would like to thank them for their unwavering support for this project.

2011 Christmas Party



"Come as Anybody but You Party."

December 6, 2012

Discovery Suites, Ortigas



Marlyn T. Dee, MD
President



Joan Tan-Garcia, MD
Vice President



Angela S. Aguilar, MD
Secretary



Eileen Co-Sy, MD
Treasurer



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Auditor



Gladys G. Tanangonan, MD
P.R.O.



Gladys G. Tanangona, MD
Board Member

2012
BOARD
of
DIRECTORS



Joint ASRM/IFFS Meeting

October 12-17, 2013

Boston Convention and Exhibition Center, Boston, MA, USA

PSREI Written and Oral Exams

The written and oral examinations of the PSREI have been set on September 19 and 26, 2012. This examination is open to all certified fellows and diplomats 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 telefax: 9209565 / 09162754287. Successful examinees will be inducted into the society during the annual convention on October.

On October 12-16, 2013 the ASRM-IFFS convention at Boston, Massachusetts will have a regional sponsored session by our society with a theme "Reproductive Medicine in the Philippine Setting". The topics will be "Philippine Profile of PCOS, Endometriosis related infertility in the Region, ART in the Philippines, and Role of Alternative Medicine in Infertility" to be delivered by our PSREI personalities. We would like to invite all PSREI or POGS members to attend and support the said convention in Boston, Massachusetts, USA. We hope that our PSREI society be well represented in this prestigious event by our members. For the details, kindly get in touch with our secretariat.

PSREI QUICK REFERENCE MANUAL NOW AVAILABLE

The task conceptualized last year by then president Dr. Enrico Gil Oblepias has finally seen fruition. The very first edition of a reference manual on everything reproductive endocrinology by the Philippine Society of Reproductive Endocrinology and Infertility (PSREI) is finally out.

First made available to the public at the POGS 2012 Midyear Convention in Bacolod last April 24, the book is a compilation of chapters by recognized subject experts from the society. Not only is it intended to be a practical guide for REI practitioners, it is also made as a quick reference manual with the OB-GYN generalists, the residents and the fellows-in-training in mind.

Dr. Florante Gonzaga is Editor-in-Chief. With him as Associate Editors are Dr. Leonardo Almeda, Dr. Delfin Tan and Dr. Antonia Habana. Dr. Santiago del Rosario, Dr. Rosalinda Arceo, Dr. Lilia Luna and Dr. Angela Aguilar completes the Editorial Board. Dr. Angela Tan-Espiritu is Lay-out Editor. Printing is generously sponsored by Merck Sharp & Dohme Philippines

Copies are available for sale at the registration table of any of the PSREI conventions or from the PSREI Secretariat at the 1st Floor POGS Building, Malakas St., Quezon City. Just look for Ms. Sarah David or call 9209565. Each PSREI member will get their first copy compliments of the PSREI and MSD.

International Congress

July 1 - 4, 2012

ESHRE 2012

28th Annual Meeting of the European Society of Human Reproduction and Embryology
Istanbul, TURKEY

<http://www.eshre.eu>

October 7 - 12, 2012

FIGO 2012

XX FIGO World Congress of Gynecology and Obstetrics
Rome, Italy
<http://www.figo2012.org>

October 20 - 24, 2012

ASRM 2012

68th Annual Meeting of the ASRM

San Diego Convention Center, San Diego, CA USA

ASRM, Tel: 205-978-5000, Fax: 205-978-5018,

Email: asrm@asrm.org

October 18 - 24, 2014

ASRM 2014

70th Annual Meeting of the ASRM

Hawaii Convention Center, Honolulu, HI USA

ASRM, Tel: 205-978-5000, Fax: 205-978-5018,

*To be kind is more important
than to be right.
Many times what people need
is not a brilliant mind
that speaks but a
special heart that listens.*

Things to do in Clark Freeport and Pampanga

Clark Airport has become a major international gateway of the Philippines. Now people are asking, what's there to do in Clark? So I've come up with a list of Top 10 things to do while in Clark Freeport and Pampanga!

1. Eat Kapampangan!

You haven't been to Pampanga if you haven't savored its food. Pampanga's capital San Fernando, just 20 minutes from Clark, is home to Everybody's Cafe where everyday Kapampangan food is as exotic as it can get. Angeles City is the birthplace of sisig and make sure you taste the original at Aling Lucing's. The sisig at Mely's (San Fernando) and Mila's (Angeles) is also worth the visit. At the Historic Camalig Restaurant, Kapampangan pizza is topped with longaniza, salted duck eggs, and pickle relish.

The halo-halo in Pampanga is also superb! There are three distinct varieties: Guagua (Razon's), Arayat (Kabigting's and Jurado's), and Angeles (Corazon's). There's also a row of kambingans (or goat restaurants) in the Bayanihan Park area (unfortunately, Mila's where Claude Tayag brought Anthony Bourdain, has temporarily closed shop). But Aryln's and its several branches will definitely not disappoint. Also check out the barbeque at

Junjun's and Nathaniel's puto pao and buko pandan.

Speaking of Claude Tayag, you might want to bring a group to have lunch at his house Bale Dutung. But it won't be that easy. Finally, if you're willing to drive to the foot of Mt. Arayat, there is Abe's Farm, owned by the LJC Group of Restaurants of the late Larry Cruz.

2. Shop 'til you drop

There may just be a few of them left. But it's still worth shopping around for the best imported bargains. Lest we forget, Clark was the PX center of the country before imported stuff found its way to our supermarkets and department stores.

3. Go horseback-riding along the Sacobia River

One of the activities in Clark is horseback riding at El Kabayo Riding Stables. While you can take the horse around the area, if you are adventurous and up to the task, why not go for a ride down to the Sacobia River and enjoy the lahar canyons created by the Mt. Pinatubo eruption?

4. Take a dip at Puning Hot Spring

For PHP3,000, you can enjoy a visit to the Puning Hot Spring, complete with treatments. The price includes simple lunch,

THE PSREI NEWSLETTER

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Editor's Corner

PSREI Online

Gladys G. Tanangonan, MD



In this fast-paced age of technology being up to date is vital. For years now we have seen different means of communication develop. One of these is the internet. It can be used by doctors to access information that would help not only in research and teaching but more importantly in the management of their patients. In the same light a lot of patients now seek treatment through the internet. So it is of utmost importance that we also provide the correct information.

For years now we have been provided by the society a website which we hoped would be a conduit for exchange of information between the members of the society. It was also envisioned that it could be used to enlighten patients with regards illnesses and conditions related to our specialty. Unfortunately we haven't achieved yet the desired response both from members of the society and patients.

This year the aim is to improve the website and make it more dynamic and useful for members and patients alike. The website is currently being upgraded and hopefully within a few weeks it would be operational. Of course we would like to encourage participation from the members. Articles may be contributed regarding disease conditions related to the specialty that may help doctors and patients alike. It could also serve as a promotional site for members of the society so an added feature may include a listing of REI specialists per area or region. Another portion may be given to patients who wish to ask about their conditions. Members are then advocated to provide answer to these questions. There would also be a portion where members can update themselves with regards activities of the society so they may be able to participate.

The website is still being developed. Suggestions from members are most welcome. We hope that it would be useful for the members. May it be a means to make the society more solid. May it be a means to reach out to all members. May it be a means to better educate our patients.

See you online!

Continuation.....Things to do in Clark Freeport and Pampanga

the 4x4 ride from Garden Restaurant to the hot spring and back, entrance fees to the hot spring and use of the facilities, sand steam (that's where they bury you up to the neck under volcanic sand), body mud pack, and a foot massage.

One of the attractions of the place is a steaming hot waterfall. The water in the stream was close to 90 degrees Celsius. And they divert some of the water into various pools with different temperatures ranging from 40 to 70 degrees Celsius. There are eight hot pools and one cold pool. So if one pool is too hot for you, you can take a dip in the next one.

5. Fly over Mt. Pinatubo

We all know about the trek to Mount Pinatubo via Capas, Tarlac. But have you ever wondered how Mount Pinatubo looks from the sky? Thanks to the Mount Pinatubo Sky Tour of Omni Aviation in Clark Freeport, you can now do that at a very reasonable price.

It's PHP4,500 per head, regardless of the number of people who'll fly. That's because they have different sizes of planes. So if you're just alone, they can send you up on a two-seater Cessna 152 plane which I took.

6. Do a museum and architectural heritage tour of Pampanga

Clark has a historical core from the days of Fort Stotsenberg and Clark Air Base. You can also start your tour in Angeles City at the Center for Kapampangan Studies in Holy Angel University for an introduction of the province. Then head on over to Museo ning Angeles, the Angeles Church, Pamintuan Mansion and the Founders' House. Take a calesa around old San Fernando, a treasure trove of ancestral mansions. Make sure you also visit the San Fernando Cathedral and the churches of Betis (a National Cultural Treasure), Bacolor, Lubao, Minalin, and San Luis to complete your visita iglesia of the province.

8. Swim in Mount Pinatubo's crater lake

Clark is relatively near Barangay Sta. Juliana, Capas, Tarlac. So another must do activity when staying in Clark is to trek to the crater lake of Mount Pinatubo to take a dip. Also check out the Pinatubo Spa Town.

9. Play golf at Clark's many golf courses

Take your pick! There are golf courses in Mimosa, Fontana and Clearwater to suit your golf needs.

10. Try your luck at the casino

If you're a high-roller or just looking for some fun, the Clark area has several casinos including Casino Filipino Angeles, Casino Filipino Mimosa, Fontana Casino and Hotel Stotsenberg's Casablanca Casino.

Lifted from Ivan Henares' blog

Greetings from Abbott Laboratories:



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