

**Official  
Newsletter**  
of the  
**Philippine  
Society of  
Reproductive  
Endocrinology**



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# PSREI



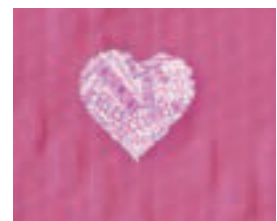
## Leaps and Strides in the Management of Abnormal Uterine Bleeding

Today marks the third offering of specialised focus on topics prominent in the

practice of Reproductive Medicine. Beginning in 2013, the PSREI midyear convention format has been streamlined to focus lectures specifically on PCOS , Endometriosis and for this year, Abnormal Uterine Bleeding.

Reviewing the Course Description states “Abnormal Uterine Bleeding remains to be one of the most common gynecologic complaints among Filipino women seeking care from their obstetrician /gynecologists or primary care providers. Understanding the pathophysiology, and the most common causes of AUB will help physicians determine the best course of management as well as some novel or emerging approaches to treatment.”

At the very heart of this midyear convention is the renewed interest and focus on AUB as initiated by the International Federation of Gynecology and Obstetrics (FIGO) by describing a classification system, the “PALM-COIN”. This classification system aims to standardise and resolve inconsistencies in nomenclature, thereby encouraging clarity of diagnostic and management strategies.



# Message from the President

Friends and colleagues, welcome to our 14<sup>th</sup> Midyear convention. This year our theme is “**Leaps and Strides in the Management of AUB.**” There will be a detailed discussion on the pathophysiology of abnormal uterine bleeding, diagnostic tools, an update on management protocols and a look into controversies and challenges in AUB. We have invited experts in reproductive medicine, hematology and oncology to speak on these topics. This confab is designed to inform us of current developments and help us provide appropriate care for our patients with abnormal uterine bleeding.

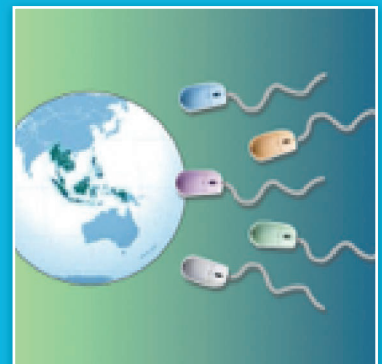
It is also my distinct pleasure to invite you to this year’s annual convention which will be held in the Manila Diamond Hotel on September 30 to October 2. Our 21<sup>st</sup> Annual convention entitled, “**Scanning the Present, Peeking into the Future**” will be a collaboration with the Asia Pacific Initiative on Reproduction (ASPIRE). Our scientific committee has come up with relevant topics that will appeal to general OB-GYN physicians and Reproductive Endocrinology and Infertility specialists. We have invited local and foreign experts to share their knowledge on these topics.

To add flair to our annual convention, we will hold our fellowship night on October 1, 2015 with a Filipiniana themed regional presentation. Please join us for a night of fun and festivities.

See you in our activities!



*RUDIE FREDERICK B. MENDIOLA , MD*  
2015 PSREI PRESIDENT





*In true celebration of the 20 years of PSREI, the recently concluded Annual Convention entitled 'Riding the Waves of Change in Reproductive Medicine' last November 8, 2014 reflected the Society's commitment to continually embrace the changing paradigms in the practice of Reproductive Medicine.*

It was truly a momentous occasion to witness the pillars and stronghold of the society as they participated in the processional of past presidents led by founding president, Dr. Florante P. Gonzaga. The Filipiniana themed processional gave the membership a glimpse of these luminaries who have steadfastly nurtured and strengthened the society to the stature at which we see it today. Symbolically following in the footsteps of the past presidents was the 2014 Board of Directors, with the dynamic President Dr. Jesus Banal - Silao completing the ensemble. This tribute was both fitting and timely, for as the group joined together in prayer led by Dr. Santiago A. del Rosario, we gave thanks to the blessing of this coming together and likewise said a prayer for fortitude and health of Dr. Rosalinda B. Arceo.

The scientific program offered 24 comprehensive lecture topics, judiciously crafted by Dr Lilia Luna and Dr Maria Antonia Habana, kept most of the attendees listening attentively throughout each day. Likewise, the information shared by our three distinguished foreign speakers - Professor Thomas Romer, MD, PhD (Germany); Prof Ernest Hung Yu Ng (Hong Kong); and Prof Teraporn Vutyanavich (Thailand), allowed for global updates and a differing perspective in terms of management of Endometriosis, Infertility and Assisted Reproductive Technology.

At the close of the two day convention proper, the celebratory mood was carried over the Fellowship night. Letting your hair down, showing some skin and groovin' to the music took on an entirely different level of fun. A culmination of mini reunions for dance practice, it was an exposition and explosion of talent that night. Fellowship batches from two decades gave energetic AND enjoyable performances. These were matched by the suave and graceful moves of the Past Presidents. The *RE*miniscing: A Evening of Nostalgia celebration culminated into a free for all dance showdown as the winner of the much coveted iPad was drawn and awarded to the vivacious and lucky Dr. Belen Alensuela.











*The Philippine Society of Reproductive Endocrinology and Infertility held its Christmas party at Oakwood hotel last December 10, 2014. “fREInds and villains” was the theme chosen for this year.*

In keeping with the themed party vibe dictating the seasons celebration, members began making their appearances in guises, some minimally garbed with masks or headdresses, others superbly in character that their entrance were greeted with applause.

A relaxed and joyous atmosphere predominated; the

scrumptious food enjoyed while listening to the musical selection of {name of band}. The magical night was filled with glee and joy as the fellows of PSREI participated in the parlour games, bolstered by various door and raffle prizes. In the spirit of tradition, Fellows in training revealed their dancing prowess.

The costumes that appeared that night were varied and represented the Marvel, DC, Disney and Star Wars universes relatively well. Perhaps owing to the recent showing of the movie wherein Angelina Jolie portrayed the beautiful but misinterpreted Maleficent, she was the character most depicted in her changing forms. Words do not do justice to the most notable preparations made by Drs. Jesusa Banal-Silao, Marlyn Dee, Patria Punsalan, Annabelle Alensuela, ( as Maleficent ) ; Drs Lilia Luna and Antonia Habana ( as Cruella DeVille ) , Dr. Debby Pacquing-Songco ( as Darth Vader ) , Dr. Madonna Domingo ( as Storm ). But among the number of Maleficents and superheroes in attendance, only one would be chosen to take home the most coveted price of the night.

Dr. Cristina Cuadra, dressed as Queen Grimhilde, the evil queen from Snow White, convinced the judges with her magic mirror that she had the “fairest costume of them all.” True to her character, the best in costume award was not enough for her, she bewitched everyone in the room with her poisoned apple and went home with the grand prize in the raffle, a Samsung Galaxy Tab.

The Committee Heads for the PSREI Annual Convention held last October 2014, were recognized for their contribution and dedication in helping make the recently concluded convention a success. The new PSREI Officers for 2015 were formally sworn into office . On a particularly nostalgic note, Dr. Rogelio Mendiola as the inducting officer received the oath of his son, Dr. Rudie Frederick Mendiola as incoming PSREI president.

## CHRISTMAS PARTY

*By Leedah Ranola-Nisperos, MD*

*Intrauterine insemination (IUI) is an office procedure, which involves the deposition of “washed” sperm cells directly into the uterine cavity around the time of ovulation. Its goal is to maximize the chance that healthy sperm cells reach the site of fertilization, in order to increase conception rates. To date, the pregnancy rate per IUI cycle is said to range from 5 to 13%, to as high as 29.1% after 4 cycles. In combination with ovarian hyperstimulation (OH), IUI is often the standard treatment option for select couples with infertility. As such, it is a requisite that every infertility specialist be adept at its practice.*

The Philippine Society for Reproductive Endocrinology and Infertility (PSREI) held its first IUI and sperm preparation workshop last March 21, 2015 at the Kato Repro Biotech Center (KRBC) in Makati City. The workshop was attended by new members of the society, as well as fellows in training and fresh graduates of 3 REI fellowship programs in Metro Manila. The one-day affair included a didactic session, followed by a hands-on simulation of 2 sperm washing techniques.



In his welcome remarks, Dr. Rudie Frederick B. Mendiola, current PSREI president, and medical director of KRBC emphasized how IUI is a fundamental skill that infertility practitioners should possess. In the lecture that followed, he focused on patient selection, and clinical indications for the procedure, and gave particular attention to the timing of insemination. He then presented and discussed current protocols of OH with IUI in detail, before finally recommending ways of addressing treatment resistance and failure.

The second part of the workshop began with a brief talk on sperm preparation given by KRBC embryologists, Ms. Maria Conception O. Estepa and Ms. Aileen Lozano. After the lecture, the participants were divided into groups of 4 to 5, and were given materials for sperm processing – including washing and density gradient media, and semen samples. They were then carried through each step of both the swim up, and the density gradient methods of sperm washing through instruction and demonstration, aided by illustrated handouts. The workshop ended with each group viewing samples of their processed specimens, verifying the fruit of their productive session.

The event was made possible through the generosity of its sponsors Merck Serono and Baby Boomers, and its host Kato Repro Biotech Center.



## *INTRAUTERINE INSEMINATION WORKSHOP*

*By Allen Gideon R. Tan, MD*





Florante Gonzaga, MD  
Founding President, 1994

From my vantage point, as a founding member, I am very happy with what PSREI has accomplished in the last 20 years. The future of the society will be in the very capable hands of the doctors right in front of me now and I am sure they can do their mandate of leading the Society to the next 20 years. For my final message, I can only advise them not to be complacent nor be afraid to take the less travelled road.

Allow me to quote, in closing, a part of the prayer of Archbishop Desmond Tutu:

***DISTURB US, O LORD***

When we are too well - pleased with ourselves  
When our dreams have come true because we dreamt too little  
Because we sailed too close to the shore

***STIR US, O LORD***

To dare more boldly, to venture into wider seas  
Where storms show Thy Mastery  
Where losing sight of land, we shall find the stars  
***AMEN***

\*excerpt taken from Dr. Gonzagas' keynote speech at the 20th Annual Convention



Leonardo Almeda, MD  
President, 1997

Each of us has a different path to tread, some create new paths, these are the real innovators.


In practical terms I see a direction where our society can grow further. We started our specialty with a strong collaboration with the medical endocrinologists. This was followed by a reliance on the surgical specialties utilizing microsurgical techniques in the delicate procedures to repair the tubes. The progress in laparoscopic and endoscopic technology enhanced our surgical capabilities to deal with operative problems. The development of assisted reproductive technology is a major milestone in the treatment of infertility. We may see divergent paths here leading to separate strong subspecialties.

The time has come to strengthen our collaboration with the embryologists, molecular biologists and andrologists.

The shift towards this direction may contribute to the impetus away from a single management of a difficult patient. The expertise to deal with a difficult patient will have to rely on separate individuals. We see this now in ART , where we have so much reliance on our laboratory partners. In assisted reproductive technology there seems to be a trend towards fragmentation of the cycle . This may be the direction that our specialty is going but the eventual goal is for a better patient care. Indeed we have seen our specialty grow in leaps and bounds and it is truly heartwarming to see the young fellows bloom. In the academic sector our recent publications relying heavily on RCT's is healthy, leading us in the right direction

It is truly nice to get a view from the top

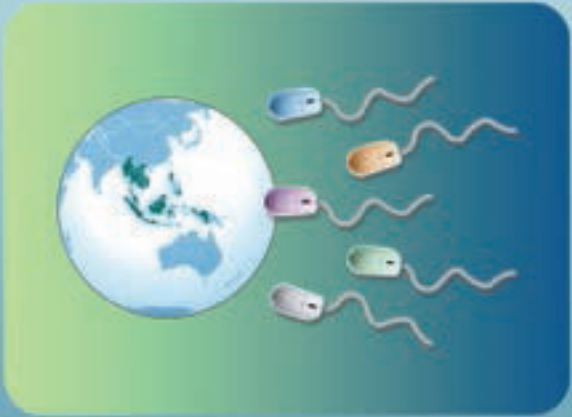
Save the Date



# Aspire

21<sup>st</sup> ANNUAL CONVENTION OF THE  
PHILIPPINE SOCIETY OF REPRODUCTIVE  
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DR. SURESH NAIR  
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PROF. JAIDEEP MALHOTRA

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Please contact PSREI secretariat or  
visit [www.psrei.gov](http://www.psrei.gov) for details

## PSREI CME OUTREACH PROGRAMME

*May 24, 2015*  
**Tagaytay**  
*May 29, 2015*  
**Bacolod**

### THE PSREI NEWSLETTER

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*I repeat that it is  
not what we do,  
but how much  
love we put into  
doing it.*

*Mother Theresa, 1982*



In grateful remembrance of  
*Dr. Rosalinda B. Arceo*  
PSREI President, 2000



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