

PHILIPPINE SOCIETY of REPRODUCTIVE MEDICINE

(formerly known as the Philippine Society of Reproductive Endocrinology and Infertility)

Midyear Convention p.4

Aptly titled 'Leaps and Strides in the Management of AUB', the midyear convention held last May 11, 2015 enabled information dissemination on a large scale as we welcomed 365 participants at this event.

Outreach Program p.6

Promoting continuing medical education, there were 4 key provinces visited by the lecture caravan of the Society. The quarterly activity began its run in Region IVA (Tagaytay), pushing on to Region VI (Bacolod), onwards to Region V (Legazpi) and ending up in Region XII (Gen. Santos City) last September 18, 2015.

Welcoming the new PSRM Fellows

CONGRATULATIONS!

Emillie Apepe

Mary Eleanor Domingo

Liezel Enguillo

Zedrix Gallito

Mona Lim Yiu

Satrina Perez-Castillo

Allen Gideon Tan

Irene Uy



Turning over a new leaf

*I*n a landmark collective decision last May 11, 2015 during the special business meeting at the Midyear convention, the Philippine Society of Reproductive Endocrinology and Infertility (PSREI) would henceforth be known as the **Philippine Society of Reproductive Medicine (PSRM)**. The society began its inception as early as 1984, conceptualised into fruition by Dr. Leonardo A. Almeda, Dr. Rosalinda B. Arceo, Dr. Florante P. Gonzaga, Dr. Janet Roa and Dr. Delfin A. Tan. Formally recognised as a specialty society of the Philippine Obstetrics and Gynecological Society (POGS) in 1994, its membership is now 114 specialists strong. This change in name was recommended by the committee on amendments, with Dr. Delfin Tan presiding as chair, and was approved during the 2014 Annual Convention. Recognising dichotomisation of the specialty and the emergence of subspecialty societies, this change in name strengthens the commitment of the PSREI to address all aspects of human reproduction, medical or surgical. The direction of the society will purposefully benchmark the knowledge and skills of its specialists to the emerging updates in the practice of reproductive medicine worldwide.



**Rudie Frederick B.
Mendiola , MD**

**PSRM President,
2015**

2015 is the year that the Philippine Society of Reproductive Endocrinology and Infertility (PSREI) turns a new leaf. Through a referendum held last year, the body has decided to make us known as the Philippine Society of Reproductive Medicine (PSRM). Reproductive medicine deals with the prevention, diagnosis and management of reproductive problems. As well as, improving or maintaining reproductive health and allowing couples to plan their family at a time of their choosing. Recognizing that reproductive medicine goes beyond endocrinology and infertility, this change in name strengthens our commitment to address the different aspects of reproductive health.

The focus of this year's projects was on education and awareness. We started with a workshop on semen washing and preparation for IUI. Eighteen young fellows and fellows in training participated in the hands-on workshop. The attendees were lectured on the different ways of sperm washing and preparation and were given the opportunity to perform each technique on fresh semen samples.

Aside from our yearly CME caravan, we also conducted several lay lectures. Through the partnership of our society with Merck Serono and the Department of Health, we launched the lecture series during this year's Fertility Awareness Month. The objectives of the lay lecture series were to educate couples on the common diseases that might cause infertility during the reproductive age, to create awareness that certified specialists in reproductive medicine as well as state of the art fertility treatment is available in our country and to correct myths and misconceptions about causes and remedies for infertility. We believe that these are the key steps in empowering our patients to seek timely treatment from expert health service providers who can provide appropriate intervention.

As we hold our 21st annual convention, we collaborated with the Asia Pacific Initiative in Reproduction (ASPIRE) and created a scientific program that touches on the various aspects and intricacies of reproductive medicine. We encourage all fellows and members to actively participate in this event and be updated through lectures by invited local and international speakers.

Lastly, another workshop is still in the works. The International Federation of Fertility Societies (IFFS) will conduct a workshop on Assisted Reproductive Technology on November 23, 2015. This will be exclusively for all active PSRM fellows only. Details will be announced once finalized. Please save the date.

I recognize and congratulate our fellows who continue to uplift our society by abiding by our ideals and objectives. We look into our society's future full of promise and enthusiasm.



**Maria Antonia E.
Habana , MD**

Vice President

**Over All Chair,
21st Annual Convention**

*W*elcome to the 21st Annual Convention of the Philippine Society of Reproductive Medicine (PSRM), a Regional event of the Asia-Pacific Initiative on Reproduction (ASPIRE). This year's theme "Scanning the present, peeking into the future" aims to examine current care and update us on the numerous advances and innovations in the field of reproductive medicine. Dr. Leonardo Almeda with Dr. Virgilio Novero, as Scientific Program chair and co-chair, together with their committee, have prepared an outstanding program. The program includes a wide variety of topics on infertility, assisted reproductive technology, reproductive endocrinology and surgery, and contraception. This is the first, of what we hope, will be many more linkages with ASPIRE. The program features exceptional guest speakers from the region, who will share their expertise highlighting the Asian perspective. Each session will be followed by an open forum that we hope will provide a venue for more interaction and audience participation. The second day will also host the Interesting case and Research contests of the Society.

The exhibit hall will have a grand opening on Wednesday, September 30, and snacks will be served at the same venue. An exciting '*Fiestastic*' social program has been prepared to further enjoy your stay in Manila and the Philippines.

We look forward to meeting all our fellows, trainees, and friends as well as our colleagues from abroad. We are sure there will be numerous opportunities for networking and collaboration.

Mabuhay!

MIDYEAR CONVENTION

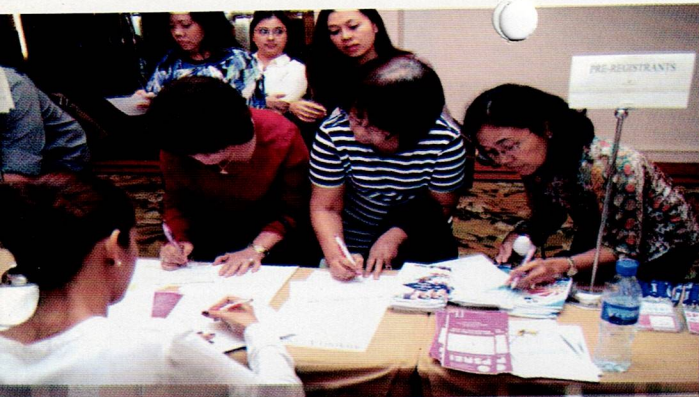
May 11, 2015

by Leonila Estole-Casanova, MD

Record-breaking!! That's the most appropriate description for the overwhelming attendance in the this year's PSREI Midyear Convention with the theme "LEAPS AND STRIDES IN THE MANAGEMENT OF AUB".

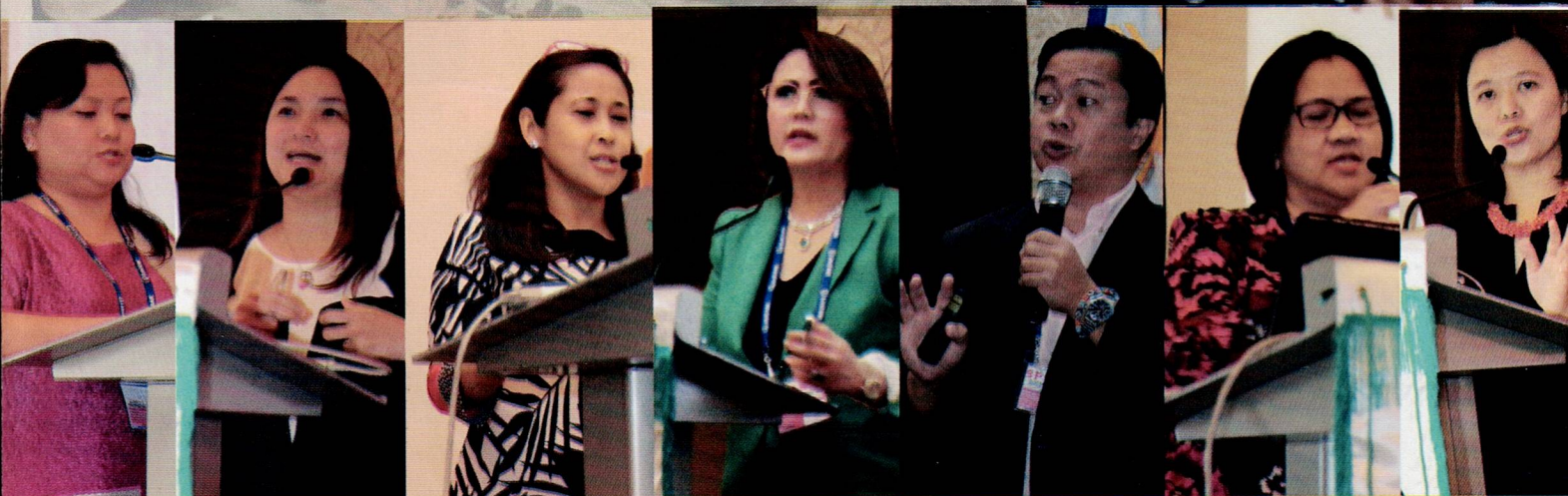
But, what else do we expect? The Scientific Committee headed by Dr. Leonardo Almeda and Dr. Virgilio Novero, Jr. had prepared a very comprehensive and relevant scientific program that proved to be very appealing, not only to our Fellows, but also to the gynecologists in private practice, ObGyn residents and primary care practitioners. In addition, the utilization for the first time of the online registration played a significant role in the overflowing attendance; that even when the convention was underway, there were still those queuing to register. A total of 365 attendees have expressed their commitment to continuing medical education as they listened through 14 lectures encompassing the various aspects of the management of AUB. Didactics were supported by video presentations.

GUEST



But, the question is was it worth the time? The society acknowledges the evaluation tool received from the participants at the end of the three day convention and aims to reflect these valuable comments in improving upon the points raised. To highlight the “unanimous” encouraging feedback from them, the 2015 PSREI Midyear convention was “one of the best post-graduate courses with very good speakers and with much clinical relevance to our daily practice”. The one-day midyear convention had made them LEAP with joy and knowledge as the PSREI outstanding speakers STRIDE exceptionally from the basic discussion on the pathophysiology to the detailed discussion of the FIGO classification of AUB including the evaluation, clinical considerations and management based on the “PALM (anatomic)- COEIN (non-anatomic)”!

Definitely, the 2015 Midyear Convention was a job well-done!!



SPEAKERS

CME Outreach Program

by Marinella G. Abat, MD

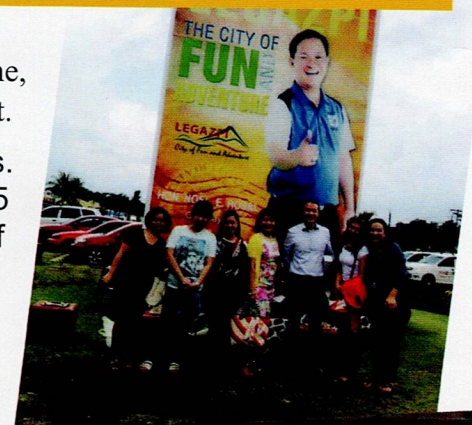
It is the goal of the PSREI outreach program to share basic knowledge of the more common reproductive endocrinology and infertility problems to our friends in the different parts of the Philippines. This is our way of imparting basic diagnostic plans and treatment modalities in diagnosing the common problems seen in our clinics, as well as insights as to when to refer to the specialist. The course offers lectures on Polycystic Ovarian Syndrome, Endometriosis, Abnormal Uterine Bleeding and Fertility Management.

For this year, we had a total of 4 outreach programs. The first leg took us to the city of Tagaytay on March 24, 2015 where we were welcomed by the around 124 members of POGS Southern Tagalog at the Taal Vista Hotel. This was sponsored by friends from ADP Pharma. The second leg was sponsored by Merck Serono and this was held last May 29 at the L fisher Hotel in Bacolod City. Around 85 members attended this event which was followed by a lay forum which was handled by Dr. Rey Castillo. Third leg brought us to the beautiful Mayon Volcano. This was held on July 26 at La Piazza Hotel in Legaspi City which was attended by 60 Obstetrician-Gynecologists. The last outreach was held at General Santos City last Sept 18, 2015 at Green Leaf Hotel. The last 2 outreach programs were sponsored by DKT.

We would like to thank our sponsors and to the REI specialists who took time out from their busy practice schedule to be part of this year's outreach program



Bearing the banner in Legazpi City w/ Dr. Lyra Ruth Chua and Dr. Debbie Songco



.... at the Bacolod Ruins with Dr. Rogelio Mendiola and Dr. Anna Lynn Matignas



Marinella G. Abat, MD

CME Chair



Speaker's packing a heavy punch at the land of the Pambansang Kamao, GenSan



FERTILITY AWARENESS MONTH LAUNCHED



The month of August has been formally recognised as the Fertility Awareness Month (FAM). Last August, 2015 in partnership with the Department of Health and Merck Serono, a series of lay lectures began with vigor with the objective of empowering couples to understand the various causes of infertility and for them to be made aware of the resources available to them in our local setting to address these conditions.

As reproductive medicine specialists in service of this particular subset of patients, it is our calling to increase the awareness pertaining to fertility issues, to dispel the myths and misconceptions about it and present relevant and realistic options for their needs.

The theme “ **Choosing Hope Together** ” emphasizes the key message of unity between couples, reflecting as well the strong support and partnership with their chosen reproductive medicine specialist to address issues on fertility.

Fellow in Focus

DR. MICO is in active private practice, a singing enthusiast and a TRIathlete.....

TRI-worthy

ROMERICO TORRES, MD

What is your motivation?

It started 4 years ago with running craze back then, when I started to run in races. I was already swimming recreationally then as well. So the only thing missing was biking. My interest got piqued with triathlon and took the plunge in investing in a bike. So what initially started as curiosity has become a lifestyle. The main motivation is to keep myself fit and active. This lifestyle energizes me and ironically gives me momentum to do more, with the added bonus of keeping the excess weight off and gives me the license to eat what and when I want.

Give insights on your time management. Does it encroach on your practice?

My clinics are all in the afternoons, so as much as possible I schedule procedures/ surgeries not earlier than 9 or 10 am, unless I have a 7:30 am lecture then I move the training block in the afternoon if I still have time. Training usually starts at 6:30 am daily when its race season. Of course priority is still my practice. So long runs and bikes are usually done weekends. When I was starting, I had some difficulty, but I have gotten used to the routine already as I said, it has become a lifestyle. If I get really busy, I make sure that I have at least 1 swim, 1 bike and 1 run session in the week just so it won't be so difficult to get back in race form.

Tips to share with a beginning enthusiast.

Just do it! But it's better if you get yourself coached. Start gradually, and progress slowly as your body adapts to the new routines. Since it involves 3 disciplines, it pays to have a run and swim coach, the latter being very technical and for me needs to be supervised especially for a beginner. Bike is saddle time, meaning the more time you spend at it, the better you get. Choose your races, it can get really expensive and draining if there's too much. Above all else, just enjoy the pain, but of course always be in tune to what your body tells you. Training is a lot easier nowadays with all the technology and coaching resources available, use them wisely.





2015 PSRM Board and
Organizing Committee

THE PSRM NEWSLETTER

The PSRM Newsletter is an official publication of the Philippine Society of Reproductive Medicine. It is printed bi-annually and distributed to the members of the PSRM

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