



NEWSLETTER

Philippine Society for Reproductive Medicine, Inc.

Volume 20, Issue 36



Welcome to the PSRM Midyear Convention!

As the society holds its 16th midyear congress, we are excited to share with you the latest developments in the diagnosis and management of Leiomyomas. With this conven-

tion's theme of "Uterine Leiomyoma: Concerns, Controversies and Challenges in Current Practice", the scientific committee has prepared a thorough and interesting flow of discussion that is designed to give a holistic approach to

this most common benign uterine pathology. From pathophysiology to management options, the most important clinical dilemmas will be addressed by our esteemed lecturers. All these information will be synthesized by the case



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Welcome to the 2017 PSRM Midyear Convention, entitled, Uterine Leiomyoma: Concerns, Controversies and Challenges in Current Practice. Through the years, it has been the mission of PSRM to provide relevant information on various topics with regards to reproductive medicine. Each year, PSRM holds a one-day midyear convention, dedicated to a single topic in focus. This year, we have chosen to highlight the recent discoveries about the pathophysiology and management of uterine leiomyoma. This convention is

for gynecologists in practice, OB-GYN residents/fellows in-training, as well as, primary care physicians involved in women's health.

Since leiomyomas or fibroids are very commonly encountered in our OB-GYN practice, the treatment has often been considered run-of-the-mill. Oftentimes, surgery is the recommended approach for women with fibroids, with options sometimes being too radical, such as hysterectomy for young nulligravid women with multiple myomas. The topic of leiomyoma is a dynamic one. Many changes are being discovered. With the advent of more recent developments in our understanding of the pathophysiology of myomas, more novel and conservative means of treatment have emerged, allowing the woman to preserve her

uterus and optimize fertility. This is the aim of PSRM, to elucidate on the latest findings and help us apply these new treatment options to our daily practice.

I once came across a saying, "the generalist knows one thing about everything, while the specialist knows everything about one thing." Humorous as it may seem, this saying points out the need to bridge the gap between the two. Each year, PSRM focuses on one topic for its Midyear Convention, to help us know everything about everything, one subject at a time. Thus, for this PSRM Midyear Convention, we have gathered experts to share their knowledge and experience with the treatment of leiomyomas, in order to enhance our current understanding of fibroids and

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Continuation message from the president.....

discussions which will be participated in by PSRM's best of the best.

I would like to congratulate the Organizing committee headed by our Overall chair and Vice president Dr. Angel Tan-Espiritu, the Scientific committee headed by Dr. Ma. Antonia Habana and Dr. Delfin Tan, committee Chairs and co-chairs and our secretarial staff for their inspired work and unwavering commitment to PSRM.

To our PSRM members and friends, we encourage you to likewise attend the Annual Convention on September 26-

28, 2017 at the EdsaShangri-la Hotel.

As for today, let us gear ourselves for a day of major learning. May this be a fruitful Leio-myoma day for all of us!

Yours sincerely,

Dr. Madonna Victoria C. Domingo
President, PSRM

PSRM CPG authors undergo GRADE-PRO GDT Workshop Ina S. Irabon, MD

PSRM senior and junior fellows assigned as authors for the 2017 Clinical Practice Guidelines on Myoma Uteri underwent a one-day hands-on training on the use of the GRADEpro Guideline Development Tool (GRADEpro GDT), last March 6, 2017, under the tutelage of Dr Jacinto Blas V. Mantaring, the current Program Director of the Department of Clinical Epidemiology of the College of Medicine, University of the Philippines Manila. The workshop was held at the Crowne Plaza Manila Galleria located in Ortigas, Pasig City.

GRADEpro GDT is an online application especially designed for the authors of health care guidelines. It can create, manage and share summaries of research evidence (called Evidence Profiles and Summary of Findings Tables) from clinical trials, systematic reviews or other bodies of research, which makes it easier for CPG authors to objectively evaluate their available evidence and help generate their final statements, summary and recommen-

dations, vital for health-care decision making in the local setting.

For the workshop proper, the participants were divided into 5 working groups, and each group was assigned a specific topic regarding the management of myoma uteri. The groups were tasked to generate PICO/PECO questions, and create evidence profiles and summary of findings tables based on the journals they gathered regarding the assigned topic.

This workshop is in line with the POGS' advocacy to standardize all clinical practice guidelines generated by its affiliate societies. Using a standard tool will hopefully help generate the best evidence from all clinically relevant research and expert opinion, and eventually optimize clinical outcomes and quality of life for the Filipino woman.



Editor's Corner

By Angela G. Sison-Aguilar MD MSc MBA, Fellow
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MUCH ADO ABOUT EGG FREEZING....

It is in mainstream media, it is in social media, it is dinner party conversation, and, horror of horrors, our teenage daughters seem to be discussing it in the same breath as finding a life partner.

The shift from experimental indication to medical indication has been swift, it is as if the floodgates have been opened as soon as the American Society of Reproductive Medicine issued its statement allowing the clinical use of oocyte vitrification. The debate about its utilization is no longer confined in scientific meetings and medical journals—it has become fodder for mainstream media. And what is our role as a reproductive medicine subspecialist? Are we an enabler of women's reproductive rights, enlightener when they are at the crossroads of choice, or a mere exploiter of their fears?

The technology – we have become enablers
Using standard methods of vitrification, women desiring to have their eggs frozen undergo the usual agonist, and lately, antagonist protocols to obtain a reasonable number of oocytes for future use. At their direction, the oocytes will be warmed at 37° two hours prior to an ICSI procedure to create embryos. This method has proven effective for women who will eventually survive their medical conditions, such as cancers and even endometriosis, and their subsequent treatment. It has also been utilized in women who are unable or, by choice, unwilling, to start a family at the moment, but in the future would decide to do so. This application—obtaining and freezing oocytes to overcome “age related fertility decline,” has spurred an entire industry of egg banking, for autologous and even for donor use.

The outcomes—we should be enlighteners
Reliable data on the outcomes of this intervention should be provided to both women and to providers to be able to come up with rational decisions as to its use.

The optimal age at which this procedure is utilized is of benefit not only to the woman but also to policy makers, who, in the future, may decide to fund this procedure, national health re-

to help us provide the best possible individualized care to our patients.

This Midyear Convention would not have been possible without the valuable guidance of our Scientific Committee, headed by Dr. Tonette Habana, co-chaired by Dr. Delfin Tan, with the help of other members of the committee, Dr. Ina Irabon, Dr. Eileen Manalo and Dr. Marlyn Dee. PSRM is a well-oiled machine and I have the pleasure of working with a reliable, efficient and dedicated organizing committee: Dr. Gladys Tanan-gonan (who also designed this Midyear's Theme) and Dr. Chiaoling Sua-Lao for the Ways and Means Committee; Dr. Debby Pacquing-Songco, Dr. Grace Cruz, and Dr. Marian Capco-Dichoso for the Exhibits Committee; Dr. Jing Fernandez, Dr. Ma-joy Cristi-Limson for the Physical Arrangements Committee; Dr. Rose Es-

guerra and Dr. Lenny Casanova for the Documentation and Registration Committee; Dr. Tess Barrientos and Dr. Sonia Desquitado for the Program and Invitations Committee and Dr. Ney Abat, Dr. Emma Caringal and Dr. Joyce Medina for the Committee on Socials. Other Board Members have also been there to give their advice when major decisions had to be made, Dr. Angge Aguilar and Dr. Judith Galang, and most especially, our President, Dr. Mads Domingo, for her guidance, every step of the way. Thank you everyone for your untiring and generous support and for being part of our Dream Team.

I would also like to thank our sponsors for their magnanimous support for this endeavor: Biofemme (Platinum Sponsor), Pharmalink (Gold Sponsor), Takeda (Silver Sponsor) and all the exhibitors who set up their booth with us. And for

the staff of PSRM, who are doing the legwork behind-the-scenes, Sarah and Richie, thank you for all your help throughout these years.

Lastly, I would like to thank all the delegates who have attended this Midyear Convention. Thank you for always participating in our events. Without your presence, this Midyear Convention would not be possible. I hope that this course will be as fruitful for you as it is for us.

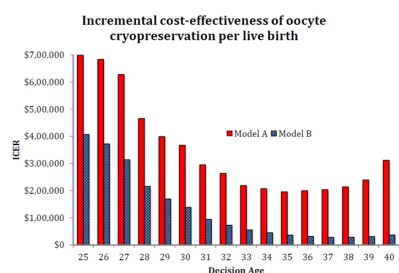
Regina Paz Tan-Espiritu, MD, FPOGS, FPSRM, FPSGE

Vice-President, PSRM

Overall Chair, PSRM Midyear Convention

sources or private insurers, to improve access to care. Mesen and colleagues found the optimal cost effective age to be at 37 (Figure 1).

Figure 1. Cost effectiveness of oocyte cryopreservation



The technology is effective, especially with the advent of vitrification which proved to have higher utilizable thawed oocytes compared with slow freezing. In a five year observational study conducted in Spain, six live births resulted from vitrified oocytes, one from an oncological patient and the rest from those with nononcological reasons such as decision to delay starting a family and those with endometriosis. In a large Italian series, freezing of 2,526,024 oocytes from 2005 to 2013 resulted in 2,152 live births. The series reported congenital anomalies affecting only 0.9% of the live births.

The dilemmas –have we become exploiters?

A new application of this technology has spurred several debates. Many have argued that the medical community, scrupulous or otherwise, have cultivated the fear of infertility among women for their own financial gain. Undue pressure may be placed on women to make decision about their future fertility, sometimes without regard for their wish to have genetic children, financial access to care and personal risk. Advocates of the technology, however, argue that the technology is a legitimate medical intervention, mitigating the effects not just of aging due to the postponement of the first pregnancy, but also, generally, of anticipated gamete exhaustion (AGE) for various reasons. Indeed, in certain situations, we as medical practitioners are advised to counsel women to consider the risk of AGE and offer current treatment.

Thus, to fulfil our role as enablers and enlighteners, and avoid being exploiters of women facing AGE, we reproductive medicine specialists should have a firm understanding of the technology, its methods and outcomes, its indications and risks. Women should be fully counselled about their chances of success, the capacity of the center offering the services, and the absence still of long term results of this technology.

Guidelines should be imposed in every country, including ours, to protect women and promote responsible use of this technology.

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An ART-filled Christmas

Marinella Agnes G. Abat, MD

It was time to experience a different kind of ART.... Last December 5, 2016, PSRM went to Sip and Gogh at Capitol Hills to enjoy and try a differ-



After this we all had dinner and singing and raffle at Stacy's restaurant. Grand prize was a Pandora bracelet that was won by Dr. Marites Barrientos.

We would like to thank our Past Presidents who joined the party there's nothing like having fun with our mentors Dr. Corazon T. Lim, Dr. Lilia

ent kind of ART. These time no washing, no pick up, no transfer and no catheters to use.... We all made use of the canvass, paints and brushes with a little booze and refreshments.... 3 best paintings were awarded that night too.



P. Luna, Dr. Lyra Ruth C. Chua, Dr. Leonaro A. Almeda, Dr. Rogelio P. Mendiola, Dr. Maria Jesusa Banal-Silao and Dr. Rudie Frederick B. Mendiola.

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