

# NEWSLETTER

January 2025



## PSRM: Local Host of ASPIRE 2024

**EDNALYN T. ONG-JAO, MD**  
PRO

PSRM was the local host of the 13th Congress of the Asia Pacific Initiative on Reproduction (ASPIRE 2024) which was held at the Philippine International Convention Center (PICC) in Manila, Philippines from May 23 to May 26, 2024. This annual congress brought together experts and professionals in the field of reproductive medicine to exchange knowledge, discuss advancements, and address key issues in reproductive health. The event featured a scientific program that covered a wide range of topics related to assisted reproductive technologies, andrology, embryology, and other areas crucial to the field. Through presentations, workshops, and discussions, participants had the opportunity to enhance their understanding, share best practices, and network with peers from around the Asia Pacific region and beyond.

ASPIRE 2024 in the Philippines served as a platform for fostering collaboration, promoting research, and advancing the standards of care in reproductive medicine. The congress provided a valuable opportunity for attendees to stay updated on the latest developments in the field and contribute to the ongoing progress of reproductive healthcare in the region.



## Message from the President

**DEBBY P. SONGCO, MD**  
President



Reproductive medicine in the Philippines has evolved significantly over the past three decades. Advancing in technology, medical practices, research and education.

The society was established with the goal of improving the quality of reproductive healthcare, through education, advocacy, and research in the country. Furthermore, PSRM envisions itself to be a globally recognized group of experts in the field of reproductive medicine.

As we shape the future of reproductive medicine in the Philippines, we continue to promote our advocacy for fertility awareness, education as well as research on reproductive

health, and commitment to the ethical practice of reproductive medicine. The society will continue to champion initiatives aiming to improve fertility treatments and management of reproductive health diseases as PCOS, endometriosis, abnormal uterine bleeding and infertility among others.

The PSRM acknowledges that ART is continually advancing. Given the country's conservative cultural and religious values, the society works within these parameters to ensure that reproductive healthcare services, particularly ART procedures, are offered in a manner that aligns with ethical standards.

The PSRM encourages its members to maintain a high level of professionalism, adhere to ethical guidelines, and provide compassionate care to all patients, regardless of their backgrounds or personal beliefs.

Whether you're an individual seeking guidance on fertility treatments or a healthcare professional looking to enhance your knowledge, we are here to support you.

Explore our website to learn more about the advocacies, resources, and educational opportunities we offer.

Join us in fostering a greater understanding of reproductive medicine.

## Mindanao Center for Reproductive Medicine Earns Provisional Accreditation for Fellowship Training Program

**ALLEN GIDEON TAN, MD**  
Board Secretary

Davao City, Philippines – The Philippine Board of Reproductive Medicine (PBRM) has granted the Mindanao Center for Reproductive Medicine (MCRM) provisional accreditation of its Fellowship Training Program, marking a significant milestone for the region. This accreditation, awarded for the training program's first year, affirms MCRM's commitment to advancing reproductive healthcare and to training subspecialists in the field of reproductive medicine.

MCRM, a collaboration between Brokenshire Medical Center (BMC), and Davao Regional Medical Center (DRMC), started offering subspecialized training aimed at equipping medical professionals with the knowledge and skills necessary for the expert management of disorders related to general reproductive medicine in 2019. As a consortium, the partnership ensures a multidisciplinary approach to training, leveraging the strengths of each institution, one private (BMC) and one government (DRMC), to enhance the learning experience.

Dr. Maria Lourdes Z. Cabling serves as Section Head of MCRM, overseeing the curriculum and the training of fellows. Assisting Dr. Cabling is Dr. Maria Janice Alcantara-Boquiren, who serves as the training officer, as well as Dr. Irene Lubaton-Uy, Research Officer. Completing their faculty are Dr. Jeanmarie Cabrera-Salvador, Dr. Veronica M. Deniega and Dr. Rosielix Eustaquio-David. Their program aims to foster the development of highly skilled reproductive medicine specialists who will go on to serve patients across Mindanao and beyond.

The accreditation is a recognition of MCRM's commitment and preparedness to offer advanced training in reproductive medicine. As the only program in the region, it represents a major step forward for healthcare in Mindanao, expected to address the growing demand for expert reproductive healthcare professionals in Southern Philippines.

"We are excited and honored to have received provisional accreditation," said Dr. Cabling. "This program will help us train the next generation of leaders in reproductive medicine and enhance the quality of care available to our patients."

MCRM was first visited by the PBRM in January of 2024, 6 months after the program's reinitiation in July 2023. The committee led by PBRM Chair and past Philippine Society for Reproductive Medicine (PSRM) President Dr. Gladys G. Tananonan awarded MCRM provisional accreditation after deliberations on the results of their second visit held in August of 2024. MCRM is due for a definitive visit between June and August of this year. Full accreditation will be granted upon the recommendation of the PBRM, and approval of the PSRM Board of Directors, effective January 1 of the following year. A mandatory visit by the PBRM will be scheduled one (1) year after accreditation has been granted.

**For more information about accreditation of new training programs in reproductive medicine, contact the PSRM secretariat directly.**

# WHAT'S NEW

## The PSRM STOLE

The PSRM stole transcends much more than a ceremonial garment; it encapsulates the essence of achievement, recognition, and dedication to the core values upheld by PSRM, creating a link between the past, present and future pursuits of the society.

It acts as a reminder for PSRM fellows, emphasizing their obligation to make meaningful contributions to their communities and fields of expertise, serving as a powerful call to action. Wearing the PSRM stole serves as a source of motivation, encouraging fellows to reflect on their individual accomplishments and the inspiring stories of those who have paved the way before them, thereby promoting the pursuit of excellence in their upcoming endeavors. By wearing the PSRM stole, fellows become part of a community of individuals who share similar experiences, aspirations, and standards of excellence, fostering a strong sense of belonging and camaraderie among the society's members.



## NEW PSRM MISSION and VISION



On July 20, 2024, members of the Philippine Society of Reproductive Medicine (PSRM) convened for an important meeting aimed at reviewing and redefining the organization's mission and vision statements. This gathering was crucial for aligning the society's goals with the evolving landscape of reproductive medicine and addressing the needs of stakeholders within the field.

### NEW VISION

*To be a globally-recognized group of experts providing excellent and accessible reproductive health care*

### NEW MISSION

*PSRM is committed to providing state-of-the-art reproductive care through the constant pursuit of new knowledge and the nurturing of competent, ethical, and compassionate medical professionals.*

# MEMOIRS OF A PSRM PRESIDENCY: A YEAR OF CHALLENGES AND REWARDS, A LOOK BACK, TAKING ON THE PRESENT, A GLIMPSE OF THE FUTURE.

**ROMERICO F. TORRES, MD**  
President 2023

The year was 2023, I was faced with the gargantuan prospect of leading a group of highly skilled, dynamic, talented and opinionated group of colleagues that is PSRM. It was both daunting and aspirational. Daunting because I had very big shoes to fill in knowing the very accomplished luminaries in the field who came before me. Aspirational because such position holds power to direct and mold the course of the organization at least for the whole of the term if not beyond. When I asked for advice from some of my predecessors on how I should lead, they all imparted the importance of having a vision for the organization and how to execute the details to realize this. Despite IVF's presence in the country for 20 years, we have been lagging in terms of number of IVF cycles, not just globally but even in the region. Our population then was 114 Million Filipinos (now 119M), 10% of whom need fertility services and some eventually IVF. Given these glaring numbers and considering the degree to which our population is underserved, I carved out a vision that aims to address this. Back then, our country was churning out 3,700 cycles the year before and by comparison with neighboring states Vietnam does 30-40k cycles/ year, Thailand has 11,717 (2016), Indonesia has 10,000 (2019) and Singapore has 8700 (2019). The vision I set for PSRM is to "Go for 10,000 IVF cycles in five years!" Blithely, I sent this vision out into the universe, in the hopes that cosmos will conspire to make this happen, a mettle that we as fertility specialists will take on and I know will succeed.

Accomplishing this vision entails work in three main domains. First is increase the number of specialists in ART both by increasing the interest of graduates to pursue RM fellowship training and increase the number of RM fellowship training programs. While there is no lack with the earlier, there were only 3 accredited fellowship training programs then. By the end of my term together with the PBRM led by Past Presidents Drs Madonna Domingo and Gladys Tanagonan, we were able to visit the Mindanao Reproductive Medicine Consortium which has started its recruitment of applicants. To date this program has earned provisional accreditation for its first-year training and is aiming for accreditation of its 2nd year training by August 2025. Full accreditation is given once its graduates pass the PBRM certifying exams and become PSRM fellows. Cebu has also written to PBRM expressing interest in setting up their own program. The second domain is to increase the confidence of young graduates to perform ART and be equipped with training during fellowship to be able to practice independently. I have requested PBRM then to review existing curricula of accredited programs specifically on ART. This review showed that all training programs are at par. With the ratification of amendments in the PSRM By Laws during the 2023 business meeting, the function of promulgating a common curriculum for all training programs has been an institutionalized PBRM function. Now as part of PBRM I have been tasked to spearhead the work on this. Part of building confidence in ART practice we have continued the IVF series ably directed by Dr Marivic Tan, complementing the ongoing IVF mentorship programs. The 3rd domain refers to the increase in number of IVF centers to cater to more patients leading to 10,000 IVF cycles in five years. Two years ago, there were 10 centers majority of which were in Metro Manila. Last week we had a meeting of current and soon to open IVF clinics, and its great news that 3 new IVF clinics are about to open within the year! Through this meeting we came to realize the vast potential and untapped market the country has and expectedly, investments in the industry have been steadily increasing. Our country has in fact been identified as THE hot spot for growth in the industry in the region and it is envisaged that more foreign capital and partnerships will happen that should accelerate expansion. Talk about the universe responding and approving of the vision I put out! Amen!

One of the core functions of PSRM is to continually improve and harness the knowledge and skills of its members through its CME programs. For the year, we were able to finally hold our first face to face Midyear Convention since the pandemic with the theme "PSRM Providing Solutions Regarding Menstrual disorders." It was held last May 12, 2023 hosted by the POGS Central Luzon Group headed by PSRM members Drs Eileen Co-Sy, Dianalyn Carlos and Irmira Lacsina at the Clark Marriott. Kudos to the POGS CL team and PSRM Scientific Committee overseen by then VP Dr Debby Songco for a well-organized and well attended event. A total of 304 colleagues attended out of the 333 registrants. The event was a whole day of scientific sessions that culminated with a wellness session followed by the Luau Themed Fellowship Night, lovingly planned by the PSRM socials team. A few weeks later, PSRM had a strong showing during the ASPIRE in Adelaide Australia where 63 of our members attended some of whom presented, chaired/co-chaired sessions and delivered lectures. The highlight was the rousing performance of the PSRM Singers and Dancers at the ASPIRE's closing ceremonies as we took on the baton to be the hosts the following year. It was a performance that was both proud and poignant as we drummed up our invitation. It was truly a memorable experience for all of us!

Our annual convention for 2023 was most momentous not only because it was the first international meeting that PSRM was hosting concurrent with the Asian Congress on Endometriosis (ACE) in collaboration with the Asian Society for Endometriosis and Adenomyosis (ASEA) held last September 24-27 at the Marriott Hotel Manila. It was also because it was an entirely PSRM organized and powered regional meeting including the funding, with no professional congress organization! It once again showed the awe-inspiring ability and the cohesiveness of the group to mount a global caliber event. It was touted then as the BEST so far by the attendees and the ASEA board themselves! The magnitude of the complexity and level of skill in organizing can be gleaned from the program that consisted of 6 pre congress workshops, 1 post congress workshop, involving 38 International Speakers, 50 National Speakers, 8 Keynote Lectures of the GODS of endometriosis, 75 simultaneous sessions and 12 collaborating societies all bringing to life the catchy theme "Transforming Lesions to Lessons: The Role of Multi-dimensional Care of Endometriosis". As we have promised our social events showcased the best of Filipino hospitality by holding not just one but THREE social programs starting with the welcome reception, then faculty dinner and the culminating fellowship night that showcased PSRM talents that had the 571 attendees (408 local 171 international) partying and dancing including the entire ASEA board! This is all thanks to the superb organizing committee team led by Wonder Woman then VP Debby Songco and Super Woman ASEA Board Member/ PSRM Past President Professor Angela Aguilar. To say that it was a magnificent work is simply not just, it is way beyond the superlatives to describe this level of accomplishment that PSRM has attained with ACE Manila. We made history with ACE Manila!

During my term, the CME team led by Dr Allen Tan was able to hold 15 "Online Thursdays" webinars on various topics of interest together with the reliable support of our industry partners. This decline in number from the previous year was in cognizance of the observed diminishing number of participants, as the audience clamored for more face to face CMEs. In continuing to foster camaraderie among the fellowship training institutions, the year's edition of "Stump the Professor" showed 2 presentations, first from the FEU-JRMMC Consortium on "Disorders of Sexual Differentiation" and from the SLMC program on "HIFU in Reproductive Medicine".

The committee on communication and social media led by Dr Maris Yap-Garcia has sustained the pursuit for PSRM's increased visibility and accessibility to the public. This was accomplished through the seven lay fora together with the social media engagements in Facebook and Instagram. It was also a banner year for the committee on research led by Prof Aguilar with the submission and publication of the output from the Delphi Study on PSRM's ethical guidelines. Similarly, the SIGs on endometriosis, disorders of sexual differentiation, RPL, PCOS and Reproductive Surgery have their own publications/ outputs in the works. PJREI led by Past President Professor Antonia Habana and Dr Ina Irabon was reissued its certificate of indexing to the WPRIM for the year.

A significant challenge during my term was the looming passage of the ART Bill that proposed to legalize altruistic surrogacy. Expectedly the body is divided on its stand on this controversial issue including third party reproduction. I formed a task force to address the intricacies of the bill and assess its widespread impact. Through the leadership of Past President Professor Virgilio Novero, PSRM was able to present its position in congress. In essence PSRM communicated that while the body appreciates the attention congress shines on our industry, the bill is focusing on a narrow segment of the population and is missing the majority who requires the backing of state to make ART accessible to most who need this service. The challenge of proposing a parallel bill to promote safe and accessible ART and fertility care, along with regulating and protecting its practitioners and patients is a gargantuan undertaking that the body still needs to address to date.

Through the committee on amendments under the leadership of Past President Dr Rudie Frederick Mendiola, key changes in the PSRM by laws were ratified in the first face to face business meeting since the pandemic. These included BOD term extension to 2 years, amendments in PBRM and ART board functions, and reinstatement of membership provisions.

It has been a pleasure and am greatly honored to have served as your president for year 2023. I have been blessed with the most awesome board; VP Debby Songco, Secretary Majoy Limson, Treasurer Gia Pastorfide, Auditor Marivic Tan, PRO Maris Yap Garcia and Board Member Allen Tan. You have all made our journey smooth and my presidency always a source of both inspiration and joy! Thank you for giving me and PSRM its wings to soar and the courage to dream big. By God's grace, from whom all our blessings flow and to Whom we express our gratitude, for sure, I am confident we are on our way to 10,000!



# PSRM IN ACTION IN 2023

## PSRM x ASEA 2023: an ACE to remember

INA S. IRABON, MD

The Philippine Society for Reproductive Medicine (PRM), in collaboration with the Asian Society of Endometriosis and Adenomyosis (ASEA), has successfully hosted the 11th Asian Congress on Endometriosis, with the theme, "Transforming lesions to lessons: The role of multidimensional care of endometriosis". The multidisciplinary congress was held on September 25-26, 2023, at the Manila Marriott Hotel. Pre-congress (September 24) workshops were likewise offered for free to all ACE 2023 registrants. A post-congress (September 27) round-table discussion on IVF in women with Endometriosis was led by Professor Yutaka Osuga (Japan), which was opened exclusively for PSRM members. ASEA president Dr. Moamar Al-Jefout, PSRM president Romerico F. Torres, congress president Dr Angela Aguilar and overall congress chairman Dr Debby F. Pacquing-Songco meticulously planned an outstanding scientific program, as well as a powerhouse cast of hardworking organizers and speakers which made the scientific event of top-notch quality.

This annual congress focused on the most recent updates on clinical and biomolecular aspects of Endometriosis and Adenomyosis, as well as on the cutting edge holistic approaches to treatment of these conditions. The congress featured keynote lectures, plenary sessions, simultaneous sessions, free communication and research presentations from top-caliber experts from all over the world. Some of the very notable topics included adolescent endometriosis, endometriosis-associated cancers, infertility, fertility preservation, ultrasound imaging, endometriosis in peri and postmenopausal women, reproductive and minimally invasive surgery, pregnancy outcomes in women diagnosed with endometriosis, colorectal endometriosis, pain management, and psychologic issues in women with endometriosis.

Pre-congress workshops included an endometriosis management workshop sponsored by Bayer, Imaging Enzian workshop by Dr Dusan Djokovic (Portugal), adolescent pelvic pain workshop by Dr Ani Amelia Zainuddin (Malaysia), adenomyosis management workshop, endoscopy workshop and a research workshop by Dr Carmela Lapitan (Philippines).

Collaborating societies for ACE 2023 included the following: international societies such as Asia Oceania Society of Pediatric and Adolescent Gynecology (AOSPAG), Endometriosis Society of Bangladesh, and Society for Endometriosis and Uterine Disorder (SEUD); local societies such as Philippine Society of Climacteric Medicine (PSCM), Philippine Society of Reproductive Immunologists, Philippine Rheumatology Association, Philippine Society of Fertility Preservation (PSFP), Philippine Society for Gynecologic Endoscopy (PSGE), Philippine Society of Maternal Fetal Medicine (PSMFM), Society of Gynecologic Oncologists of the Philippines (SGOP), Pediatric and Adolescent Gynecologic Society of the Philippines (PAGSPHIL), Philippine Academy of Family Physicians (PAFP), Philippine Pediatric Society (PPS), Pain Society of the Philippines (PSP), and Philippine Society of Colon and Rectal Surgeons (PSCRS).

The congress participants actively participated in lively Q and A sessions and discussions with speakers, and immersed themselves in scholastic exchanges and learning opportunities with the internationally prominent scientific faculty. Truly, ACE 2023 was a congress to remember!



## CME 2023

MA. ISIDORA MARGARITA YAP-GARCIA, MD

The Philippine Society for Reproductive Medicine continues to provide education for its members and for Obstetrician-Gynecologists nationwide. This year we continued our online platform via Online Thursdays, highlighting key topics in Reproductive Medicine such as endometriosis, infertility, contraception, and polycystic ovarian syndrome. The society has likewise ramped up its engagement with a different, but equally important set of stakeholders – the lay community. Partnering with our patients through lay fora will certainly add to the awareness of the important issues in the field.

Last May 12, 2023, the society held a very successful midyear convention entitled "Providing Solutions Regarding Menstrual disorders" - a homage to the society's name. This year's convention focused on a ubiquitous gynecologic problem and expertly provided solutions for our clinicians. The evening's wellness event and fellowship night nicely rounded out the strong academic endeavor of the day.

## Committee on Research and Development

2023 was a prolific year for PSRM's Research Committee as it forged full steam with two international presentations of its flagship researches, namely the Systematic review and Meta-analysis on Dienogest for Endometriosis Associated Pelvic Pain and the PSRM Ethical guidelines on the provision and practice of Assisted Reproductive Technology 2023: the Delphi Study at the Asian Congress for Endometriosis (ACE) Congress 2023 in Manila, Philippines and the International Federation for Fertility Society (IFFS) 2023 World Congress in Athens, Greece respectively.

The committee was also the steering force behind the successful and well-organized oral session and poster presentation during the ACE Congress 2023, from the submission and screening of 113 abstracts - 30 case reports and 83 researches, to assigning the oral communication sessions, video presentations, and poster presentations as well as serving as Co-Chair during the oral communication sessions.

As we embark into a brighter new year postpandemic, the committee is eager to finish and publish its other existing research projects - Systematic Review and Meta-analysis on Treatment of Endometriosis Associated Pelvic Pain, International DSD registry and Nationwide trends in surgery for benign gynecologic conditions. More importantly, it seeks to stimulate more interests and embark on researches that would meet the existing gap on local data for highly prevalent diseases that are of particular interest to the society and for which the society's expertise will be of significant contribution.

# PSRM IN ACTION IN 2024

## PSRM ANNUAL CONVENTION

The Philippine Society for Reproductive Medicine (PSRM) held its 30th Annual Convention, themed "Pearls and Prospects in Reproductive Medicine: Celebrating 30 Years of PSRM," on October 3-4, 2024 (Thursday and Friday), at the Grand Hyatt Hotel, BGC.

The scientific program showcased a series of engaging lectures and updates on the management of Polycystic Ovarian Syndrome, Endometriosis, Adenomyosis, Leiomyoma, and Infertility. The event was well attended by PSRM fellows and gynecologists from across the Philippines, fostering a vibrant discussion and exchange of ideas in the field of reproductive medicine.



**Optimizing Ovarian Stimulation with LH or hCG: Who, What & When?**  
3 CPD UNITS  
SEPTEMBER 6, 2024 | 6 - 8 PM

**IVF Project LIFE**  
LATEST IVF TECHNIQUES & FERTILITY EDUCATION  
OCTOBER 12-13, 2024  
Hilton Clark Sun Valley, Pampanga  
11 CPD UNITS  
(Registration starts at 9:00AM)

## IVF SERIES WORKSHOPS

The first installment of the IVF series, titled "Optimizing Ovarian Stimulation," took place on September 6 and 13. These sessions fostered an engaging atmosphere where participants were encouraged to ask questions, share their experiences, and delve into the complexities of ovarian stimulation. The second installment of the IVF series was held on October 12-13, 2024, at the Hilton Clark Pampanga. This workshop concentrated on the latest IVF techniques and fertility education, creating a collaborative environment that facilitated knowledge sharing and the exchange of best practices.

## CME REGIONAL CARAVANS

The series of CME Caravans organized by the Philippine Society for Reproductive Medicine (PSRM) underscores the organization's dedication to enhancing education and improving professional practices in reproductive medicine. By offering a platform for learning and collaboration across various regions, PSRM is strengthening the competencies of healthcare practitioners, ultimately leading to improved patient care and outcomes in reproductive health. These events exemplify PSRM's commitment to fostering continuous professional development within the medical community.

The first CME Caravan took place on March 24, 2024, at SEDA Vertis North. The second installment was held on June 29, 2024, at Acacia Hotel, specifically targeting healthcare professionals in the Southern Luzon region. The third CME Caravan occurred on August 3 at the Westin Hotel, featuring expert speakers who discussed current trends and innovations in reproductive medicine. The fourth event was hosted on August 28 at Marriott Clark, where interactive discussions and case studies allowed participants to engage actively with the material, promoting a collaborative learning environment.

The fifth CME Caravan was conducted on September 14 at Seda Hotel in Bacolod, focusing on healthcare professionals in the Visayas region. Similar to previous events, it featured presentations from distinguished speakers on vital topics in reproductive medicine. The final CME Caravan of 2024 took place on November 30 at SEDA Centrio in Cagayan de Oro.

# PSRM IN ACTION IN 2024

## ONLINE THURSDAYS

The Online Thursdays Webinars are designed to enhance the medical and scientific knowledge of reproductive endocrinologists, gynecologists, and other professionals involved in reproductive medicine by focusing on current trends and innovations in the field. These sessions address contemporary reproductive health issues that practitioners may encounter in their work.

The first Online Thursdays session for 2024 took place on February 29, 2024, and centered on real-world perspectives in women's healthcare, specifically discussing "Individualizing Oral Contraceptive Counseling" and "Endometriosis Counseling in the Philippines." The second session, held on March 14, 2024, revisited the topic of Progestin-Only Contraceptives.

The third event, which occurred on April 25, 2024, featured prominent experts leading key discussions on two critical topics: "The Role of COCs in the Management of Hyperandrogenism" and "Endometriosis in the Young: Issues and Challenges." This session delved into the unique challenges associated with diagnosing and managing these conditions, both of which significantly affect women's quality of life.

The fourth session, conducted on June 20, 2024, addressed the relationship between obesity and PCOS. Following that, on June 27, 2024, the webinar featured an engaging discussion about "Declining Global Fertility Rates and the IFFS More Joy Campaign."

The final Online Thursdays event of the series occurred on August 8, 2024, and focused on the management of Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder (PMDD). This session proved particularly beneficial for healthcare professionals aiming to improve their skills in managing these common conditions, including a discussion on the role of Dienogest in the long-term management of endometriosis during perimenopause.

Overall, Online Thursdays offered a valuable platform for healthcare professionals to deepen their understanding of essential women's health issues, gain expert insights, and collaborate to enhance care and outcomes for women facing these challenges.



## MEET THE EXPERTS

"Meet the Experts" sessions serve as venues for knowledge exchange, and professional development. Experts who have excelled in their respective fields often possess unique insights, experiences, and expertise that can greatly benefit attendees seeking guidance, advice, or information. Interacting with experts can be a rich source of learning and personal growth. By asking questions, sharing experiences, and receiving feedback from experts, participants can enhance their skills, gain new perspectives, and stay updated on the latest trends and best practices in their field.

## LAY FORA

The lay fora provide essential platforms for patients to gain insights into their health conditions, enhance their understanding of medical practices, and engage in productive discussions with healthcare professionals. These fora cultivate a supportive environment that encourages patients to take an active role in their healthcare journey, promoting education, empathy, and collaboration between patients and providers in the field of reproductive medicine.

The 1st lay forum was held on February 6, 2024, focusing on "Breaking the Barriers to Iron Supplementation." The second forum took place on March 21, 2024, under the title "Breaking the Cycle of Endometriosis Associated Pelvic Pain." The third session, conducted on April 18, 2024, was centered around "Taking Charge of Your Fertility."

On May 30, 2024, the fourth lay forum explored "Evidence-Based Fertility Enhancing Supplementation." The fifth forum occurred on August 29, 2024, discussing the "Concerns and Challenges Related to Combined Oral Contraceptives (COCs)." The sixth session, held on October 31, 2024, was dedicated to "Ensuring Women's Health: Optimizing Postpartum Contraception."

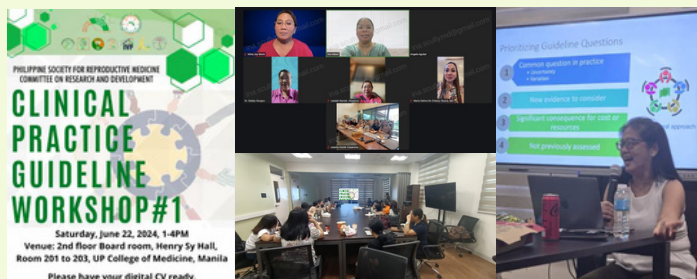
The final lay forum of 2024 took place on November 7, 2024, featuring a session titled "Fertility Explained: Understanding Your Options with Experts."

Together, these forums play a vital role in empowering patients with essential knowledge and fostering support throughout their reproductive health journeys.



## Clinical Practice Guideline Making Workshop

Ednaly T. Ong-Jao



PSRM members took part in a significant Clinical Practice Guideline Making Workshop that focused on developing and refining clinical guidelines for reproductive health. The workshop aimed to provide members with the tools and knowledge needed to create evidence-based guidelines to improve patient care. Led by experts in guideline development, the sessions included sharing experiences and insights. The workshop ended with discussions on how PSRM members can apply what they learned to actual guideline-making initiatives.

This workshop was an important step for the PSRM toward enhancing reproductive healthcare quality through strong clinical guidelines. By equipping members with essential skills, the PSRM aims to significantly influence best practices in the field. This initiative highlights the organization's commitment to ongoing improvement and excellence in reproductive medicine, ultimately leading to better patient care and outcomes.

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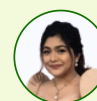
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Editor-in-Chief Ednaly T. Ong-Jao, MD

Contributors  
Debby P. Songco, MD  
Romerico F. Torres, MD  
Allen Gideon Tan, MD  
Ma. Isidora Margarita Yap-Garcia, MD  
Ina S. Irabon, MD  
Mona Ethellin Yiu-Senolos, MD

Layout artist Jeromie M. Mindoro

Secretariat  
56 Malakas Street, Diliman,  
Quezon City, Philippines  
Email: psmr.org@gmail.com  
Mobile Number: 0917 549 4549

