

**PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE INC.**

**NEWSLETTER**



## PRESIDENT'S MESSAGE

**G**reetings!

It has been two years since I assumed the presidency of the Society, and soon, a new president will take my place. This is not the first time that I was a president of an organization, but each presidency has made me richer in knowledge and experience. I have learned so much from being at the helm of PSCM, and I would like to believe that it has made me a better person and more so a better doctor to my patients. The problem of the menopausal woman has been ignored for such a long time, with both doctor and patient assuming that the climacteric is just a normal part of aging. Our advocacy is to educate our fellow doctors and patients as well, on the complexities of the menopausal syndrome, and the problems of the menopausal woman. We have accomplished this through our annual and midyear conventions, giving lectures on the different concerns of menopause and inviting experts, both foreign and local, from

other specialties involved in the care of the aging woman. We have gone around the country with our CME Postgraduate Courses reaching out to our fellow doctors in the regions, sharing with them our knowledge and expertise in the management of the menopausal woman. The Society has also actively encouraged lay fora on the menopause and in the celebration of World Menopause Week by the different participating hospitals. The year 2019 is especially significant, for the Society will host the APMF CONGRESS on May. 29. - 31, 2019. We enjoin all our members to actively participate in this important event, because we want to make a mark as a congress venue in the region. The preparation for this event started from the presidency of Dr. Ma. Corazon Zaida N. Gamilla, through that of Dr Elisa Tiu and this present administration, with Dr Jericho Thaddeus P. Luna as the head of the organizing committee. Let us all put our



maximum efforts in making the APMF convention a successful event, and something we can be proud of as Filipinos. Help us welcome our foreign delegates and feel the warmth of Filipino hospitality.

Mabuhay tayong lahat!

**LOURDES B. CAPITO, MD,  
FPOGS, FPSSTD  
President, 2017 - 2018**

### INSIDE THIS ISSUE:

1. President's Message
2. Vice Presidents
- Message
- CME Caravan
3. APMF 2019 Congress
- APMF Poster
4. PRO Article

**ISSUE  
September 5, 2018**

# "PSCM MIDYEAR CONVENTION GOES OUT OF METRO MANILA FOR THE FIRST TIME: The Woman in Menopause: ALERT, SMART & HEALTHY at Baguio City"

Newtown Plaza Hotel  
May 25, 2018



**PSCM BOARD OF DIRECTORS 2017-2018**

**PRESIDENT**  
Dr. Lourdes B. Capito  
**VICE-PRESIDENT**  
Dr. Jo-Ann Thaddeus P. Luna  
**SECRETARY**  
Dr. Agnes S. Estrella  
**TREASURER**  
Dr. Providence V. Aquino-Aquino  
**AUDITOR**  
Dr. Maria Jesusa B. Banal-Silao  
**P.R.O.**  
Dr. Zoraida R. Umrigar  
**BOARD MEMBERS**  
Dr. Marilyn D. Ruaro  
Dr. Abigail Elsie D.G. Castro  
Dr. Debby P. Songco  
Dr. Evelyn M. Caguingco  
Dr. Miles Francis T. dela Rosa  
**IMMEDIATE PAST PRESIDENT**  
Dr. Elsa O. Tu  
**PSCM REGION I DIRECTOR**  
Dr. Betha Fe M. Castillo

**PSCM ORGANIZING COMMITTEE 2017-2018**

**HONORARY CHAIR**  
Dr. Lourdes B. Capito  
**OVER-ALL CHAIR**  
Dr. Jo-Ann Thaddeus P. Luna  
**SCIENTIFIC PROGRAM**  
Dr. Lila P. Luna  
Dr. Lynn Ruth C. Chua  
**MEMBERS**  
Dr. Maria Jesusa B. Banal-Silao  
Dr. Ma. Corazon Zaida N. Gamilla  
Dr. Joan Tan-Garcia  
Dr. Evelyn M. Caguingco  
**WAYS AND MEANS**  
Dr. Jericho Thaddeus P. Luna  
Dr. Maria Jesusa B. Banal-Silao  
**PHYSICAL ARRANGEMENTS**  
Dr. Jo-Ann B. Badua

**POGS REGION 1 CHAPTER OFFICERS**

**PRESIDENT**  
Dr. Judith Gay V. Cristobal  
**VICE-PRESIDENT**  
Dr. Evangela B. Guevara  
**SECRETARY**  
Dr. Angelica C. Reyna  
**ASSISTANT SECRETARY**  
Dr. Sharon Marie C. Marcial  
**TREASURER**  
Dr. Celestrell May O. Macalingay  
**ASSISTANT TREASURER**  
Dr. Celene L. Lubiano  
**AUDITOR**  
Dr. Edith L. Flores  
**PRO**  
Dr. Jimmy A. Billiod  
**BOARD MEMBERS**  
Dr. Brenda I. Barbero  
Dr. Lynne Ruth C. Chua  
Dr. Ivonne B. Sabog  
Dr. Kathleen Gizelle J. Samonte-Alfonso  
**REGIONAL DIRECTOR**  
Dr. Jo-Ann B. Badua

**Dr. Susana S. Lao**  
Dr. Julie D.P. Lim  
**REGISTRATION**  
Dr. Edmundine L. Dagdag  
Dr. Marivic Anne G. Abat  
**PROGRAM AND INVITATIONS**  
Dr. Heidy G. Dy-Fernandez  
Dr. Stephanie Chemyl H. Supan  
**DOCUMENTATION**  
Dr. Cedric L. Gallego  
Dr. Michelle E. Gamboa  
**SOUVENIR PROGRAM**  
Dr. Gladys B. Caguingco  
Dr. Leonora E. Casanova  
**SOCIALS AND HOSPITALITY**  
Dr. Anna Belen I. Alensuela  
Dr. Claudette R. Cabingue

**2018 POGS REGION 1**

**MODERATOR**  
Dr. Maria Jesusa B. Banal-Silao  
**8:30 - 9:00**  
Opening Ceremonies  
Invocation, National Anthem, POGS Hymn  
**9:00 - 9:30**  
Welcome Remarks  
Dr. Jo-Ann Thaddeus P. Luna  
POGS Region 1 Director  
**9:30 - 10:00**  
Opening Remarks  
Dr. Judith Gay V. Cristobal  
POGS President  
Overview of the Scientific Program  
Dr. Lynn Ruth C. Chua  
Chair, Scientific Program  
**10:00 - 10:30**  
Is Memory Falling? Me?  
Dr. Corazon Mercado Dangulan  
**10:30 - 11:00**  
Mental Health and Brain Exercises  
Dr. Jo-Ann B. Badua

**11:00 - 11:30**  
Open Forum

**11:30 - 12:00**  
Industry-Sponsored Symposia:  
Biofemme

**SCIENTIFIC PROGRAM**

**AM SESSION**

**12:00 - 1:00**  
Lunch and Visit Exhibits

**MODERATOR**  
Dr. Ma. Corazon Zaida N. Gamilla

**1:00 - 1:30**  
Industry-Sponsored Symposia: Biofemme

**1:30 - 2:00**  
Preventive Strategies for Osteoporosis  
Dr. Lynn Ruth C. Chua

**2:00 - 2:30**  
Making Choices in MHT for Mental Health  
Dr. Luis P. Luna

**2:30 - 3:00**  
Sexuality in Menopause  
(A Layman's Perspective)  
Judge Ma Joy Calafres-Cawed

**3:00 - 3:30**  
Personal Empowerment:  
Personal Approach to Healthy Menopause

- Dressing Up In Style For Age
- How To Stay Fit And Healthy
- Looking Pretty In Menopause
- Dr. Ruth B. Kraft-Kommer

**4:00 - 4:30**  
Open Forum

**4:30 - 5:00**  
Closing Remarks  
Dr. Judith Gay V. Cristobal  
POGS Region 1 President  
Dr. Jo-Ann Thaddeus P. Luna  
POGS Vice President

**6:00**  
Fellowship Night

**PM SESSION**





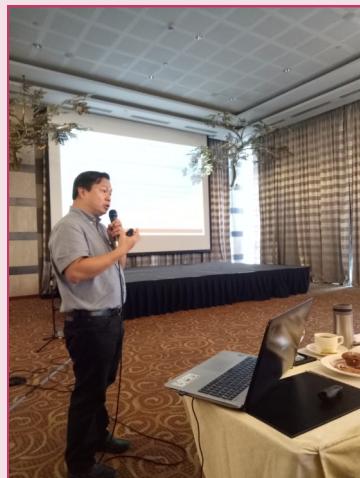
# 2018 CME CARAVAN

This year, the CME caravan had its first run of lectures for obstetrician-gynecologists of the Southern Tagalog region last August 12, 2018 in Acacia Hotel, Alabang. Despite the bad weather, 135 delegates from Cavite, Laguna, Batangas, Rizal, and even from remote Quezon, braved the strong winds and rains to attend this half-day event of renewed learning and camaraderie. Dr. Lourdes B. Capito, current PSCM president, delivered the opening remarks, while Dr. Conrado P. Crisostomo, PSCM re-

gional director, gave the welcome remarks. Relevant topics on menopause involving cognition, cardiovascular disease, osteoporosis, and hormone therapy, were discussed by Drs. Capito, Joan Tan-Garcia, Jericho Thaddeus Luna, and me, respectively. Dr. Irma W. Velarde, the POGS president of Southern Tagalog chapter, gave the closing remarks. Kudos to our vibrant host, Dr. Michael Thomas Montesa, for adding some lively banter amidst the scientific discussion. The day ended with the luncheon symposium lecture delivered

by Dr. Jericho Thaddeus P. Luna, with Raptakos as our pharmaceutical sponsor. Our next CME caravan will be in Region XI on September 28, 2018. The CME team and board members look forward to another prolific day with the Davaoeno OBGyne doctors! See you soon!

**DR. MARIA JESUSA BANAL-SILAO**  
Chair, CME



# **“PSCM to host the Asia Pacific Menopause Federation Scientific Meeting”**

***Agnes L. Soriano-Estrella, MD, MHPEd***

The Philippine Society for Climacteric Medicine (PSCM) has been given the honor of hosting the Biennial Scientific Meeting of the Asia Pacific Menopause Federation (APMF) next year. The event will be held at the EDSA Shangri La Hotel, Ortigas Center, Pasig on May 29-31, 2019. The organizing committee, under the leadership of Dr. Lourdes B. Capito as honorary chair and Dr. Jericho Thaddeus P. Luna as over-all chair, has started preparations for this anticipated event since last year. The members of the organizing committee include: Dr. Delfin Tan, Dr. Eileen Manalo and Dr. Ma. Antonia Habana for the Scientific Program, Dr. Jericho Thaddeus Luna and Dr. Jesus Banal-Silao for Ways and Means, Dr. Emmanuel Dagala and Dr. Marinella Abat for Registration, Dr. Susana Lao for Physical Arrangements, Dr. Julie dR. Lim for Hotel Accommodations/Housing, Dr. Heidy Fernandez and Dr. Stephanie Supan for Program and Invitation, Dr. Zedrix Galito and Dr. Michelle Gamboa for Documentation, Dr. Gladys Tanangonan and Dr. Leonila Casanova for Souvenir Program, Dr. Anna Belen Ignacio-Alensuela for Socials and Dr. Claudette Cabingue for Hospitality. The Committee on Scientific program has drafted a very comprehensive list of lectures dealing with various aspects of the climacterium, which will be delivered by well-renowned international and local experts in the field of menopause. Aside from the lectures, there will also be a session dedicated for presentation of researches on topics dealing with menopause. The committee is, therefore encouraging residents, fellows and consultants to submit their researches for possible

inclusion into the program. Of course any convention held in the Philippines won't be complete without a showcase of our hospitality and talents to be staged during the welcome reception, turn-over ceremonies and fellowship night.

The PSCM is hopeful that physicians caring for women in the peri and post-menopausal period will take the opportunity to attend this event. The organizing committee guarantees three days of utmost learning interspersed with fun and camaraderie.



# "THE TRUTH ABOUT INTERMITTENT FASTING"

By Zoraida R. Umpig-Guevara, MD, FPOGS, FPSGE

There are studies demonstrating that intermittent fasting (IF) is safe and very effective, but actually no more effective than any other famous diets. Still, I know lots of people will find fasting impossible or extremely intolerable. However, there is now increasing evidence suggesting that the timing of the fast is the key and this will make IF more sustainable, realistic and may be an effective approach for weight loss, as well as for diabetes prevention.

"IF as a weight loss approach has been around in various forms for ages, but was highly popularized in 2012 by BBC broadcast journalist Dr. Michael Mosley's TV documentary *Eat Fast, Live Longer* and book *The Fast Diet*, followed by journalist Kate Harrison's book *The 5:2 Diet* based on her own experience, and subsequently by Dr. Jason Fung's 2016 bestseller *The Obesity Code*. IF generated a steady positive buzz as anecdotes of its effectiveness proliferated."

How can IF contribute to weight loss? The food we eat is broken down by enzymes in the intestines and eventually converted into glucose and into our bloodstream. Simple carbohydrates, particularly sugars and refined grains (white flours and rice), are quickly broken down into glucose molecules and are used by our cells for energy metabolism. If glucose is not used by the cells, it becomes stored as fat. But glucose can only enter our cells through insulin. Insulin transports glucose into the fat cells and keeps it there. Between meals, as long as we don't snack, our insulin levels will go down and our fat cells can then release their stored sugar, to be used as energy. We lose weight if we let our insulin levels go down. The entire idea of IF is to allow the insulin levels to go down far enough and for long enough that we burn off our fat.

Initial human studies that compared fasting every other day to eating less every day showed that both worked about equally for weight loss, though people struggled with the fasting days. Hence, IF is no better than simply eating less. "New research is suggesting that not all IF approaches are the same, and some are actually very reasonable, effective, and sustainable, especially when combined with a nutritious plant-based diet. We have evolved to be in sync with the day/night cycle, i.e., a circadian rhythm. Our metabolism has adapted to daytime food, nighttime sleep. Nighttime eating is well associated with a higher risk of obesity, as well as diabetes. Based on this, researchers from the University of Alabama conducted a study with a small group of obese men with pre-diabetes. They compared a form of intermittent fasting called "early time-restricted feeding," where all meals were fit into an early eight-hour period of the day (7 am to 3 pm), or spread out over 12 hours (between 7 am and 7 pm). Both groups maintained their weight (did not gain or

lose) but after five weeks, the eight-hours group had dramatically lower insulin levels and significantly improved insulin sensitivity, as well as significantly lower blood pressure. The best part? The eight-hours group also had significantly decreased appetite. They weren't starving. Just changing the timing of meals, by eating earlier in the day and extending the overnight fast, significantly benefited metabolism even in people who didn't lose a single pound."

There is evidence to suggest that the circadian rhythm fasting approach, where meals are restricted to an eight to 10-hour period of the daytime, is effective. However, it is generally recommended that people "use an eating approach that works for them and is sustainable to them. There is some good scientific evidence suggesting that circadian rhythm fasting, when combined with a healthy diet and lifestyle, can be a particularly effective approach to weight loss, especially for people at risk for diabetes. However, people with advanced diabetes or who are on medications for diabetes, people with a history of eating disorders like anorexia and bulimia, and pregnant or breastfeeding women should not attempt IF unless under the close supervision of a physician who can monitor them.

To summarize, the following are pointers to good health:

1. Avoid sugars and refined grains. Instead, eat fruits, vegetables, beans, lentils, whole grains, lean proteins, and healthy fats (a sensible, plant-based, Mediterranean-style diet).
2. Let your body burn fat between meals. Don't snack. Be active throughout your day. Build muscle tone.
3. Consider a simple form of intermittent fasting. Limit the hours of the day when you eat, and for best effect, make it earlier in the day (between 7 am to 3 pm, or even 10 am to 6 pm, but definitely not in the evening before bed).
4. Avoid snacking or eating at nighttime, all the time.

## Sources

*Effect of Alternate-Day Fasting on Weight Loss, Weight Maintenance, and Cardioprotection Among Metabolically Healthy Obese Adults: A Randomized Clinical Trial.* JAMA Internal Medicine, May 2017.

*Alternate-day fasting in nonobese subjects: effects on body weight, body composition, and energy metabolism.* American Journal of Clinical Nutrition, January 2005.

*The Obesity Code*, by Jason Fung, MD (Greystone Books, 2016).

*Intermittent fasting interventions for treatment of overweight and obesity in adults: a systematic review and meta-analysis.* JBI Database of Systematic Reviews and Implementation Reports, February 2018.

*Metabolic Effects of Intermittent Fasting.* Annual Review of Nutrition, August 2017.

*Early Time-Restricted Feeding Improves Insulin Sensitivity, Blood Pressure, and Oxidative Stress Even without Weight Loss in Men with Prediabetes.* Cell Metabolism, May 2018.

<https://www.health.harvard.edu/blog/intermittent-fasting-surprising-update>