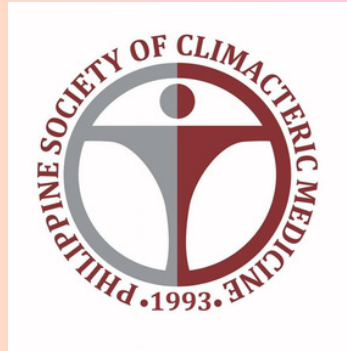


September 4, 2023

PHILIPPINE SOCIETY OF
CLIMACTERIC MEDICINE, INC



**Empowering Women's Wellness and Longevity
in the Climacteric :
A Journey of 30 years and beyond**





The President's corner

Maria Jesusa B. Banal-Silao, MD

Greetings to our dear friends and colleagues!

It is with great honor and pleasure to welcome you all to this year's activities of the Philippine Society of Climacteric Medicine. Keeping in line with the vision/mission of the Society, we continue to give updates on the physiology and management of the menopausal woman.

We started the year with our traditional Menotalk Wednesdays, a two-hour CME webinar held every first Wednesday of the month. This year, the format added case discussions after the lectures, to have a more practical approach to the different topics. We also invited other subspecialties (breast surgery, oncology, cardiology, endocrinology, rehabilitation medicine, orthopedics, dermatology and aesthetic surgery) to give lectures and discuss the cases, partnering with our gynecologic experts in menopause care. During our webinar on aging beautifully, we even had as our panelist a prominent local actress and beauty title holder to share her life journey on aging gracefully. True enough, our panel discussions proved to be interactive and engaging.

In addition to our regular monthly CME webinars, we conducted the first of two series of workshops on how to set up menopause clinics in postgraduate OBGYN residency training hospitals. Our ultimate goal is for all POGS-accredited training hospitals to further enhance residency training in menopause care and have active and sustainable menopause clinics nationwide.

The Society has likewise set up two lay fora on healthy aging. We want to reach out, not only to our colleagues, but to our patients as well.

We will celebrate the World Menopause Month in October. The different clusters will hold their celebrations in their respective regions, with the main celebration to be hosted by Region V in Legaspi. Come join us as we hold the walk for menopause on the morning of October 22, amidst the beautiful Mayon Volcano, followed by a series of interactive lectures, games and Zumba session with our patients and colleagues.

The Society is currently updating the clinical practice guidelines on Menopause Care. The manual will be launched at our annual convention, and will be free to all members of good standing.

We will culminate the year with the 30th anniversary celebration and annual convention in September. This is the first face-to-face convention since the pandemic. We have prepared a robust scientific program, with prominent international and local speakers. We invite all of you to celebrate our 30th anniversary with all our past presidents, board members, and organizing committee team. To commemorate our 30th year, we will have a coffee table book to encapsulate the history and journey of our Society.

We have a busy year ahead of us. We hope to see you in our activities. We are here to help build a better health care for our Filipino aging women. Mabuhay po tayong lahat!



Vice President's Report

Agnes L Soriano-Estrella, MD

**Vice-President
Chair, Annual Convention**

The Philippine Society of Climacteric Medicine, Inc (PSCM) has always been committed to advance the current standard of practice in the management of climacteric women. The annual convention is one avenue by which experts in this field of medicine can share their knowledge and experience to colleagues from various specialties who care for menopausal women.

This year's annual convention marks our return to the EDSA Shangri la Hotel, which was home to our past conventions prior to the pandemic. Our theme, "Road to Menopause: Wellness and Longevity", embodies the Society's continued commitment to enhance the well-being and quality of life of our menopausal women. The organizing committee has prepared a comprehensive and relevant two-day program, brought to you by an excellent roster of international and local speakers. We have also requested the past presidents of our Society to moderate each of our sessions.

It has been 30 years since the establishment of our Society. From its humble beginnings in 1993, PSCM has gone a long way to become a leading authority in increasing awareness and updating knowledge on the diagnosis and management of menopausal symptoms and complications. So, as we gather to learn from our experts, we also take the opportunity to reminisce the past 30 years, renew friendships, celebrate the Society's accomplishments and acknowledge the men and women who have contributed to the various successes of our professional organization.

Our convention is made possible with the help of our sponsors. I would like to thank all of them for their unwavering support not just for the annual convention but for all the other activities of the Society.

Let me take this opportunity to extend my heartfelt gratitude to our speakers and moderators for giving their time and sharing their expertise with all of us. I would like to acknowledge the members of my organizing committee who has worked hard the entire year to ensure a successful and seamless convention. I would also like to extend my deep gratitude to the officers and members of PSCM for their continued cooperation and support. And last, but not the least, I would like to thank you, my dear colleagues for choosing to join us.

2023-2024 PSCM BOARD OF DIRECTORS

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Maria Jesusa B. Banal-Silao, MD
President



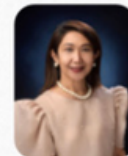
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Marinella Agnes G. Abat, MD
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Board Member



Anna Belen C. Ignacio-Alensuela, MD
Board Member



Maria Virginia M.S. Abalos, MD
Board Member



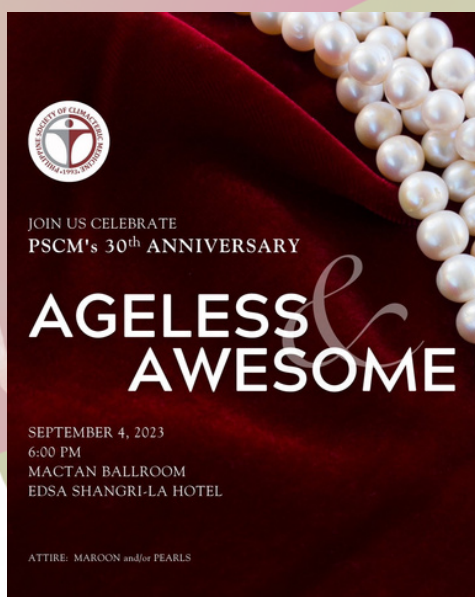
Gregorio M.S. Azores, MD
Board Member

The Board of Directors for the Philippine Society of Climacteric Medicine is a group of dedicated doctors from varied specialties and sub specialties who oversee the organization's activities and initiatives related to menopause. This year the board thru the leadership of Dr Ma. Jesusa "Duchess" B. Banal-Sillao has lined up numerous activities to increase the awareness amongst us obstetrician-gynecologists on the proper care of our aging patients.



The Philippine Society of Climacteric Medicine will be holding its first face to face annual convention since the pandemic on September 4-5, 2023 at the EDSA Shangri-La Hotel. This activity, titled “Road to Menopause: wellness and longevity”, will be held concurrent with the Society’s 30th founding anniversary.

The organizing committee, headed by the Society’s Vice President Dr Agnes L. Soriano-Estrella, promises a comprehensive scientific program that will enlighten us on the various aspects of menopause



There will also be a fellowship night, titled “Ageless & Awesome: celebrating 30 years of women’s wellness” that will help us rekindle memories of the past 30 years of the society, renew ties and camaraderie among the convention’s delegates as we emerge from the pandemic and usher us to move forward to greater years ahead.

PSCM ANNUAL CONVENTION

PSCM ANNUAL CONVENTION

ORGANIZING COMMITTEE

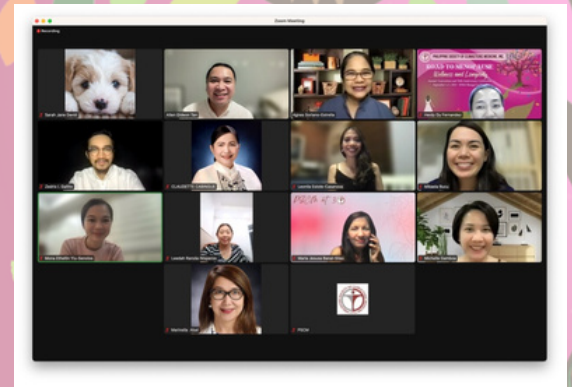


2023 PSCM ANNUAL CONVENTION AND 30th ANNIVERSARY CELEBRATION ORGANIZING COMMITTEE

OVERALL CHAIR: Dr Agnes L. Soriano-Estrella
Honorary Chair: Dr. Maria Jesusa B. Banal Silao
Convention Secretary: Dr. Allen Gideon R. Tan

Scientific Program Committee:

Chair: Dr. Eileen M. Manalo
Co-chair: Dr. Maria Jesusa B. Banal-Silao
Members: Dr Delfin A. Tan
Dr. Susan P. Nagtalom
Dr. Ma. Corazon Zaida N. Gamilla
Dr. Prudence V. Aquino-Aquino.
Dr. Mona Ethellin L. Yiu-Senolos

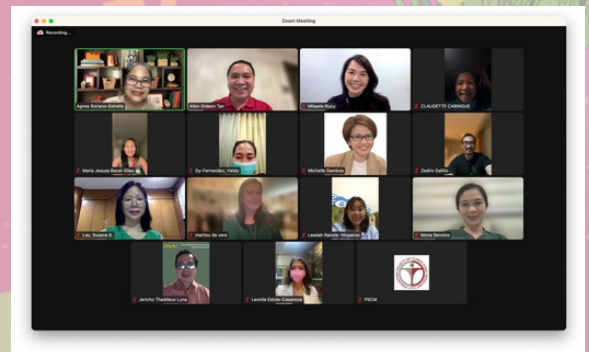


Ways and Means Committee:

Chair: Dr. Jericho Thaddeus P. Luna
Co-Chair: Dr. Agnes L. Soriano-Estrella

Physical Arrangement Committee:

Chair: Dr. Susana S. Lao
Co-chair: Dr. Leedah L. Rañola-Nisperos



Registration Committee:

Chair: Dr. Emmanuel L. Dagala
Co-chair: Dr. Claudette P. Ricero=Cabingue

Documentation Committee:

Chair: Dr. Zedrix I. Gallito
Co-chair: Dr. Michelle E. Gamboa

Publicity Committee :

Chair: Dr. Heidi G. Dy- Fernandez
Co-chair: Dr. Leonila A. Estole-Casanova

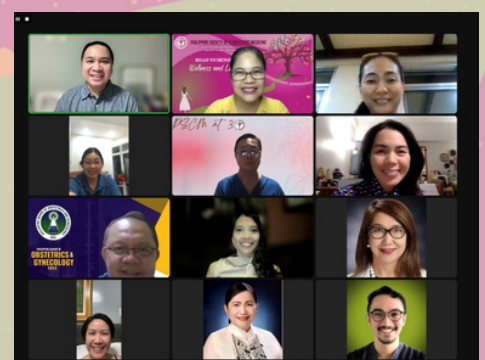


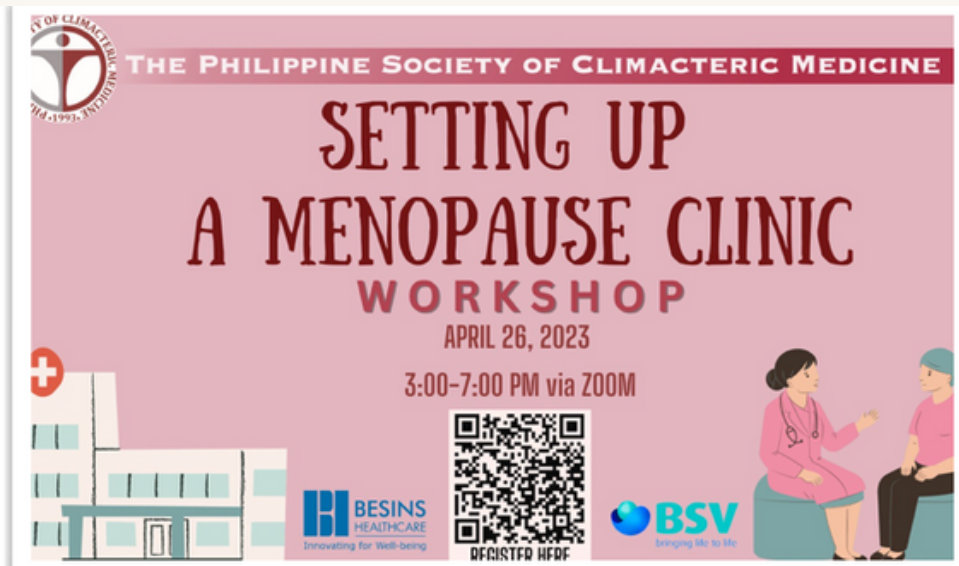
Socials Committee:

Chair: Dr. Marinella Agnes S. Garcia-Abat
Co-chair: Dr. Marilou U. De Vera

Audio-Visuals Committee

Chair: Dr. Mikaela Erlinda G. Martinez-Bucu.
Co-chair: Dr Allen Gideon R. Tan

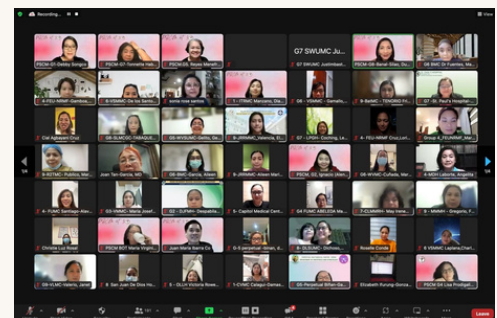




True to its historical mandate and currently led by a president who is working hard to ensure that a menopause clinic is established in every region of the country, the PSCM held the Workshop on setting up a menopause clinic last April 26, 2023. This project spearheaded by Dr Maria Antonia E. Habana and Dr. Menefrida Reyes, was attended by more than 200 representatives coming from 95 different hospitals, most of which have accredited residency training programs. There is much work to be done, yet our society is hopeful that before the term of the present board of directors is done, the menopause clinics in all regions will be functioning well to serve Filipinos in the midlife and beyond



MENEFRIDA S.REYES, MD





“Living and Loving” is a lay forum on healthy aging which aims to promote awareness of menopause and its possible effects on health and well being. There will be 2 runs this year. This will be done in 2 sessions the first one was held on June 11, 2023 at the Amang Rodriguez Hospital and the next one in September.

For the 1st lay forum, lay lectures on healthy lifestyle and consequences of the menopause were given by Drs. Anabel Ignacio-Alensuela, Marinella Abat and Duchess Banal-Silao. Mrs Muassab shared her experience as she went thru menopause and it was highlighted by a 30-minute Zumba session. Thank you to Dr Mailyng Panganiban for hosting the event and thank you Besins for sponsoring. The next in September will be sponsored by Biofemme



World Menopause Day 2022



The theme was “Buto: Patibayin Mo, Muscles: Palakasin Mo!, Kaisipan: Patalasin Mo! Ang POGS at PSCM ay para sa iyo”.

The regions were group into four clusters. Three clusters celebrated the WMM virtually on three separate Sundays of October. Whereas, the main World Menopause Day Celebration was held in a HYBRID format at Cebu City, hosted by PSCM Region 7 members in collaboration with Philippine Society of Obstetrics and Gynecology Cebu Chapter and special participations of the various regions of Mindanao, North Luzon and National Capital region.

All the clusters shared the awareness and education about women’s health during her midlife and beyond to the lay audiences on segments we called “MenoTalk”. Assigned PSCM members, who are experts and advocates of improving the quality of life of ageing women, discussed vital issues about menopause and its health-related issues in a “Talk show” format. Two segments were common on all clusters which were the : “ Overview of Menopause “ and “ Bone Health”. Special uniqueness of each cluster aroused the interests of the participants because of the variation of the third topic which were as follows:

Cluster 1 – Region 3- “ Social life at Midlife and Beyond”

Cluster 2 – NCR- “Sex During Menopause”

Cluster 3- Region 7- “ Mental Health at 60”

Cluster 4- Region 11- “ Promoting Muscle Health and Well-being at Menopause”

The Meno Pop Quiz during the WMD was quite interesting, as our audience answered questions about the “MenoTalk” with speed and correctness.

Of course, the “FUN” part is worth mentioning! The main WMD celebration in Cebu City was very lively, full of fun and energy, as the PSCM Members and the “Madlang People” compete in a “TikTok Dance Competition”. PSCM, in this activity, conveys the message that exercise program in menopausal women, is one of the ways that can significantly improve mental and physical health.

Indeed, it was a fulfilling endeavor for the PSCM to be able to share to our beloved community, especially to our women, as they journey through the different changes of midlife that can impact their overall health. Our first face to face community service activity during this transition to what we call “New normal” plus the utilization of the technology and social media, we were able to reach 2,535 participants and probably even more as the participants “Share” it with others.

To add to this significant event PSCM planted trees in the picturesque mountains of Busay, Cebu City and other areas in Southern Mindanao! -

--Betha Fe Manaois-Castillo.MD, 2022 Chair, Committee on Community Service

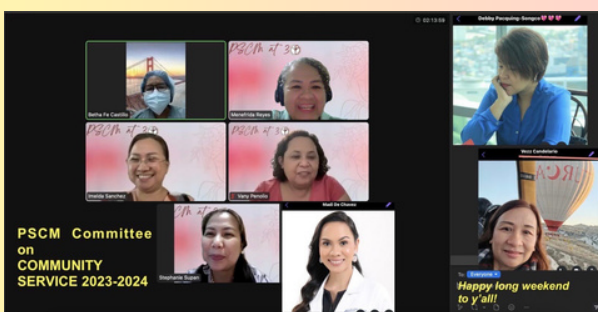


With two months to go and at least four meetings to boot, the PSCM Committee on Community Service with Region V (Bicol) is all set and has prepared for the first ever face-to-face on-site post-pandemic National Celebration of the 2023 World Menopause Day! The venue for the celebration scheduled on October 22 Sunday is the Proxy Hotel in Legazpi City, Albay. Menopause lay conversations in two segments (with six Ob-Gyn menopause advocates as panelists) are the highlight of the Sunday morning program, which will follow after an early 20-minute Menopause walk from the Legazpi marker to the Sawangan Park (with participants of the walk sporting the specially designed World Menopause celebration tee shirt). The Bicol PSCM members are working to assemble together about 100 lay attendees (women in midlife) along with the city mayor Hon. Gie Rosal, and thirty local Ob-Gyn practitioners... towards ensuring a healthy well-informed journey in perimenopause and menopause. One of Legazpi's Drum and Lyre corps will also be there to provide entertaining music on that Sunday morning.

Currently, the PSCM Region V, led by its regional director Dr. Vanessa Penolio and senior adviser Dr. Cecil Neptuno, is inviting women in nearby barangays and coordinating with local government units in and around the capital city of Albay province. Posters (see poster design below) are being placed in strategic areas. Scripts for the lay conversations are being finalized by the committee (with guidance from adviser Dr. Betha Fe Castillo) along with the panelists doing their individual preparations; get-together meals of the PSCM BOD (who will be arriving in Legazpi on October 21 Saturday) and the Bicol doctors are being planned, particularly a Saturday Fellowship Night which everyone is looking forward to. All these events are possible because of the support of the partners of PSCM, especially Biofemme the solo sponsor for the main World Menopause national celebration.

The locals are excited to extend the Bicolano brand of hospitality and the PSCM BOD is ready to indulge and celebrate the World Menopause Day to the utmost, alongside Bicolanas in the midlife... so let's go "Byaheng Menopause- Malusog, Masaya at Marikit, sa Legazpi Albay nitong Oktubre 21-22".

MENEFRIDA S. REYES, MD



The CME Committee goes Interactive



Continuing Medical Education

Chair: Maria Virginia MS Abalos, Md



The CME committee aims to continue the legacy put forward in the pandemic: to provide updated education through a webinar format. The first Wednesday habit was called Menotalk Wednesday and designed to have a wider reach. The CME committee actively engaged the audience and helped them navigate through diverse topics with representative cases presented as a panel discussion. Indeed, the webinars have enjoyed a steady patronage and empowered our colleagues in the care of the aging



This year's committee is spearheaded by Dr. Maria Virginia S Abalos and ably supported by Dr. Marinella Abat, Dr. Zoraida Guevarra, Dr. Rowena Sumilang, and Dr. Antoinette Uy Añonuevo.



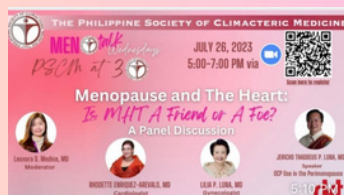
The PSCM Menotalk Wednesdays will still run monthly on the first Wednesdays of the month. We will adopt the new time slot of 5:00-7:00 pm to accommodate more viewers experiencing heavier afternoon clinic schedules. The year 2024 will also highlight one Menotalk Wednesday that will feature our eminent speakers from the International Menopause Society.

Dr. Delfin Tan set the tone with his elegant delivery of Menopause Management: Getting it back on track. Equally engaging and remarkable is Dr Lilia Luna's dissertation on the highly debated topic of menopausal hormones and the heart. Furthermore, the committee invited respected authorities from orthopedics, dermatology, plastic surgery, endocrinology, breast cancer, cardiology and neurology. Their presence connected the dots as there is a remarkable intersection between menopause and other health disciplines. Everyone's expertise have deepened our understanding and ably addressed the complexities of caring for the menopausal woman. Indeed, this is a very productive year.



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-Maria Virginia MS Abalos, MD





Editorial

Marinella Agnes S. Garcia-Abat, MD

For the past three decades, The Philippine Society of Climacteric Medicine has been at the forefront of supporting women's health during the transformation phase of menopause. With a rich history of 30 years, the PSCM has been dedicated to empowering our colleagues especially the gynecologists and providing them with the necessary resources, knowledge and guidance to help our female patients navigate the challenges and embrace the opportunities that menopause brings.

This year, as we celebrate our 30th anniversary, the PSCM focuses on the theme of wellness and longevity in the menopause, recognizing the holistic well being during this significant and challenging stage of a woman's life.

The PSCM has been a beacon of support and empowerment for women experiencing the symptoms of menopause for the past 30 years. through their unwavering commitment to promoting wellness and longevity in the menopause they have transformed countless lives, helping women embrace this stage with confidence, vitality and a renewed sense of purpose. As we look to the future, it is clear that PSCM will continue to be a vital resource, advocating for health and well-being of the aging females, and ensuring that **menopause is recognized not as an ending, but a new beginning filled with endless possibilities**