



# Philippine Society of Climacteric Medicine, Inc.



Lourdes B. Capilo, MD,  
FPOGS, FPPSTD

## PRESIDENT'S CORNER

*A very warm greeting to all members and supporters of the Philippine Society of Climacteric Medicine. The Society is proud to finally come out with this website, to better reach out to its members and share learning and expertise in the management of menopause, not only of our patients but also of ourselves. The site will also serve as a medium for social interaction and information among its members. We hope that in the future, we can offer our members access to scientific literature and research papers that will help them keep updated in the field of menopause and to help them serve their patients better.*

*I hope that this website will also serve as the medium to make our members closer to each other and to the Society as well. We need every member's support to keep this website alive and updated.*

*Mabuhay!*

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# PSCM goes to APMF

Zoraida R. Umipig-Guevara, MD, FPMG, FPMGI



The current Board of the Philippine Society of Climacteric Medicine (PSCM), headed by President, Dr. Lourdes Capito, along with Dr. Agnes Estrella, Secretary, Dr. Prudence Aquino, Treasurer, Dr. Zoraida Umipig, PRO and Board Members, Dr. Marilyn Ruaro, Dr. Abigail Castro and Dr. Debby Songco attended the 6<sup>th</sup> Asia Pacific Menopause Federation (APMF) held in Hotel Fort Canning, Singapore. PSCM hosted the Philippine night to promote the 7<sup>th</sup> APMF to be held in Manila in 2019. The Philippine night was organized by previous PSCM President, Dr. Elisa Tin, with the assistance of previous PSCM Secretary, Dr. Emmanuel Dagala. It was a fun night of singing, "karaoke," and dancing with some IMS officers and speakers participating in the sing along and dance along. A trio formed by Dr. Emmanuel Dagala, spouses Dr. Gil Camilla and Col. Marciano Jesus Guevara sang good old music during the Philippine night.

Dr. Maria Corazon Zaida N. Camilla, current APMF Secretary/Treasurer, was inducted as APMF President during the Gala Dinner hosted by the Singapore group. We were serenaded with nostalgic music by a multi-racial band led by a Filipino musician from Cebu.

Over-all the convention was a success with topics that address all the concerns of menopausal women. The lectures given by previous PSCM President, Dr. Delfin Ian, were exemplary, as always, and very much appreciated by the delegates. We learned new information and got updated from some lectures. The best part of it all is we bonded like a family and had fun altogether.

## Highlights from PSCM Annual Convention 2016



# FUI corner...



Zoraida R. Umipig, MD,  
PRO

The POCUS Midyear Convention was recently concluded and I was one of the few who stayed inside the lecture hall to listen to all the lectures... not because I'm not impressed with Palawan's world famous underground river and El Nido but because I have plans to be there in the future.

Anyway, I would like to share bits and pieces of some lectures that, I believe, will be interesting to us women. The talk by beauty queen, Evangelina Pascual, was particularly interesting. She said that "to walk gracefully, the ear, shoulder and heel should be aligned and to walk following a straight line." According to her, "busy as we all are, it will be nice if we change the way we look at least twice in a day, from the time we leave the house until we go home... just by putting on a different lipstick within the day... moisture-rich in the morning and matte in the afternoon. Or put on a scarf, then later on a shawl or coat. The lecture given by Dr. Torres was also informative. Most of us believe that to get natural Vitamin D we need to be exposed to sunlight before 10am. According to the lecture by Dr. Torres, we need to be exposed to sunlight during midday when the sun rays are directly parallel to us. Over all, the scientific program was well prepared and worth the time.

True to its objective of information campaign on menopause for both lay and health professionals, the PSCM caravan of 2016 were well attended in the three regions where they were conducted – Naga City, Iloilo City and Kalibo, Aklan... thanks to our exemplary speakers Dr. Lyra Ruth Chua and Dr. Susan Nagtalon.

The PSCM 2016 Annual Convention was greatly honored by the presence of Professor Susan Davis as keynote speaker as she was an authority in the field of climacteric medicine being the past president of Australasian Menopause Society and President-elect of the International Menopause Society (IMS). We learned much from her, as well as from our equally excellent local speakers. For the 2017 Annual Convention, the current President of IMS, Professor Mary Ann Lumsden, has gracefully accepted our invitation to be our keynote speaker. Let us take advantage of this opportunity to listen to an expert. We invite you to register for the annual convention in September. We hope to see you there.

## Progesterone

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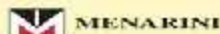
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References:  
1. Engelenius E, et al. Therapeutic modulation in early pregnancy complicated by threatened abortion, supplemented with vaginal micronized progesterone or oral dydrogesterone. *Fertility and Sterility*, Vol. 97, No. 3, March 2012: 618-619.  
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4. Muehlstein W. Quality of the oral micronized progesterone cycle due to its formulation. *Drug Information Journal*.



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## **PSCM Board of Directors 2017-2018**



### ***Upcoming Events***

**PSCM Annual Convention:**

- September 18-19, 2017
- EDSA Shangri-La Hotel

**IMS 16 World Congression  
Menopause**

- June 6-9, 2018
- Fairmont Hotel Vancouver  
Canada

### ***PSCM Secretariat***

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## **PSCM Organizing Committee 2017 2018**

