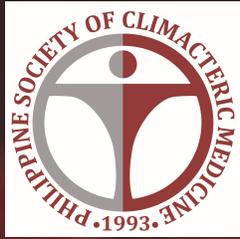


PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE



NEWSLETTER

ISSUE 1: SEPTEMBER 2020

PSCM goes VIRTUAL



PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE VIRTUAL ANNUAL CONVENTION
SEPTEMBER 16 - 17, 2020 | 4:00 - 6:30 PM

MAKING MENOPAUSE MAINSTREAM: TIME FOR A NEW PARADIGM



DR. LILIA P. LUNA



DR. NEMENCIO A. NICODEMUS, JR.



DR. LYRA RUTH C. CHUA



DR. JOAN TAN-GARCIA



DR. MA. CORAZON ZAIDA N. GAMILLA



DAY 1 SEPTEMBER 16, 2020 (WED)	
3:00	BUSINESS MEETING (For PSCM Members only)
VIRTUAL CONGRESS PROPER	
4:00	WELCOME REMARKS President Dr. Jericho Thaddeus P. Luna
OVERVIEW OF THE CONGRESS Scientific Committee Chair Dr. Lilia P. Luna	
MODERATOR: Dr. Joan Tan-Garcia	
4:30	DISTURBING COMPLAINTS OF AGING Dr. Lilia P. Luna
5:00	INDUSTRY-SPONSORED SYMPOSIUM Biogen
5:15	CARDIOMETABOLIC CONCERNS AT CLIMACTERIUM Dr. Nemencio A. Nicodemus, Jr.
5:45	INDUSTRY-SPONSORED SYMPOSIUM UAP
6:00	HORMONE THERAPY IN THE MENOPAUSE Dr. Lyra Ruth C. Chua

DAY 2 SEPTEMBER 17, 2020 (THURS)	
MODERATOR: Dr. Ma. Corazon Zaida N. Gamilla	
4:00	EXPERTS VIEW ON BILATERAL OOPHORECTOMY BEFORE AGE 50 Dr. Delfin A. Tan and Dr. Rey H. delos Reyes Moderator: Dr. Lourdes B. Capito
4:45	INDUSTRY-SPONSORED SYMPOSIUM Novo Nordisk
5:00	ALZHEIMER'S DISEASE AND DEMENTIA Dr. Veeda Michelle M. Amalcan
5:30	INDUSTRY-SPONSORED SYMPOSIUM BSV
5:45	APPROACHES TO HEALTHY LIVING IN THE AGING YEARS Dr. Gilda G. Germar-Martinez
6:15	CLOSING REMARKS Overall Chair and Vice-President Dr. Prudence V. Aquino-Aquino
PRC CPD AND PMA CME UNITS TO FOLLOW.	



DR. DELFIN A. TAN



DR. REY H. DELOS REYES



DR. LOURDES B. CAPITO



DR. VEEDA MICHELLE M. AMALCAN



DR. GILDA G. GERMAR-MARTINEZ



EMCEE: Convention Secretary Dr. Stephanie Hipos-Supan



REGISTRATION IS COMPLIMENTARY.
REGISTER IN ADVANCE FOR THIS VIRTUAL CONVENTION:
<https://bit.ly/2020PSCMVIRTUAL>

Early this year, the PSCM Board of Directors announced a change in its activities for the year 2020 amidst the COVID-19 pandemic.

This was in accordance with the Department of Health Technical Advisory Group Resolution No.11 dated 3/12/20, Imposing stringent Social Distancing Measures in the National Capital Region. On March 15, 2020; the PSCM Board cancelled the much-awaited Midyear Convention in Coron, Palawan, scheduled on May 14-15. On June 3, 2020, PSCM announced that instead of an Annual Convention, the Society will hold an online Scientific Meeting on September 16-17, 2020

The organizing committee immediately shifted its preparations to an unprecedented Scientific Congress of the Society. The scientific committee headed by Dr. Lilia P. Luna promptly supported the new direction and adjusted the scientific program.

The COVID-19 Pandemic did not stop the PSCM from its tracks. Instead, it became opportunistic. Thus, the PSCM Annual Meeting is going VIRTUAL!!!

The theme of the First Virtual Scientific Meeting of the Society is 'MAKING MENOPAUSE MAINSTREAM: TIME FOR A NEW PARADIGM'. There will be six (6) sessions, with three (3) sessions per day. The new format will allow you to listen to topics that deal with the disturbing effects of menopause on different organ systems, hormonal and non-hormonal management and an interesting debate on bilateral oophorectomy before 50 from the comfort and safety of your homes.

Welcome to this scientific meeting and we look forward to your participation.

- Dr. Prudence V. Aquino-Aquino (Vice-President and Overall Organizing Committee Chairman)



Message from the President

By Dr. Jericho Thaddeus P. Luna

Greetings my dear Colleagues!

At the beginning of our Society's 27th Year, the PSCM Board and the Regional Directors held a Strategic Planning Meeting to evaluate what happened in 2019 and to prepare for 2020. Unfortunately, none of us predicted that our lives will be affected by a Pandemic.

Except for the Midyear Convention which was postponed to May 2021, PSCM activities and projects continued adjusting to the new normal.

P – Professionalism and Governance

For *Internal Affairs*, we have met our Society's responsibilities to the **SEC, BIR, SSS, PHIC and Pag-IBIG**. For *External Affairs*, we have maintained our commitment to the **International Menopause Society (IMS)** and support the activities of the other societies involved in the care of ageing women, especially the activities of our mother society – the **Philippine Obstetrical and Gynecological Society (POGS)**. POGS has requested the support of all its recognized subspecialty and affiliate societies for its Annual Convention thru joint Pre-Congress Webinars this coming October. The joint PSCM-POGS Pre-Congress Webinar is scheduled on October 5, 2020. We have also provided lecture topics for a PSCM Simultaneous Session during the POGS Annual Convention proper.

For *Social Responsibility*, we have revised and improved our **Website** by our Board Secretary, Dr. Agnes Estrella, and PRO, Dr. Debby Songco. Hopefully, we can still create a **FB page**.

For *Ethics and Medical Practice*, the Committee will create the recommendations for the **Ethical Guidelines on Menopause Diagnosis and Management** which will be incorporated in the revised Ethical Guidelines of POGS next year.

For *Governance*, we have been following up the approval of the amended **Constitution and By-Laws** from SEC. Through the tireless efforts of the AdHoc Committee headed by Dr. Lourdes B. Capito, the first **PSCM Administrative Manual** to guide the Board and members in their administrative functions have been completed and printed. Most importantly, to keep their oath in upholding the Society's Constitution and By-Laws, the PSCM Board has decided to hold an **Annual Business Meeting**, to call for **Nominations** of candidates and to conduct an **Election** for new BOD (2021-2022) this year thru a virtual platform.

S – Service

For this year's Menopause Month, we will continue to hold **PSCM Community Service Activities**, in coordination with the Dr. Abigail Castro as Community Service PSCM Regional Directors, preferably thru a virtual platform on October 2020. For this year, the National Menopause Day Community Service Activity will be at Region 11 (i.e. Southern Mindanao). The activity will be adjusted to the new normal and we will be conducting online lectures for midwives, occupational health medicine specialists, municipal health officers and barangay health workers.

C – Continuing Education & Research

For the first time in the history of PSCM, we are holding all our Continuing Medical Education (CME) activities thru online Webinars. We have been conducting our **CME Caravans via a Webinar Series** and a total of four (4) webinars with our gurus in Menopause as Speakers have been organized by Dr. Anabel Ignacio-Alensuela as the CME Committee Chair. Our first Virtual Annual Convention is going to be held on September 16-17, 2020 as originally scheduled. The Vice President, Dr. Prudence Aquino-Aquino, and her organizing committee have prepared relevant topics with the best speakers for us.

For research, after coming out with its first ever special issue with the **Philippine Journal of Obstetrics and Gynecology (PJOG)** last year, we have approved and created the **Guidelines the Research Development Grant and Research Travel Grant** to assist our colleagues in the creation, conduct, completion and presentation of their research papers on the Climacterium. The above Guidelines has been incorporated in the Administrative Manual. Thru the work of the Research Committee Chair, Dr. Duchess Banal-Silao, we have also participated in the drafting of the **POGS Unified Research Agenda**.

M – Membership Benefits & Accreditation

For this year, we have already submitted our audited financial statements to the BIR and SEC on time thanks to the PSCM Treasurer, Dr. Zorai Umipig-Guevara, the Audit Committee headed by Dr. Duchess Banal-Silao, our External Auditor and the PSCM Secretariat, Ms. Rose Macinas. The PSCM Board has waived the membership dues this year as consideration for the pandemic affecting everyone's life and practice. The PSCM Treasurer, has taken note of the above decision and the creation of Grants. Hopefully, a **Mutual Assistance Program** for members and a **Directory** of members will still be created before the end of the year.

For accreditation, our request for the inclusion of a **Menopause Clinic** manned by active members of PSCM as part of the point system in the accreditation of hospitals for residency training have been approved by the Philippine Board of Obstetrics and Gynecology (PBOG). We have requested the Chairs of the POGS-accredited Training Institutions to promote perimenopause, menopause and post menopause education and practice by establishing a Menopause Clinic, if not yet existing, which would specialize in management of severe menopause symptoms and menopause complicated by other medical conditions. The Menopause Clinic will be manned by PSCM members in good standing in the hope of encouraging their staff to become members of PSCM. The Menopause Clinic Guidelines as drafted by Dr. Gladys Tanangonan and approved by the Board has been uploaded in the PSCM Website.

It has been an honor and privilege to serve the PSCM as its President for the past 2 years. As we continue to live the new “normal, always stay safe, well protected and healthy...

**PSCM Board & Regional
Directors during Strategic
Planning last
January 18, 2020**



Continuing Medical Education Amidst the Pandemic

by Dr. Anna Belen Ignacio-Alensuela

Menopause is different for every woman. Although it is a natural part of the aging process, hormonal changes in the body may lead to symptoms that vary in duration and intensity in each individual. It is imperative that gynecologists be able to manage unique needs of the menopausal woman.

Disasters disrupt lives, families, and communities. It can affect access to medical and social services, increase stress, intensify physical work, and expand caregiving duties. This may affect access to medical services and health outcomes among women including those who are menopausal.

The PSCM recognizes the need for continuing medical education which serve to maintain, develop, or increase the knowledge, skills, and professional performance and relationships that a physician uses to provide services for patients, the public, or the profession.

Thus, despite the limitations of conducting face to face scientific programs, the society's committee on CME prepared for webinar series.

The coronavirus disease (COVID-19) pandemic has brought about unprecedented fear and uncertainty, especially among older adults. The elderly rely on social connection more than most and they need it now more than ever. The elderly and retired sometimes need a helping hand and they also often need to have people around them. Thus, we started with a lecture on the "Concerns and Care of the Aging Women in the Covid 19 Pandemic" delivered by Prof. Lilia P. Luna. With almost 1000 attendees, saying that it was a success was an understatement.

Dementia is a general term that means a loss of memory that interferes with daily activities. It is often a neglected condition that concerns a menopausal woman. Thus, in August the second series of webinar focused on Dementia with Prof. Zaida N. Gamilla as our speaker. All 700 attendees agreed that the topic was timely and useful in their clinical practice.

There will be two more webinars on October and November with back to back speakers who are renowned specialists in their field.



Keeping Sane in Crazy Times

by Dr. Rose Joy C. David-Vallega and Dr. Rosalie C. David

2020 has been quite a challenging year for all of us. No one expected the SARS-COV 2 pandemic. Public health experts predicted that the control of spread of this virus was in a few months, but fast approaching is the final quarter of the year, and we have yet to see the proverbial light at the end of the tunnel. Our health care system is going hay wire and all of us are exhausted, not just physically, but mentally as well. **STRESS & ANXIETY** are now part of our day.

The most vulnerable citizens, the very young and the older population, seem to be affected most by this pandemic. The inability to socialize and have human contact because of fear of the unknown has left us all vulnerable to psychosocial dysfunctions.

When the World Health Organization declared that the outbreak of the novel coronavirus had become a pandemic, it released an article containing a series of messages with the heading “**Mental and Psychosocial Considerations during the COVID-19 outbreak**” to support the mental health of the general public and special populations. Here are some ways by which we can manage stress and anxiety during these extraordinary times.

Keep a regular routine. Eat regular, well-balanced meals on time, follow a bedtime routine and get enough sleep and rest. Allot time for leisure activities and exercise, as well as time for meditation, relaxation and prayer. Fill your day with meaningful activities that give joy or a sense of fulfillment while decreasing stress and anxiety. Try a new hobby like gardening, reading a book, completing crossword puzzles and other word games, and other activities that are mentally stimulating.

Maintain contact with significant others. The pandemic may have kept us from meeting up with friends and family face to face but it is still important to maintain regular social interaction. Checking in regularly with immediate family and close friends will provide us the emotional support that we need. It might help to reach out to colleagues who may also be having the same struggles and experiences. In this digital age, even those who are thousands of miles apart can keep in touch, either thru a phone call, text message or video call. Even social gatherings and celebrations have been replaced by virtual get-togethers or reunions on online platforms like Zoom and Messenger.

Stay positive. Looking at a constant stream of posts on social media could cause information overload and lead to more stress and anxiety. Avoid reading articles or stories that spread fake news, rumors, misinformation. Seek news and updates about the pandemic from trusted and reputable sources so that you can respond and make preparations to protect yourself and your loved ones. Indeed, the challenges we are facing because of this global health problem goes well beyond the physical. There are many mental and psychosocial considerations that have to be dealt with. We have to adapt to this new way of life, what many call as the “new normal”, and carry on.



2020: Clear Vision to What Matters

by Dr. Debby Pacquing- Songco

The year 2020 happened for a reason. Each of us has our own interpretation of this and why this dreadful pandemic came into play.

But to me, 2020 was made such, so that we may see what truly matters the most in our lives.

For the first time in my life, I was afraid! Not because I was afraid of dying from this hideous corona virus. But because I felt that I was stepping into the unknown. And so the word **FEAR** came to mind.

F- FELLOWSHIP (family and friends). Fear that you might lose them in the blink of an eye. Fear that while you do your job as a doctor, you may give them that deadly SARS COV 2 when you get home. Dying is inevitable but the fear of dying alone is worse. I feel for all the families who have experienced the pain of losing a loved one because of this disease. Not even being able to say goodbye because of health protocols that need to be followed. Fear that you might not have given all the love that you should've because you believe that there is still tomorrow. Have you hugged your family today?

E- ENJOYMENT (happiness). Fear that you did not enjoy much of life. Have you always been preoccupied with how your life is perceived by others, the titles you carry, your envy towards others, not being able to forgive or forget, how many likes did your post in FB made, the list I'm sure is long and you know what I mean. This pandemic sure opened the hearts of many, because one has probably realized that what truly matters are the simple things in life. That date you always postponed because you were too busy with patients, that all girls' night you've been planning for years, that out of town trip you promised your kids but couldn't. Just gazing at the sun setting, watching the TV with the family or even having a meal with them have become more precious. Be happy now! What makes you happy?

A- AVAILABILITY (time). What we have right NOW is actually a gift, a blessing in itself. Fear that we have so little time left. Remember that these are borrowed times. Being able to get up in the morning and continue to breathe is enough. Make time, have time. Do you have time?

R- RENEWAL (becoming new). Everybody wants to come out of this pandemic renewed, enlightened. The past 6 months or so, should have been a respite for all of us to ponder on our transformation. Maybe it's time for a makeover, not just physically, mentally, emotionally and spiritually. How have you been?

The pandemic has brought about FEAR within us, it now depends on us if this fear will break or make us. Let us convert this FEAR with values that will strengthen us!



World Menopause Day 2019



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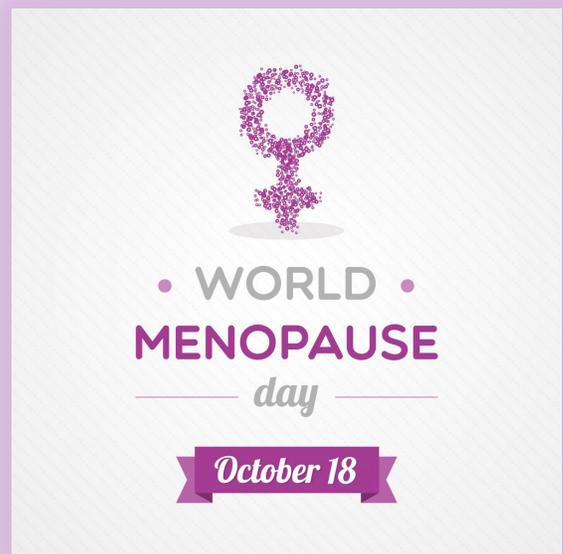
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World Menopause Day 2019



REGION 8



REGION 10



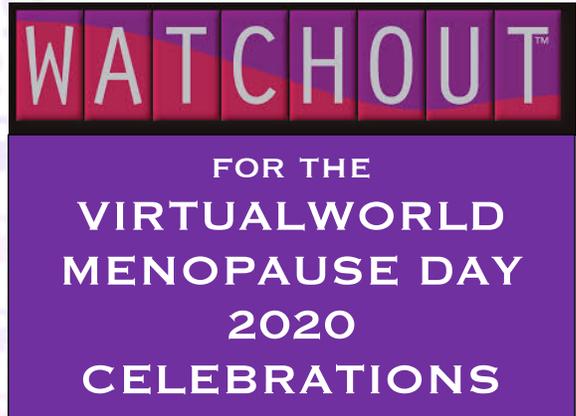
REGION 9



UP-PGH



REGION 11



OCTOBER 18 is WORLD MENOPAUSE DAY

PSCM with its Community Service Committee headed by Dr. Abigail Castro together with the different regions celebrated World Menopause Day last October 19, 2019. The event day was organized by each region and was well attended by menopause patients and health workers as well.

The purpose of this day is to raise awareness of the menopause and the support options available for improving health and well-being.

This year, Menopause Day will be celebrated virtually and will be hosted by Region 11. Please visit the PSCM website for the event details.



PSCM's YEAR OF FIRSTS

This year the Philippine Society Climacteric Medicine (PSCM) was witness to a lot of **FIRSTS!**

The first time in history, where **continuing medical education** regarding menopause was offered to all OB GYNS in the country through a virtual platform in the form of **webinars**. Such a task was ably handled by the PSCM CME Head Dr. Anna Belen Ignacio Alensuela.

The first time ever , where the **PSCM's Annual Convention & Business Meeting as well as its Elections** will be carried out virtually.

It is also the first time the Society released its **Administrative Manual for Good Governance**. Dr. Lourdes Blanco Capito spear headed the completion of this manual .

Furthermore , a **Guideline on the Establishment of a MENOPAUSE CLINIC** in Training Institutions was crafted by Dr. Gladys G. Tanangonan and will be posted in the PSCM website.

Last but not the least , to pursue the society's mission on research relevant to the well-being of the menopause woman, Dr. Maria Jesusa Banal Silao designed a **Guideline for Research Development Grant and Research Travel Grant** that aims to entice all OB GYNs to do research.

