

# NEWSLETTER

# 2022

## PSCM

# gearing towards global management in MENOPAUSE

 **PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE, INC.**

**2021 ANNUAL VIRTUAL CONVENTION  
PUTTING  
MENOPAUSAL CARE  
BACK ON TRACK**

SEPTEMBER 2-3, 2021  
4:30-8:00 PM HK time  
7 PRC CPD Units / 6 PMA CPD Units  
Registration is FREE

Visit the PSCM Annual Convention Website (<https://tinyurl.com/pscm2021>)  
PSCM is an affiliate of the International Menopause Society (IMS) and Asia Pacific Menopause Federation (APMF).

 **PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE, INC.**  
An affiliate of the International Menopause Society (IMS) and Asia Pacific Menopause Federation (APMF)

**2022 VIRTUAL ANNUAL CONVENTION**

**GLOBAL MANAGEMENT  
of the  
WOMAN AT MIDLIFE**

SEPTEMBER 1-2, 2022  
4:30-9:00 PM HK time  
PRC CPD / PMA CPD Units Applied  
Registration is FREE.

Visit the PSCM website for details ([pscminc.org](https://pscminc.org))

# THE PRESIDENT'S CORNER

## Prudence Aquino- Aquino , MD



The Philippine Society of Climacteric Medicine is an organization established in 1993 that is globally recognized as the national authority in providing holistic healthcare to climacteric women. The strength of our organization in promoting the art and science of climacteric medicine in the Philippines has been steadfast and innovative as we respond to the challenges of the recent times. Allow me to take you back to our journey together since 2021.

The Society has tailored the dissemination of information, knowledge and skills in climacteric medicine through its webinars.

The **Committee on Continuing Medical Education** carried on with its commitment through the virtual **Menotalk Wednesdays** featuring local experts providing updated and evidence-based data. We had seven monthly Menotalk Wednesdays, from February to August each year.

The **Committee on Community Service** tapped the creativity of each region of the country as they mounted their respective hybrid World Menopause Day celebrations. In Oct 2021, the theme was 'Strong Bones, Long Life...Butong Matibay, Aktibong Buhay,' with Region I as the main celebrant under the leadership Dr. Betha Fe Castillo and Dr. Jo-Ann B. Badua. This October, the theme is Buto: Patibayin Mo! Muscles: Palakasin Mo! Kaisipan: Patalasin Mo! with Region VII under the helm of Dr. Virginia M. Abalos and Dr. Pherdes E. Galbo.

The 2021-2022 Organizing Committee headed by our very energetic Vice-president, Dr. Maria Jesusa Banal-Silao, supported by her committee members, has provided us with excellent programs complemented with renowned speakers on menopause care for our virtual Annual Congresses. In 2021, we had **Putting Menopausal Care Back on Track**.

For this year we have **Global Management of the Woman at Midlife**.

The Society continued to collaborate externally. We engaged with our mother society, POGS. In 2021, we reviewed and revised the Outcome-based Instructional Design of the Menopause Care with the inclusion of a bioethical segment with the guidance of Dr. Agnes L. Soriano-Estrella and Dr Gladys G. Tanangonan. The Society collaborated with the POGS-CREED in the workshop on Training of Trainers Workshop on **Setting Up a Menopause Clinic** through the efforts of Dr. Ma. Jesusa B. Banal-Silao.

This year, we heeded the call for the **Rare Disease Registry** for each subspecialty/affiliate society. Our entry, the Achard-Thiers Syndrome, was accepted and ranked 89 out of 91. Our thanks to Dr. Melissa F. Diawatan for leading this committee.

For 2021 to 2022, the Society participated in the virtual Pre-congress and Simultaneous Sessions of the POGS Annual Congress.

We also participated in online discussions with other societies. In 2021, we had engagements with the Philippine Heart Association Council on Women's Cardiovascular Health and Osteoporosis Society of the Philippines through webinars.

This year, we were **part of the Philippines Society of Fertility Preservation** webinar on managing menopausal concerns of women with BRCA 1 & 2 mutations. We continued to strengthen our **international alliances** by joining the virtual meetings in 2021 of the International Menopause Society Council of Affiliated Societies and Asia Pacific Menopause Federation.

As part of our commitment to continuously upgrade the practice of climacteric medicine in our country, the PSCM **CPG of 2017 is undergoing intensive review for updating**. Our utmost gratitude to the past Presidents of the Society and a regional directors for their critical participation, the editorial chair, Dr. Delfin A. Tan, group chairs, Dr. Eileen M. Manalo, Dr. Lilia P. Luna and Dr. Ma. Carmen H. Quevedo and the group co-chairs, Dr. Joan Tan Garcia, Dr. Ma. Corazon Zaida N. Gamilla and Dr. Ma. Virginia S. Abalos.

Menopause is more than just a physical transformation. It affects every aspect of a woman's life. To ensure best care for our women in midlife and beyond is to anticipate their future health needs, hence the importance of early intervention. Continuing this advocacy program of the Society and upholding the core values of respect, competence, integrity and compassion the past two years, all during this pandemic, has been challenging, to say the least. I would like to thank the tireless commitment of the entire PSCM Board of Directors, Regional Directors and office secretaries for making 2021-2022 a stunning success.

Marami pong salamat !!!!



## VICE PRESIDENT'S MESSAGE

### Maria Jesusa B. Banal-Silao, MD

Vice President and Overall Chair  
Organizing Committee  
2022 Virtual Annual Convention

## *Empowering women at Midlife*

As we forge through another year of this pandemic and its unique challenges, the Philippine Society of Climacteric Medicine (PSCM) remains steadfast in its mission to provide holistic health care for the aging Filipino woman by empowering our colleagues with new and emerging standards of care in the field of climacteric medicine.

In the past 29 years, the PSCM through its leaderships, has made sure that menopausal care in the country be at par with its first world counterparts.

The pandemic may have hindered us from sharing new knowledge in person through conferences, but it did not stop us from continuously teaching and learning.

As we continue with the society's annual convention albeit virtually and now on its 3rd year, it is our objective to make sure that new information regarding menopausal care reach our colleagues far and wide.

The PSCM has moved out of its box and have involved not just the gynecologists but internists, neurologists, orthopedics, dermatologists, psychiatrists and other subspecialties in the menopausal care of the Filipina.

Every year, the PSCM makes sure that the Scientific programs and speakers are world class. In 2021 the annual convention had the theme "Putting Menopausal Care Back on Track" and was attended by almost 1500 participants around the country. This year's theme "Global Management of the Woman at Midlife" will prove to be twice as excellent.

Kudos to the hardworking organizing team who have made these conventions such a fantastic experience for all of us !!!

Here's to 30 years and beyond !!!!



## *Community Service*

**Betha Fe M. Castillo, MD**  
COMMITTEE CHAIR

*The Philippine Society of Climacteric Medicine (PSCM), as an affiliate organization of the International Menopause Society (IMS), spearheaded the World Menopause Celebration (WMC) in October of 2021.*

*The theme of the 2021 World Menopause Day (WMD) as announced by the IMS was "Bone Health". Hence, on our part the PSCM have chosen the theme "Strong Bones, Long Life" "Butong Matibay, Aktibong Buhay."*

The WMC was virtually conducted nationwide with participation of all the regions of PSCM through the leadership of all the regional directors. All Sundays were assigned to the various regions and the main celebration was hosted by Region 1 on the designated World Menopause Day which was in October 17, 2021.

We, in the organizing team, have prepared incredibly special episodes with the objective of raising awareness on how to promote bone health by reduction and prevention of osteosarcopenia. Following the unique terminology of PSCM series of lectures in our Continuing Medical Education program, the Committee on Community Service also used the term "MenoTALK" for the information dissemination and education part. The two main topics were entitled "Usapang Menopause" and "Bone Health in Menopause."

The format of these episodes was that of a "Talk Show", wherein experts and advocates were interviewed on improving health and well-being of women in their midlife and beyond. The third episode entitled "Bone Nutrition in Menopause" was dealt with creativeness and uniqueness that was eccentric of the various regions.

Meno Talk 1 episode entitled "**Usapang Menopause**" accorded a background on what is and what will happen during a woman's midlife and prepare herself to age gracefully and strong.

Meno Talk 2 episode entitled "**Bone Health in Menopause**" dealt on the effect of menopause and aging on the bones, the reduction, treatment, and prevention of the "silent disease" we called osteoporosis.

Meno Talk 3 episode entitled "**Bone Nutrition in Menopause**" showcased the culinary expertise through cooking demonstrations, which highlighted the nutritional values of the ingredients in the recipes. This segment provided additional knowledge for the menopausal women in preparing healthy food with innovativeness that she and her family can enjoy.

What was equally interesting and fascinating during the main event of the World Menopause Day, was the intermission numbers prepared by the different regions across the country. We grouped the regions into three clusters: Luzon, Visayas and Mindanao. The clusters amazingly displayed with creativeness the weight bearing, strengthening and balance exercises for bone health, which were truly engaging and entertaining. The finale presentation was specially rendered by the WMC 2021 organizing committee of the Philippine Society of Climacteric Medicine with its board of directors and the POGS Region I Chapter Board of Trustees and the Regional director.

The last presentation was the "complete drill," which included weight bearing exercises for strong bone and other exercises to fight and prevent sarcopenia that keeps the muscles active. This was a combination of aerobic exercises, resistance and balance training that can prevent and even reverse muscle loss.

It was indeed a fruitful and healthy celebration of the 2021 World Menopause Month!

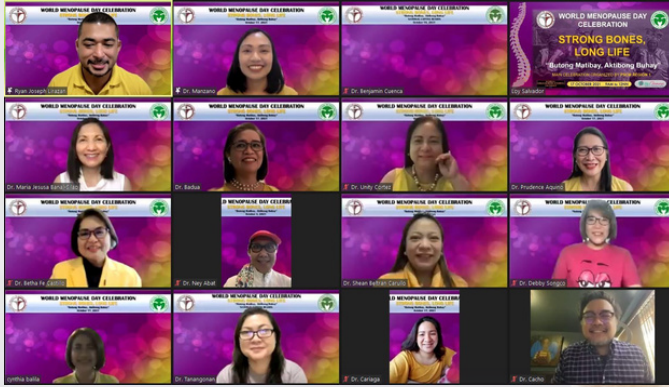
Mabuhay ang PSCM!

*Celebrating*

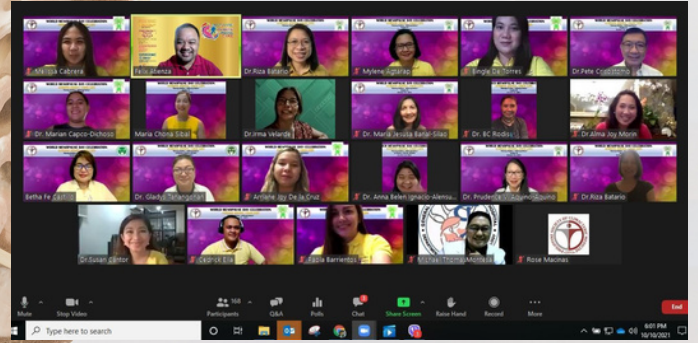
# WORLD MENOPAUSE DAY CELEBRATION

## STRONG BONES, LONG LIFE

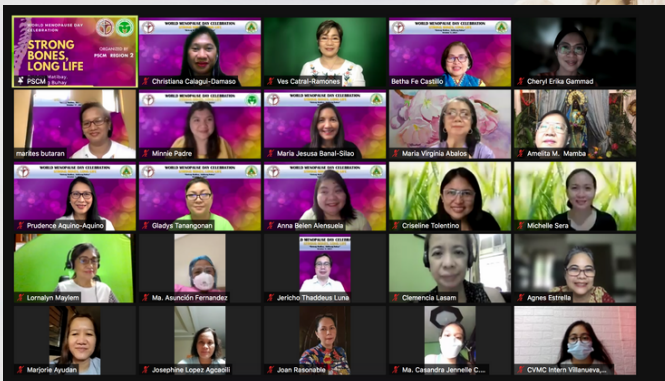
Building Maribay, Atsibong Baybay



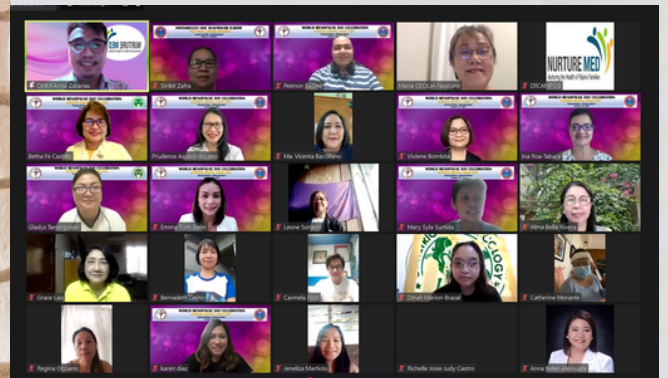
**MAIN CELEBRATION  
REGION 1**



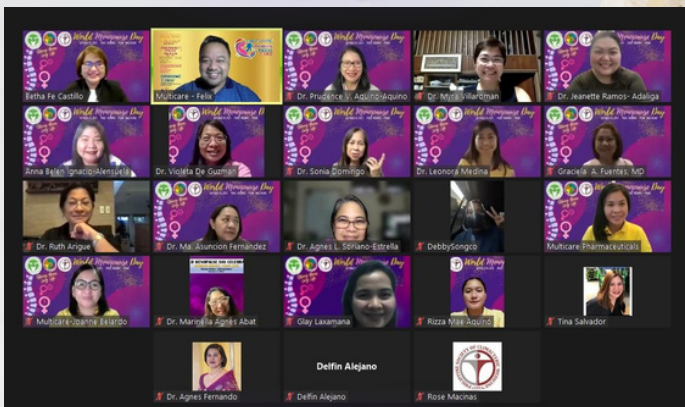
**REGION 4**



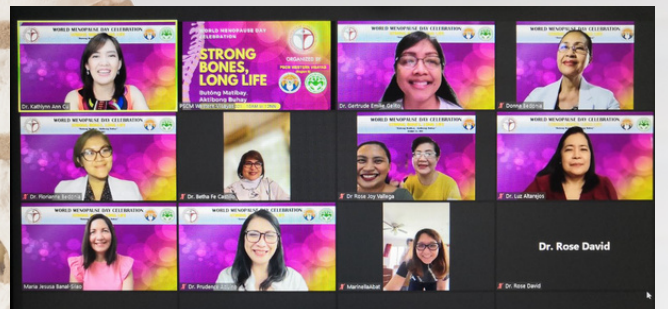
**REGION 2**



**REGION 5**



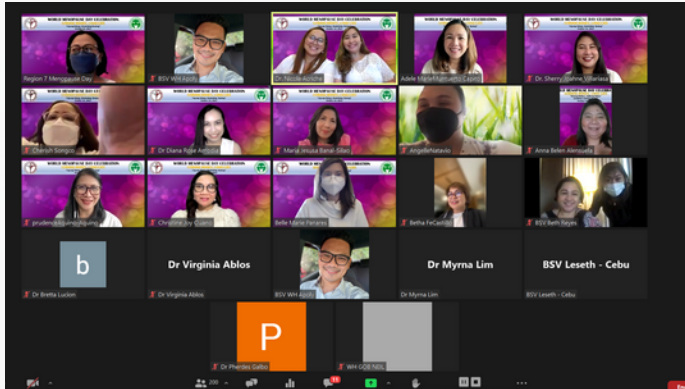
**REGION 3**



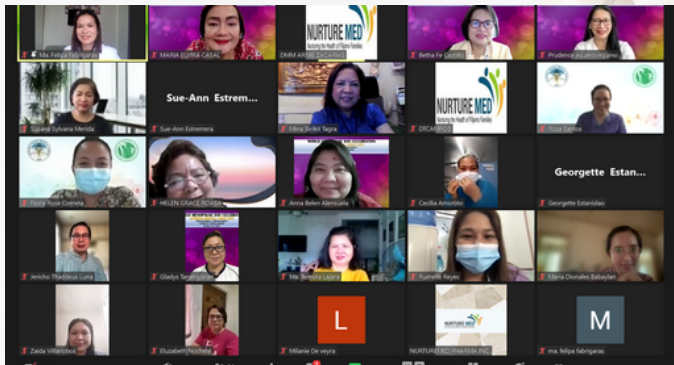
**REGION 6**



# Strong Bones Long Life



REGION 7



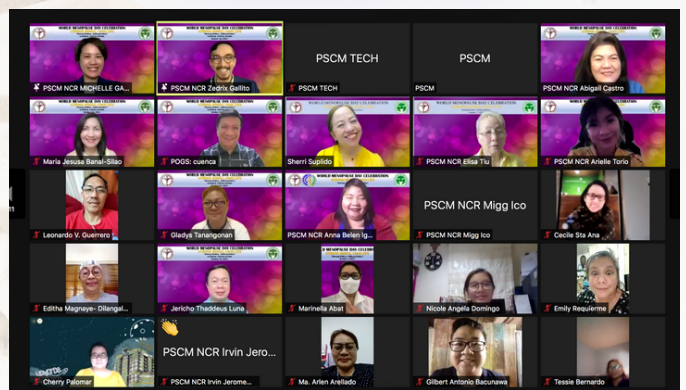
REGION 8



REGION 10



REGION 9



NCR

## Committee on

CONTINUING MEDICAL  
EDUCATION

*Marinella Agnes G. Abat, MD*

Chairman



The pandemic did not hinder the PSCM's desire to reach out and spread awareness of menopause to our colleagues. We have made the first Wednesday of every month from February to August a *MENotalk Wednesday* and this was made possible thru the help of our drug company partners.

In February, we discussed the menopause management in women with medical conditions, Professor Eileen Manalo tackled issues on cardiovascular diseases while Professor Cecilia Jimeno discussed issues with regard to metabolic diseases.

March was for the Covid 19 in the Elderly woman. We had 3 speakers namely, Dr. Arthur Dessi Roman, Dr. Debby Songco and Dr. Josefina Ly-Uson.

In April, we discussed the POI woman with 3 reproductive medicine specialists namely Dr. Gladys Tanangonan, Dr. Debbie Meguizo and Dr. Maria Jesusa Banal-Silao.

In May, we had a panel discussion on surgical menopause and indications for BSO, consequences and its management. This session was moderated by Dr. Lilia P. Luna with her panel composed of Dr. Susan Nagtalon, Dr. Joan Tan-Garcia and Dr. Marinella Abat.

Management of adenomyosis and leiomyoma in the perimenopause was the highlight in June. Our speakers were Dr. Angela Aguilar and Dr. Romerico Torres.

Another power packed panel was seen in July composed of Dr. Delfin Tan, Professor Eileen Manalo, Professor Antonia Habana and Dr. Gladys Tanangonan who discussed the management in the peri and post menopausal woman with endometriosis.

The last salvo in August before the PSCM's Annual Convention was on the management of cancer survivors in the menopause and was discussed by Professor Jericho Thaddeus Luna and Dr. Agnes S. Estrella.

*MENotalk Wednesdays* now on its 3rd year will continue to be PSCM's avenue in sharing knowledge in the care of the woman in the climacteric.



The Philippine Society of Climacteric Medicine invites you to

# MEN talk 2022

## Wednesdays

**FEBRUARY 2** Managing the Symptomatic Menopausal Woman with Pre-existing Conditions

**MARCH 2** Covid 19 in the Elderly Woman

**APRIL 6** Managing the POI Woman

**MAY 4** Surgical Menopause: Indications for BSO, consequences and Management

**JUNE 1** Management of Adenomyosis and Leiomyoma in the Perimenopause

**JULY 20** How to Manage Difficult Endometriosis in the Perimenopause

**AUGUST 3** Management of Cancer Survivor in the Menopause

VISIT US @ <http://pscminc.org>

# MEN talk 2022

## Wednesdays

FEBRUARY 02 AT 4-7 PM

### Menopause Management in Women with Medical Conditions

Safety of MHT in Menopausal Women with Metabolic Disease  
**PROF. CECILIA A. JIMENO**  
Medical Endocrinologist

MHT and Cardiovascular Disease:  
A Look into Formulation, Dose and Route of Delivery  
**PROF. EILEEN M. MANALO**  
Reproductive Endocrinologist

**DR. JUAN RAMON IBARRA CO**  
Moderator

SCAN THE QR CODE

BESINS HEALTHCARE  
Innovating for Well-being

# MEN talk 2022

## Wednesdays

MARCH 02 AT 4-7 PM

### COVID 19 in the ELDERLY WOMAN

Management of Covid 19 in the Menopausal Woman and the Role of Vaccines  
**ARTHUR DESSI E. ROMAN, MD**  
Infectious Diseases Specialist

Hormonal Therapy in the Menopausal Woman with Covid 19  
**DEBBY PACQUING-SOMCCO, MD**  
Reproductive Endocrinologist

Mental Health Issues and the Covid-19 FOG  
**JOSEFINA T. LY-IBSON, MD**  
Psychiatrist

**ABIGAIL ELSIE DG CASTRO, MD**  
Moderator

SCAN THE QR CODE

NURTURE MED

THE PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE

# MEN talk

## Wednesdays

April 6, 2022  
4:00-6:00 PM via

### The POI Woman

Diagnosis & Work-up  
**Gladys G. Tanangonan, MD**

Prevention & Management of Long Term Morbidities  
**Debbie G. Dy-Meguizo, MD**

Moderator: **Ma. Melissa F. Diawatan, MD**  
PSCM Region X Director

Transdermal Estrogen: A Revolution In Menopausal Hormone Therapy  
**María Jesusa Banal-Silao, MD**

SPONSORED by: **BESINS HEALTHCARE**

THE PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE

# MEN talk

## Wednesdays

July 20, 2022  
4:00-6:00 PM via

### How to Manage PERI and POST Menopausal Endometriosis

#### A Panel Discussion

Asymptomatic OMA  
**Delfin A. Tan, MD**

Endometriosis with Adenomyosis Desirous of Pregnancy  
**Ma. Antonia E. Habana, MD**

Symptomatic Recurrent Endometriosis  
**Eileen M. Manalo, MD**

Moderator: **Maria Jesusa Banal-Silao, MD**

Use of Evening Primrose Oil In Menopause  
**Gladys G. Tanangonan, MD**  
SPEAKER

SPONSORED by: **BioFemme**

THE PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE

# MEN talk

## Wednesdays

May 4, 2022  
4:00-6:00 PM via

### A Panel Discussion on SURGICAL MENOPAUSE:

#### Indications for BSO, Consequences and Management

Indications for Prophylactic BS & BSO  
**Marinella G. Abat, MD**

Consequences of Surgical Menopause  
**Susan P. Nagtalon, MD**

Management of Surgical Menopause  
**Joan Tan Garcia, MD**

Black Cohosh: An Alternative to Hormone Therapy  
**Jericho Thaddeus P. Luna, MD**  
MODERATOR/SPEAKER

CHAIR: **Lilia P. Luna, MD**

SPONSORED by: **BSV**

THE PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE

# MEN talk

## Wednesdays

August 10, 2022  
4:00-6:00 PM via

### The Management of Cancer Survivors in the Menopause

#### Can HRT be given?

in GYNECOLOGIC CANCERS  
**Jericho Thaddeus P. Luna, MD**

in NON-GYNECOLOGIC CANCERS  
**Agnes L. Soriano-Estrella, MD**

Moderator: **Susan R. Cantor, MD**  
Region 4 PSCM RD

SPONSORED by: **BioFemme**

THE PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE

# MEN talk

## Wednesdays

June 1, 2022  
4:00-6:00 PM via

### MANAGEMENT OF ADENOMYOSIS & LEIOMYOMA in the PERIMENOPAUSE

Surgical and Novel Therapies for Adenomyosis and Leiomyoma  
**Angela S. Aguilar, MD**

Medical Management for Adenomyosis and Leiomyoma  
**Romerico F. Torres, MD**

Recent Advances in Adenomyosis  
**Eileen M. Manalo, MD**  
SPEAKER

Moderator: **Ma. Virginia S. Abalos, MD**

SPONSORED by: **MedEthix**

THE PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE

# MEN talk

## Wednesdays





*Nae  
gwanjeom*

by  
DEBBY PACQUING-SONGCO

Editor in Chief/PRO



## *on Setting Up a Menopause Clinic*

Last 2021, the Philippine Obstetrical and Gynecological Society through the Council for Residents' Education, Enhancement and Development (CREED) collaborated with the Philippine Society of Climacteric Medicine through the efforts of the Vice President of PSCM and CREED member, Dr. Ma. Jesusa Banal-Silao, a training of trainers which with the theme "Setting Up a Menopause Clinic". This was conducted virtually via ZOOM last September 24-25, 2021.

This event was attended by department chairpersons and residency training officers from 91 POGS accredited residency training hospitals in the country.

The first day of the workshop was highlighted by the lecture of Professor Tommaso Simoncini, MD, the current president of the European Menopause and Andropause Society (EMAS). He talked on Principles and Practice of Menopause Care. This was followed by Dr. Gladys G. Tanangona, a PSCM board member who talked on the guidelines in setting up a menopause clinic. This guideline is also made available in PSCM's website. Dr. Romerico Torres, a CREED member, presented the Menopause Care as a Multidisciplinary Service. His lecture was followed by lectures from 2 past PSCM presidents namely Professor Eileen M. Manalo and Dr. Joan Tan-Garcia who talked on the Menopause Clinic, a government hospital and a private hospital experience, respectively.

On the second day, Dr. Agnes Soriano-Estrella, the PSCM secretary gave a talk on the Basic Evaluation of the Menopausal Woman. This was followed by a discourse on the Management of Common Menopausal Concerns by the PSCM's PRO Dr. Debby Pacquing-Songco. The second day ended with an interactive session. All attendees were subdivided into 12 groups with 15-16 members per group together with a moderator. Each group was assigned one topic on menopause that they discussed amongst themselves and then presented it during the plenary.

It was truly a successful event as the OB-GYNs went home with much learnings and more confidence as they take care of their menopausal patients in their clinics.



VISIT OUR WEBSITE : PSCMINC.ORG



# BOARD OF DIRECTORS

2021-2022



**President:** Dr. Prudence A. Aquino, **Vice President :** Dr. Maria Jesusa Banal-Silao, **Secretary :** Dr. Agnes S. Estrella, **Treasurer:** Dr. Anna Belen I. Alensuela, **Asst. Treasurer:** Dr. Ma. Asuncion Fernandez , **PRO :** Dr. Debby Pacquing-Songco, **Board Members :** Dr. Marinella Agnes G. Abat, Dr. Betha Fe M. Castillo, Dr. Juan Maria Ibarra O. Co, Dr. Evelyn R. Gonzaga , Dr. Gladys G. Tanangonan ; **Adviser:** Dr. Jericho Thaddeus P. Luna

## REGIONAL DIRECTORS

2021-2022

REGION	DIRECTORS
NCR	Dr. Abigail Elsie DG. Castro
1- Northern Luzon	Dr. Jo-Ann B. Badua
2- Cagayan Valley	Dr. Ves C. Ramones
3- Central Luzon	Dr. Maria Myra G. Villaroman
4- Southern Tagalog	Dr. Susan R. Cantor
5- Bicol	Dr. Vivienne L. Bombita
6-Negros Occidental	Dr. Rose Joy C. David- Vallega

REGION	DIRECTORS
6- Panay	Dr. Gertrude Emilie Gelato
7- Central Visayas	Dr. Virignia s. Abalos
8- Eastern Visayas	Dr. Ma. Elvira G. Casal
9- Western Mindanao	Dr. Rosemarie Dublin
10-Northern Mindanao	Dr. Melissa F. Diawatan
11- Southern Mindanao	Dr. Joyce S. Custodio