

PSCM hosts the 1st APMF Scientific Meeting in MANILA!

Mabuhay Philippines!

**ASIA PACIFIC
MENOPAUSE FEDERATION**

The 7th Scientific Meeting in Manila, Philippines

May 29 - 31, 2019
EDSA Shangri-La Hotel
Garden Way, Ortigas Center,
Mandaluyong City, Metro Manila
1650 Philippines

In conjunction with the
**Philippine Society of
Climacteric Medicine**

CTS
on: February 28, 2019
(2019.com) for details

The Philippine Society of Climacteric is host to the 1st APMF Scientific Meeting in Manila. All roads lead to EDSA Shangri-La Hotel on May 29-31, 2019.

A superb scientific program was crafted in order to address concerns in the care of the menopausal woman.

World renowned speakers from here and around the globe will speak on the hottest topics in the management of menopause.

According to the current APMF President Ma. Zaida Gamilla, it is the hope of the Federation to pursue the goals in supporting Asian women in their quality of life issues by sharing with fellow physicians and advocates their concepts, practices and researches. This meeting aims to fulfill that goal.

The Organizing Committee has dedicated their time and efforts to make

APMF 2019 Manila

PSCM

Board of Directors 2019-2020

Dr. Jericho Thaddeus P Luna (President)

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Dr. Anna Belen Alensuela

Dr. Abigail Elsie DG Castro

Dr. Marilyn D. Ruaro





The President's Message

Prof. Jericho Thaddeus P Luna , MD, FPOGS, FSGOP

Greetings my dear Colleagues!

It is an honor to serve all of you as your President for the year 2019-2020 together with the board and the regional directors.

As we celebrate our Society's 26th Year in existence, after conducting a strategic planning with the PSCM Board and the Regional Directors, your Board's activities are guided by the following thrusts:

P – Professionalism and Governance

S – Service

C – Continuing Education & Research

M – Membership Benefits & Accreditation

P – Professionalism and Governance

For the Internal Affairs, we will ensure that the Society's responsibilities to the **SEC, BIR, SSS, PHIC and Pag-IBIG** are met.

For the External Affairs, we will pursue our commitment to the **International Menopause Society (IMS)** and support the activities of the other societies involved in the care of ageing women.

For Social Responsibility, we will continue to maintain our **website** and create a **fb page** thru the office of the PRO.

For Ethics and Medical Practice, the Committee will create the first issue on **Ethical Guidelines on Menopause Diagnosis and Management**. The guidelines will complement the POGS and PMA Ethical Guidelines.

For Governance, we will amend the **PSCM Constitution and By-Laws** and we will make sure that the amended Constitution and By-Laws will be submitted to the SEC. We will then create the first **PSCM Administrative Manual** to guide the Board and members in their administrative functions.

S – Service

For this year's Menopause Month, we will embark for the first time to conduct a nationwide simultaneous **PSCM Community Service Activities**, in coordination with the PSCM Regional Directors, on October 18, 2019. Similar to the POGS National Buntis Day, we will be choosing a Region which will host the annual National Menopause Day celebration and for this year, Region 4 (i.e. Quezon Province) will be the site of the National Menopause Day Community Service Activity. The activity will focus on women age 45 years old and above and we will be providing peripheral bone screening tests, breast and cervical cancer screening examinations and eye & ear check-ups.

C – Continuing Education & Research

First, we will be hosting for the first time an Asia Pacific Menopause Federation (APMF) Scientific Meeting in the Philippines. The APMF 7th Scientific Meeting will be held at the EDSA Shangri-La Hotel on May 29-31, 2019.

The President's Message (cont'd)

Second, we will continue to share our knowledge and expertise to **all the Regions of our country** by conducting the PSCM Continuing Medical Education (CME) Caravans. The **PSCM CME Caravans** will update our colleagues with the diagnosis and management of women in their climacterium.

Third, we will continue to distribute and disseminate the **PSCM 2017 Clinical Practice Guidelines (CPG)** to our colleagues nationwide. It will be very important for our colleagues to learn and apply the recommendations in menopause diagnosis and management in the local setting

Fourth, we will promote the publication of **Research Papers on Climacteric Medicine** and we will create a **PSCM Research Grant** to assist our colleagues in the creation, conduct and completion of their research papers.

M – Membership Benefits & Accreditation

For the Members' Benefits, we will continue to subsidize members in our **Midyear and Annual Conventions**, create a **Mutual Assistance Program** and offer **Research Grants**. We will strive for representation in the development of the **IRR for the Republic Act 11223: Universal Health Care Act**. We will create a **PSCM Directory** of the members and release both soft & hard copies to members only.

For accreditation, we will request the Philippine Board of Obstetrics and Gynecology to include the presence of a **Menopause Clinic** manned by active members of PSCM as part of the point system in the accreditation of hospitals for residency training. In addition, we will request the Chairs of the POGS-accredited Training Institutions to promote perimenopause, menopause and postmenopause 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.

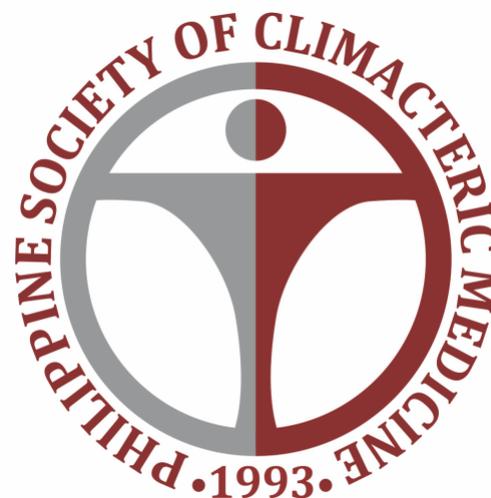
Last, we will release the **PSCM Newsletters** to inform members of the Society's activities plus announcements.

PSCM...let us all continue to enhance our knowledge and strengthen our advocacy in the care of perimenopausal and menopausal women of our country!

The NEW PSCM logo

by Debby Pacquing-Songco, MD, FPOGS, FPSRM

As we celebrate our **26** years of existence in the pursuit of caring for the woman in the climacterium, the board of directors felt the need to ***incorporate the year*** the society was founded into the seal and arrange the name of the society in to such, so that it will accommodate the year in an aesthetically sound manner.



PSCM President Meets with the Society’s Regional Directors

By: Agnes S. Estrella, MD, MHPEd, FPOGS, FPSSTD,

Last February 16, 2019, PSCM President Jericho Thaddeus P. Luna held a meeting with the society’s regional directors (RDs) to appraise them of his plans and projects during his term, which includes the amendment of the constitution, drafting of the society’s core values and administrative manual, implementation of a community outreach program in Region 4 as part of the celebration of the Menopause Day in October, and the midyear convention in Coron, Palawan next year. Dr. Luna urged the RDs to come up with their own activities to celebrate the menopause day in their own regions every October. Dr. Luna also requested them to encourage Ob-Gyne’s in their region to register for the APMF Scientific Meeting scheduled this May.

The regional directors, in return, pledged support for all the upcoming activities and promote membership in the society in their own regions. They likewise expressed their appreciation as this is the first time that a gathering of regional directors was convened.



PSCM REGIONAL DIRECTORS 2019-2021

I: Dr. Betha Fe M. Castillo

III: Dr. Concepcion P. Argonza

IV: Dr. Conrado P. Crisostomo

VI: Dr. Rose Joy C. David –
Villega
(Negros Occidental)
Dr. Gertrude Emile P. Gelito
(Panay)

IX: Dr. Araceli T. Tan



II: Dr. Jose Dante M. Marcos

V: Dr. Cecilia V. Neptuno

VII: Dr. Virginia M. Abalos

VIII: Dr. Helen Grace C. Roasa

X: Dr. Melissa F. Diawatan

XI: Dr. Helen Grace T. Santos



PSCM Midyear Convention 2020 in Coron, Palawan
by Dr. Faith M. Crisosotomo, MD , FPOGS

The Philippine Society of Climacteric Medicine will hold its ***Midyear Convention on May 15, 2020 in Coron, Palawan.***

Come and experience the tranquility and diversity that Coron has to offer: powdery white sand beaches with crystal clear waters, breathtaking seascapes, and many nature-themed activities.

Coron is a first-class municipality of Palawan that is fast-becoming a busy tourist destination for both local and foreign travelers alike. In the past, fishing was the main source of income for the community. However, as the tourism industry flourished, many businesses were established such as travel agencies, hotels and restaurants.

International travel authorities such as the New York-based Travel + Leisure, consider Palawan as one of the best islands in the world. Activities to enjoy are diverse: diving, island-hopping, mountain hiking, hot springs, swimming and snorkeling, and many more...

Daily flights from Manila, Cebu, and Clark are available via Philippine Airlines, CebuPacific and Skyjet. Flights from El Nido, Palawan and Caticlan are also available through AirJuan and AirSwift. For those who want to travel by sea, 2Go travels to Coron, from Manila on Fridays and from Puerto Princesa, Palawan on Sundays.

We are excited to invite our colleagues to join us in Coron, Palawan as we discuss updates on several issues affecting women before and during menopause. Let us invigorate the mind, as we relax our body and soul.

The PSCM CME Caravan continues

by Dr. Anna Belen Alensuela, MD,FPOGS,FPSRM,FPSGE

CME

The society is aimed at organizing scientific meetings focusing on disseminating information to physicians on updates on the management of the menopausal woman. This year, the Committee on Continuing Medical Education conducted two scientific meetings. The **first** was held in Xenia Hotel CM Recto Highway, Clark Freeport Zone, Pampanga last **FEBRUARY 13, 2019**. This was conducted in cooperation with the **Central Luzon Chapter** headed by the ever active Regional Director Dr. Pressie P. Eclarin. It was a full house with 258 attendees! The speakers were Dr. Agnes S. Estrella on Menopause Diagnosis, Short Term and Long Term Consequences; Dr. Marilyn D. Ruaro on Management Options including Lifestyle Modifications, Hormones, Non-Hormones, Alternatives; Dr. Debby P. Songco on Effective and Safe Regimens on the management of Vasomotor Symptoms, GSM and Osteoporosis; Dr. Anna Belen I. Alensuela who clarified the risk of Menopause Hormone Therapy; and Dr. Jericho Thaddeus P. Luna on OCP Use in the Perimenopause. This was followed by a **second** CME run last **March 30, 2019 held in** Mallberry Suites Business Hotel **Cagayan de Oro**. This was in cooperation with **Region 10** and its vibrant Regional Director Dr. Melissa F. Diawatan, with 59 attendees. The Speakers were Dr. Jericho Thaddeus P. Luna on Menopause Diagnosis, Short Term and Long Term Consequences; Dr. Abigail Elsie DG. Castro who gave a Menopause check list for medical practitioners; Dr. Melissa F. Diawatan on the management of Vasomotor Symptoms, GSM and Osteoporosis, Dr. Marilyn D. Ruaro on Management Options including Lifestyle Modifications, Hormones, Non-Hormones, Alternatives; and Dr. Anna Belen I. Alensuela on Isoflavone Efficacy and Safety for the Woman 40 and above.



CAGAYA DE ORO 3.30.19



CLARK PAMPANGA 2.13.19



OCTOBER 18 IS WORLD MENOPAUSE DAY

by Dr. Abigail DG Castro, FPOGS, FPSUOG

The World Menopause Day will be on October 18, 2019. The committee on community service of the PSCM plans to celebrate this event nationwide. There will be celebrations at the different regions – Region I (Northern Luzon) , Region II (Cagayan Valley), Region III (Central Luzon) , Region V (Bicol), Region VI (Western Visayas), Region VII (Central Visayas) , Region VII (Eastern Visayas), Region X (Northern Mindanao) and Region XI (Southern Mindanao).

The center of the celebrations though, would be in Region IV, particularly in Quezon Province, generously sponsored by Unilab.

Interesting topics for the peri-menopausal and menopausal women attending the fora would include the following: **Overview of Menopause**, including Physiology as well as **Signs and Symptoms and complications; Nutrition of the Menopausal woman; Health Checklist** of a menopausal woman (to include vaccination) and Myths and Facts of Menopause. In the latter, the regions may add sub-topics which may be idiosyncratic to their patients. One of the board of directors and or committee member will be gracing the celebrations in each region.

PSCM GOES TO BATANES

by Debby Pacquing-Songco, MD, FPOGS, FPSRM

Last January 11-13, 2019 the Board of Directors together with the immediate past president Dr. Lourdes Capito headed to Batanes for a strategic planning.

The strat plan was conducted in order for the board to be guided on what projects they will undertake in accordance with vision mission of the society for the next two years.

The planning sessions were very fruitful and the plans laid out to us by the Incumbent President Dr. Jericho Luna in his message. But it wasn't all work mind you as the board was able to bond and enjoy the invigorating hills and plains that was Batanes!



Scenes from the PSCM Annual Convention last Sept. 5-6, 2018 @ EDSA Shangri-la Hotel



MENOPAUSE CONVENTIONS TO WATCH OUT FOR THIS 2019/2020

- 29th Annual Conference of the British Menopause Society , Chesford Grange, Kenilworth, UK July 04 - 05, 2019
- NAMS 2019 Annual Meeting - Hyatt Regency, Chicago, Illinois, September 25 - 28, 2019
- 13th Congress of the European Society of Gynecology Austria Centre, Vienna, October 16 - 19, 2019
- 17th IMS World Congress on Menopause Melbourne, Australia, April 30 - 03, 2020
- NAMS 2020 Annual Meeting- Sept. 30-Oct 3,2020- Aurora Colorado USA



EDITOR: Dr. Debby Pacquing -Songco ,MD , FPOGS, FPSRM



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