



# FLASH NEWS

PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE  
JUNE 2025 NEWSLETTER

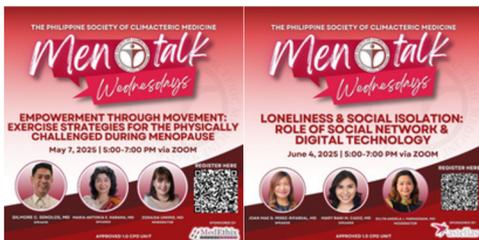
## PSCM EMPOWERING WOMEN'S HEALTH THROUGH EDUCATION AND OUTREACH

ZEDRIX I. GALLITO, MD | P.R.O., PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE

The Philippine Society of Climacteric Medicine actively promoted midlife women's health in the second quarter of 2025 through impactful events focused on education, advocacy, and community service.

The well-liked **Menotalk Wednesdays** webinar series continued to attract a wide audience. The May 7 session focused on "Exercise Strategies for the Physically Challenged during Menopause" with Rehabilitation Medicine and Neurorehabilitation Specialist Dr. Gilmore Senolos, followed by PSCM Vice President Dr. Maria Antonia Habana's lecture on "Aromatase Inhibitors and Endometriosis in the Perimenopausal/Menopausal Woman." Moderated by past PSCM president Dr. Zoraida Umipig, the session drew 452 attendees. The June 4 webinar tackled "Loneliness & Social Isolation: Role of Social Network & Digital Technology" presented by expert psychiatrist Dr. Joan Mae G. Perez-Rifareal, and "Living Well with OAB During Menopause" by Dr. Mary Rani M. Cadiz. It was moderated by Dr. Gilyn Angela Marasigan and attended by 280 participants.

On April 5, PSCM held its **18<sup>th</sup> Midyear Convention at the Clark Marriott Hotel with the theme "Embracing Change: Lifestyle Interventions for Long-term Health in Perimenopausal Women."** The event brought together 235 physicians and allied health professionals. It featured timely lectures on the role of exercise, nutrition, sexual health, social connection, and hormone therapy in enhancing the well-being of perimenopausal women. The convention was opened by PSCM Region 3 Director, Dr. Leonora Medina and PSCM President, Dr. Agnes Estrella.



Demonstrating its commitment to grassroots engagement, PSCM conducted a community service activity on May 24 in Brgy. Tawin-Tawin, General Luna, Siargao. Themed "**Stronger, Bolder, and Wiser,**" it was a collaborative effort with PSCM Region X, Unilab, GE, and local government units, reaching 45 women and healthcare workers to raise awareness on menopause wellness.



PSCM also invites new and current members and guests to its **Annual Convention and 32nd Anniversary Celebration on September 1-2, 2025**, at the EDSA Shangri-La Hotel. Themed "The Art and Science of Aging," early bird registration is open until June 30.

PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE, INC.

**2025 ANNUAL CONVENTION AND 32<sup>ND</sup> ANNIVERSARY CELEBRATION**

**THE ART AND SCIENCE OF AGING**

September 1 - 2, 2025  
EDSA Shangri-La Hotel

REGISTRATION RATES

CATEGORY	EARLY	REGULAR	ONSITE
	Until June 30, 2025	July 1 - August 31, 2025	September 1-2, 2025
Member in good standing *	6,500	7,500	9,500
Non-member	8,000	9,000	
Resident/Fellow in training	5,500	6,500	
Foreign delegate	USD 200		

\* Must have paid annual dues by June 30, 2025

THE PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE

**JOIN THE FAMILY!**  
Become a member today.

Download application form.

**BECOME A MEMBER**  
*Stay involved and continue supporting PSCM's mission of advancing women's health at midlife and beyond.*

**For details, contact the PSCM secretariat at +63 917 582 3384.**