



FLASH NEWS

PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE
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PSCM: A QUARTER OF GROWTH, SERVICE, AND GLOBAL ENGAGEMENT

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The Philippine Society of Climacteric Medicine marked the 3rd quarter of 2025 with dynamic educational initiatives, meaningful community service, international representation, and a successful annual convention.

Menotalk Wednesdays continued to thrive as PSCM's flagship webinar series, drawing in hundreds of participants. On July 9, 2025, 339 attendees engaged with Dr. Zedrix I. Gallito (PSCM P.R.O.), who addressed menopause misinformation, and Dr. Jericho Thaddeus P. Luna (PSCM Past President), who discussed folic acid use in the climacteric. On August 6, 2025, the program attracted 393 participants with Pulmonary, Critical Care and Sleep Medicine expert Dr. Albert L. Rafanan tackling sleep apnea and Dr. Agnes S. Estrella (PSCM President) presenting strategies to improve vasomotor symptom-associated sleep disturbances.



PSCM also extended its reach through its community program, **Menopause 2.0: Stronger, Bolder, & Wiser**, held on July 15, 2025 in Cavite. A total of 72 women received consultations and guidance on menopause health and wellness, underscoring PSCM's advocacy of accessible midlife care for Filipinas.



Internationally, the society was well represented at the **10th Asia-Pacific Menopause Federation (APMF) Scientific Meeting** in Kuala Lumpur from July 25-27, 2025. The Philippines sent 38 delegates, the second largest contingent, with Dr. Ma. Corazon Zaida N. Gamilla, APMF Treasurer, presenting an important report on the Philippine scenario and its unique challenges.



The highlight of the quarter was the **2025 PSCM Annual Convention and 32nd Anniversary Celebration**, held on September 1-2, 2025 at the Edsa Shangri-La Hotel. With 459 registrants and 426 attendees, the event welcomed 101 new members and showcased lectures from distinguished experts, including Dr. Lilia P. Luna (PSCM Past President), who delivered the Dr. Julita Ramoso Jalbuena Memorial Lecture, along with global leaders Prof. Rodney G. Baber (Past President, International Menopause Society and the Australasian Menopause Society) and Prof. Santiago Palacios (Past President and Honorary Member, Spanish Association for the Study of Menopause).



A milestone was also achieved with the launch of the **updated PSCM website (<https://pscminc.org>)**, spearheaded by President Dr. Agnes S. Estrella. Central to this update is **M-PACT (Menopause Practical Applications for Clinicians Today)**, a self-paced online program designed to enhance clinician expertise. It offers a comprehensive curriculum on the definitions and consequences of menopause, preventive care, menopausal hormone therapy, and the safe and appropriate use of estrogen and progestogen regimens - including when to initiate, adjust, or discontinue therapy. Complementing this is **LAYAG (Lay Awareness & Guidance on Menopause Health)**, the society's patient education portal that provides accessible, comprehensible, and evidence-based guidance on menopause symptoms and treatment options. This resource is designed to support women in managing midlife health with greater confidence and understanding.



Looking ahead, PSCM will mark **World Menopause Day on October 18, 2025, at the Quirino Memorial Medical Center** with the theme "From Mood Swings to Mood Queens: 7 Divas of Change." This celebration promises to be a vibrant event highlighting awareness, empowerment, and women's health advocacy.

Through these achievements and upcoming initiatives, PSCM continues to advance evidence-based, holistic, and inclusive climacteric care for Filipinas and the global community.