



FLASH NEWS

PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE
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PSCM: ADVANCING MOMENTUM IN THE FIRST QUARTER OF 2026

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The Philippine Society of Climacteric Medicine began 2026 with strong momentum, marked by strategic planning, robust educational initiatives, expanding public engagement, and continued international presence.

The year opened with the **PSCM Board of Directors and Regional Directors Meeting and Strategic Planning** held on January 17, 2026, at the Marco Polo Hotel, Ortigas. This important gathering aligned leadership toward a unified vision, setting the direction for programs and activities that uphold PSCM's mission of advancing menopause care nationwide.



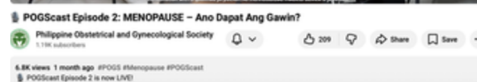
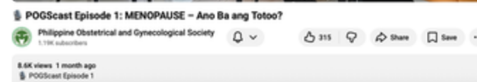
Menotalk Wednesdays continued to be a cornerstone of professional education. On February 12, 2026, a remarkable 762 OB-GYNs and general practitioners attended the session featuring Dr. Lilia P. Luna, Past President of PSCM, who talked on *Menopause Hormone Therapy: What has really changed*, and Dr. Maria Virginia S. Abalos, who provided practical insights on selecting estrogen based on route, risk, and real-world considerations. The session was excellently moderated by Dr. Eileen M. Manalo, also a PSCM Past President.

The March 11, 2026 episode gathered 555 healthcare professionals, with Dr. Christia S. Padolina, Past President of

POGS, delivering a compelling lecture on *The Midlife Milestone: Bridging the Gap Between Menopause Care and Universal Health Coverage*. The session was moderated by PSCM President Dr. Agnes L. Soriano-Estrella, reinforcing the society's commitment to integrating menopause care into broader healthcare systems.



Expanding its reach to the public, PSCM collaborated with POGS for **POGScast**, a digital platform designed to make women's health information more accessible. The **pilot episode** aired on March 3, 2026, featuring Dr. Agnes L. Soriano-Estrella and Dr. Marie Josephine Conifedd G. Almaria, garnered 8.9K views with the topic "Menopause: Ano ba ang totooo?". The second episode, aired on



March 10, 2026, featured Dr. Stephanie Cherryl Hipos-Supan and Dr. Zedrix I. Gallito, reaching 6.9K views with practical guidance on what women should do during menopause.

On the international stage, PSCM was represented by 15 delegates at the **Singapore International Menopause Congress** held on March 26-28, 2026. Notably, Dr. Agnes L. Soriano-Estrella and Dr. Ma. Corazon Zaida N. Gamilla (Member of the Asia Pacific Menopause Federation Council) served as session moderators, highlighting the Philippines' active role in regional menopause leadership.



Looking ahead, PSCM invites members to its **Midyear Convention on April 25, 2026, in Iloilo City**, and the **2026 Annual Convention and 33rd Anniversary Celebration on September 3-4, 2026, at Edsa Shangri-La Manila**.



With a strong start to the year, PSCM continues to lead in education, advocacy, and collaboration, championing better menopause care for every Filipina.