



First 100 Days Town Hall Meeting

By Benjamin D. Cuenca, MD
POGS President, 2021



Dr. Benjamin D. Cuenca

More substantially, the undertaking paved a platform for every member to nurture total well-being and holistic health approach for the mind, body and spirit. That even during the time when the effects of another surge in health crisis are being felt by almost everyone everywhere, the mother society continues to find ways to keep every member afloat so that this disheartening situation won't cripple us down nor render us useless and without purpose, both physically and mentally.

The activity claimed more meaning as its was graced by the presence by the Society's esteemed past presidents and the full support of the Board of Trustees, regional directors, chapter presidents, area and provincial coordinators and every member of the Society.

The state of the society address started with the first quarter highlights, particularly on the recognitions earned by the Society owed to the orchestrated contributions of the members. First, the POGS once again bagged the honor of being the PMA's 2020 Specialty Society with the Most Outstanding Project for the collective effort rendered from June 2020 to March 2021, the same award bestowed upon the Society in 2017. The award is but expediently fitting and timely as we will celebrate our 75th Diamond Foundation Anniversary in July. Second, Dr. Christia S. Padolina, the 2020 POGS President is the PMA's 2020 Most Outstanding Physician and the virtual awarding ceremony is set to happen on June 22. Third, Dr. Lylah D. Reyes, was chosen as one of the finalists for the 2021 PMA Jose Rizal Award for Research and another POGS' nominee, Professor Erlyn A. Sana bagged the 2021 PMA Award for Exemplary Civilian Service to Philippine Medicine for her dedication as mentor of PMA members in their pursuit of Master's Degree in Medical Education. Finally, our Philippine Journal of Obstetrics and Gynecology has just earned back the privilege to be included in the Western Pacific Region Index Medicus. Dr. Jericho Thaddeus P. Luna and his editorial staff are duly appreciated for this achievement.

ORGANIZED WEBINAR SCHEDULE. Centralization of webinar schedules was one of the top priorities to avoid overlaps in

dates, time and topics. The willingness of the leaders of the fifteen subspecialty and affiliate societies to cooperate is the commendable matter here. These same leaders are hailed for their readiness to represent the mother society in consultative meetings wherever the agenda calls for their expertise. They are likewise appreciated for readily providing case studies for the **Bioethics Forum**, a flagship project undertaken with the Council for Residents' Education, Enhancement and Development. The **CREED**, through its chair, Dr. Mila Zaragoza-Ibay, showcased Bioethics in its first Training of Trainers activity that was ultimately directed to integrate Bioethics in the residency training curriculum.

REGIONAL EMPOWERMENT. In most, if not all Society's engagements, active participation of members from all POGS chapters are now apparent, as speakers, facilitators, reactors and moderators. The creative execution of most virtual programs is owed to artistic touch of the ad hoc committee headed by Dr. Socorro Bernardino – the Creative Advisory Team or **CATCom**. A typical example was the **Buntis Day Celebration** hosted by Dr. Annette Macayaon's **Committee on Maternal and Perinatal Welfare** and Region 8 Eastern Visayas with Dr. Mina Sirikit C. Tagra at the helm.

The new standing committee of Dr. Maria Carmen Quevedo, the **Bids and Awards (BAC)**, screens project proposals with budget exceeding Php 500 thousand. Related committees and task force groups of the Society were mobilized to a call for action to launch officially the **POGS' Advocacy to Protect from Teenage Pregnancy** under the leadership of Dr. Ronaldo Santos. The **AHIP**, chaired by Dr. Socorro Bernardino, rolled out the first part of its training of trainers on March 28, 2021. Other collaborators include **PREPARE, Family Planning Committee and Gender-Based Violence** task force.

Related to maternal mortality reduction, Dr. Efren J. Domingo had its program on wheels as his **Committee on Patient Safety and Quality Healthcare** initiated the two-part webinar in Region 1 and Region 2. Dr. Rowena M. Auxillos, the chair of RH committee must be hailed for her first-ever attempt to enjoin the four POGS task force groups (**Immunization for Women, Sexual**

The year's first general membership meeting was virtually held exactly on the 100th day of the new governance on April 10. With the guiding theme, **POGS Hinged to a Hopeful Normal**, the town hall meeting aimed to showcase the State of the POGS Address during the first 100 days of the fiscal year, which highlighted recognitions and accomplishments, ongoing programs and advocacy projects, challenges and opportunities, top priorities and future direction, inspired by the spirit of enhanced collaboration and regional empowerment.





Message from the
Editor-in-Chief

Ma. Socorro M. Solis, MD
P.R.O.

POGS AT 75:

A Diamond Perfected Under Pressure

The year 2021 saw many of our members and their families being afflicted with COVID. The healthcare system is on the verge of collapsing with the surge of cases and an acute shortage of hospital rooms. Vaccination has started although quite slowly. Guidelines keep on changing as new information is available, and desperation has fueled the rise of unconventional medicines to treat a virus that was constantly mutating.

In the midst of all these challenges, POGS will shine bright like the diamond that it is, as it celebrates its **75th Diamond Anniversary** and hold the **Midyear Convention**. Browse through the pages of our newsletter and take pride in all our accomplishments. Take hope in the future that our society remains strong and resilient. As the POGS greatest story unfolds, let us believe that we will triumph over adversity.

May God watch over us and bless us all!



Committee on Newsletter & Foundation Day

Ma. Socorro M. Solis, MD
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Ma. Margarita Leticia Gellaco, MD
Imee D. Gonzalez, MD
Shiela T. Magpale, MD
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The POGS Newsletter Editorial Board encourages contributions for articles and announcements coming from the regional chapters, affiliated subspecialty societies, and accredited member hospitals. For any submissions or inquiries regarding this matter, the editorial board may be reached through the POGS secretariat at e-mail address pogs.kath@gmail.com, or through phone numbers (0927) 438-0513 and (02) 921-2479. Look for Ms. Kathleen Gail M. Nunez for any assistance that you might require on this. Thank you very much.

and Gender Minority, Reproductive Tract infection, Women's First) in one webinar to promote members' welfare on March 13, 2021.

The Society carries on the advocacy to prevent cervical cancer through the **Manila Declaration of Dr. Padolina** where **Dr. Cecilia Llave's** CECAP is one of the staunch partners. Early this year, an alliance was recently forged with SGOP, PSCPC, PIDSO, AOGIN through the POGS' Women's First chaired by **Dr. Rey delos Reyes**. I recognize here the effort of the collaboration manager, **Dr. Jean Ann Toral**.

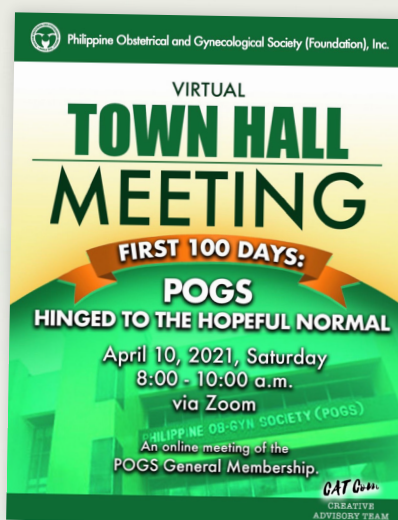
The **Philippine Board of Obstetrics and Gynecology**, chaired by **Dr. Menefrida Reyes** deserves the commendation for successfully conducting three batches of Part II oral examination in March and is currently preparing for the virtual hospital accreditation for April.

To enhance professional collaboration with the midwives and other allied healthcare professionals has been one of exigent thrusts of the governance hence the adoption of **Dr. Mario A. Bernardino's** initiative, the **POGS Organization of Government Institutions (POGI)** and its project, Health Education Aligning Lying-ins To Hospitals (**H.E.A.L.T.H.**). Its first webinar on April 10 showcased the professional relationship of obstetricians with practicing midwives under the DOH's Safe Motherhood Program.

The Society stands firm to preserve and protect the environment with the **Reproductive and Developmental Environmental Health subcommittee (RDEH)** chaired by **Dr. Ditas Cristina Decena**, which adopts a parcel of land at the La Mesa Watershed for urban farming, a project undertaken in collaboration with the NCR clusters. Another team nurturing environmental issues is the **Climate Change and Disaster Risk Preparedness** led by **Dr. Erlidia Llamas-Clark**.

Dr. Zoraida Umipig-Gueverra has formally launched the drive for **Endometriosis Awareness** and the Board saw it relevant to align this with committees like CME and Community Service.

Whatever output the POGS delivers as a Society is always a collective effort honed by solidarity and cooperation. The following therefore deserve the gratitude of every member: the **Finance Committee** of **Dr. Erwin de Mesa**, which assures that our finances are constantly checked and that disbursements are properly processed; the **Information and Communication Technology Committee** of **Dr. Richard Ronald Cacho**, which is instrumental in the centralized assessment of the technical requirements of all POGS activities; **Dr. Henrietta Lucasan's Committee on Community Service** has started its regional teleconsultations and has so far completed activities in Region 2 and Region 5; the **CPG Committee** of **Dr. Gil S. Gonzalez** is in the process of updating guidelines in Cesarean Section, Recurrent



Pregnancy Loss, Hypertensive Disorders in Pregnancy, Medical Complications in Pregnancy, Ectopic Pregnancy and Pelvic Organ Prolapse; the **CME Committee** of **Dr. Marjorie I. Santos** has so far successfully partnered with Regions 1, 3, 5 and 10; while **Hospital Accreditation for Service Committee** of **Dr. Pressie P. Eclarin** has visited 6 hospitals to date; and the **Committee on Scientific Works** of **Dr. Enrico Gil Oblepias** has lined up research as well as interesting case contests and is closely working with the **POGS Unified Research Agenda (PURA)** of **Dr. Ma. Lourdes Otayza** and **Dr. Virgilio Novero**, for the call for papers for the 2021 POGS flagship research program.

The flagship programs such as the ad hoc committees on Moratorium (**Dr. Marjorie I. Santos**), Bioethics (**Dr. Lourdes B. Capito**), Clinical Consensus (**Dr. Maria Julieta V. Germar**), Virtual Library (**Dr. Gay S. Gonzales**) and the Storybook of POGS at 75 (**Dr. Mary Christine F. Palma**) are all underway to meet expectations within the defined timeline.

There are more equally engaging activities in the pipeline such as the "Ikaw at ang POGS," the Kumustahan series that will feature the POGS Past Presidents and the "POGS & the World" as we seek stronger ties through enhanced collaboration with the AFOG and the FIGO!

The sustained dedication of the secretarial staff led by the Executive Officer, **Ms. Imelda Malubag**, is much obliged. The Board Secretary, **Dr. Leilani Chavez-Coloma** is highly regarded for all her contributions that truly push the president to deliver the best way possible.

This leadership, despite the challenges imposed by this health crisis, will continue to render service of highest quality as it continues to endeavor to promote and safeguard the welfare of each and every POGS member.

As One POGS, we will remain afloat physically, mentally and spiritually, in this quite challenging journey as we hinged ourselves to the hopeful normal.



POGS Nationwide Day of Prayer

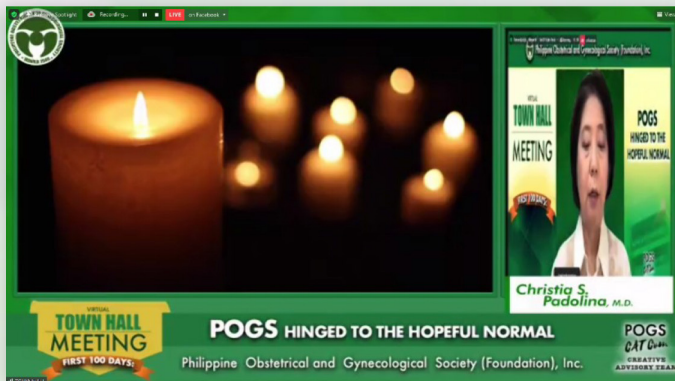
Virtual Town Hall Meeting

"We support and pray for one another.
We sacrifice and show our compassion and
LOVE for each other" – H.E. Pabillo DD

These are the positive actions and feelings prevailing now, during these times of uncertainties and difficulties. As a united Society, we chose to rise above all trials and tribulations brought about by this pandemic. We have managed to UNITE as **ONE POGS** for all, during the POGS Nationwide Day of Prayer last March 31, 2021 on a Holy Wednesday. It was commenced with the celebration of The Holy Eucharist by Fr. Olaguer of the San Jose De Trozo Parish. We gathered and raised our heads and hands up to HIM, our Maker and Provider. We were thanking Him and asking for His continuous guidance and mercy. It made us whole and fully in contentment and in pleasure. Many were touched and re-energized by the togetherness of POGS! Truly it was amazing, with His Divine Providence, we reconnected and succeeded. Let us carry on.

The week thereafter, April 10, 2021, the Virtual Town Hall meeting with **President Benjamin "BJ" Cuenca** for his first 100 days of humble service to this prestigious Society with a theme: "**POGS Hinged to the Hopeful Normal**", was held. It was well attended by 2597 members, both from Zoom videoconferencing and the members' Private Facebook page, live streaming.

The General assembly was led into an Opening prayer by the POGS immediate past President in 2020, **Dr. Christia S. Padolina**.



Dr. Benjamin D. Cuenca called the meeting to order and recited the POGS Mission and Vision with the general membership, emphasizing on its Core values namely INTEGRITY, COMPETENCE, ACCOUNTABILITY, COMPASSION and INNOVATION to be embodied by each and every member at all times.



The motion for the approval and adoption of the Agenda was made by **Dr. Efrén J. Domingo** (Trustee) and was seconded by **Dr. Marlyn T. Dee** (Vice President).

President Cuenca reported on the first quarter highlights of his governance. He started by enumerating the prestigious awards and nominations granted by the PMA – Philippine Medical Association, to our Society.

1. Recipient for this year's PMA Award for the Specialty/Subspecialty/Affiliate Society with the Most Outstanding Project: **POGS**
2. Recipient for this year's PMA Award for the Most Outstanding Physician: **Christia S. Padolina, MD**
3. Finalist for PMA Jose Rizal Award for Research: **Lylah Reyes, MD**
4. PMA Awardee For Exemplary Civilian Service to Philippine Medicine: Nominated by POGS – **Erlын Sana, PhD**
5. The National Journal Selection Committee (NJSC) reviewed the status of the **Philippine Journal of Obstetrics and Gynecology (PJOG)** in the Western Pacific Region Index Medicus (WPRIM) and noted that it has maintained its active status as a WPRIM-indexed journal based on regularity and completeness of publication.

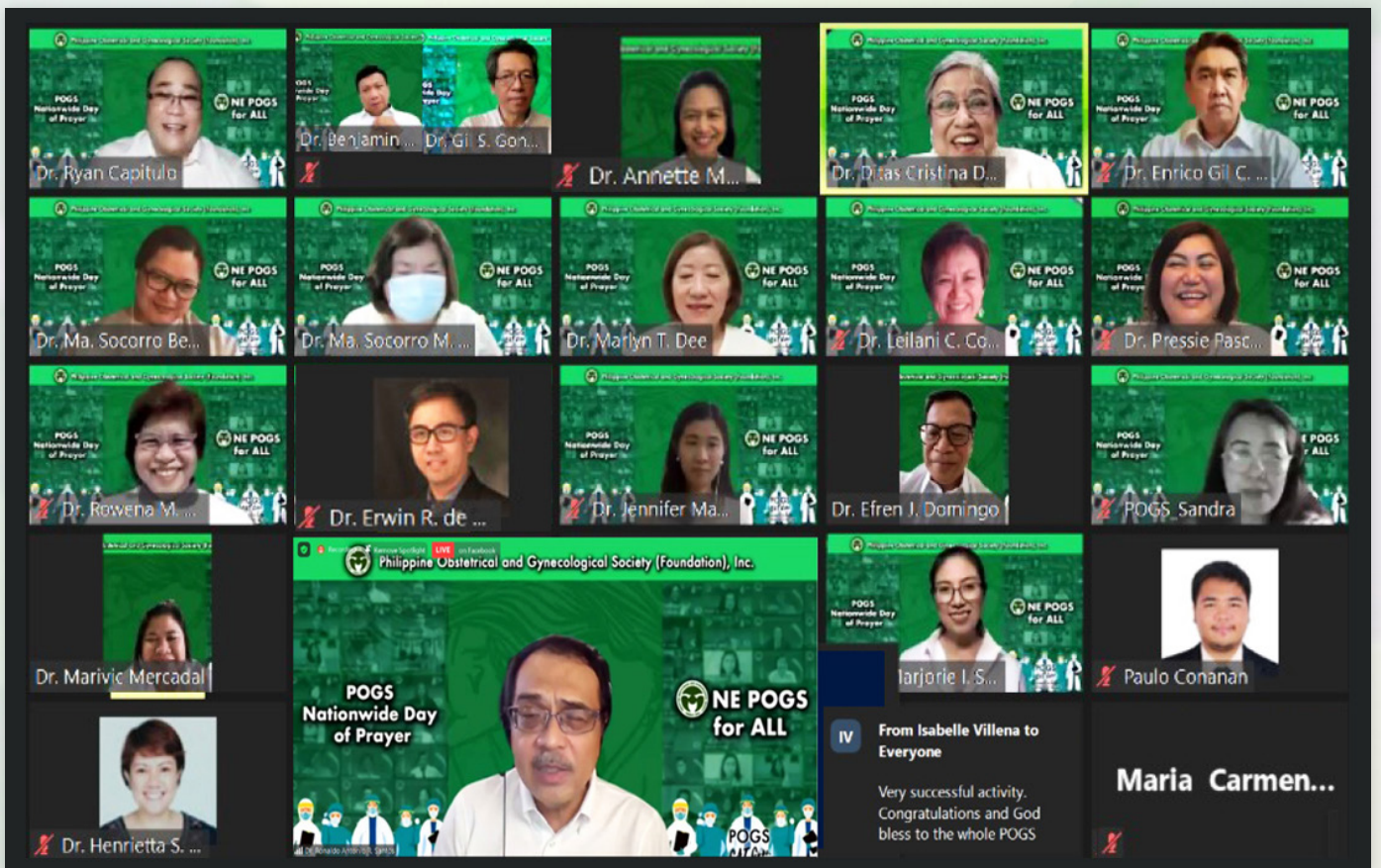
During the start of 2021, POGS had consultative meetings with all its recognized 15 Subspecialty and Component Affiliate Societies for an organized and centralized coordination of the schedules of webinars to be conducted. It was agreed upon that all webinars by the Mother Society will be conducted every weekends and the rest of the week will be dedicated for the Affiliates.

With the major thrusts of Dr. Cuenca's governance on:

1. Enhanced collaboration, internationally and locally on matters about Women's Health.
2. Promoting Regional Empowerment on all activities of the Society.
3. And Regional and Global recognition of the Society especially in the field of Research, the heads of the different Standing Committees enjoined the apparent participation of members from the regions and different chapters to serve as speakers, moderators and facilitators in the different webinars and virtual workshops being ran.

Dr. Cuenca expressed his gratitude to the different Presidential, Constitutional and Standing Committees and Subcommittees, starting off with the *CATcom* which is responsible for the creative execution of pleasant Zoom virtual backgrounds and slide templates during webinars and virtual programs of the Society. This is chaired by **Dr. Ma. Socorro C. Bernardino**. Next, is the new *Committee on Bids and Awards*, which is responsible in evaluating, reviewing and approving Bids of outsourced goods, companies and services by the Society that will cost Php 500,00.00 and more headed by a past president, **Dr. Ma. Carmen Hernandez-Quevedo**.

The *Committee on Maternal and Perinatal Welfare* headed by **Dr. Annette Macayaon** (Trustee), was commended for a successful run and virtual execution of the 2021 National Buntis Day on March 10, 2021 in collaboration with the host region, Region 8 (Eastern Visayas) headed by **Dr. Mina Sirikit Tagra**.



Committee on Credentials and Membership

Leilani C. Coloma, MD
Chair

- Ma. Lourdes B. Coloma, MD** (NCR)
 - Abigail Elsie DG. Castro, MD** (NCR)
 - Divina Pichay-Rojas, MD** (Luzon)
 - Evelyn F. Reinoso, MD** (Visayas)
 - Amelia Avelino-Vega, MD** (Mindanao)
 - Lety Chua-Torregosa, MD** (Ex-officio, CMAP)
 - Ma. Josefina A. Morales, MD** (Ex-officio, PBOG)
 - Maria Estrella Y. Flores, MD** (Ex-Officio, CREED)
- Members





The outputs of the different Standing Committees chaired by the other Board of Trustees were also recognized, such as:

- A. **Committee on Reproductive Health (Dr. Ronaldo Antonio Santos)** with its Subcommittee on AHIP that launched its first training of trainors on March 28, 2021. The call for action to launch officially the POGS Advocacy to Fight Teenage Pregnancy is on its way, and other Subcommittee collaborators, like the *Reproductive and Developmental Environmental Health* (headed by **Dr. Ditas Decena**) – aiming to adopt land parcels of La Mesa Dam for urban gardening which will be an inaugural project of our Society.

Furthermore, webinars on *Subcommittee on Climate Change and Disaster Preparedness* headed by **Dr. Lee Clark** were already rolled out successfully as well.
- B. **Committee on Patient Safety and Quality Healthcare (Dr. Efren Domingo)** which had two successful runs of webinars and workshops in two parts, as early as March 2021.
- C. **Committee on Reproductive Health (Dr. Rowena Auxillios)** which is composed of 4 task forces, on *Immunization for Women, Women's First, Reproductive Tract Infection and Sexual Gender Minority*. The *Manila Declaration project* headed by 2020 President **Dr. Christia Padolina** with a goal to eliminate cervical cancer with collaboration globally on this advocacy once again was streamlined and renewed by re-establishing alliance with SGOP, AOGIN, PSCPC and PIDSOG to further advance this cause under the *Women's First Project* headed by past president **Dr. Rey Delos Reyes**
- D. **Committee on Continuing Medical Education (Dr. Marjorie Santos)** which has already promptly scheduled the different runs for the regions for the whole year. It has completed that for Regions 1, 3, 5, and 10. Topics on Endometriosis awareness were assimilated in its programs.

- E. **Committee on Community Service (Dr. Henrietta Lucasan)** has also concluded outings for Regions 2 and 5 at this time.
- F. **Committee on Clinical Practice Guidelines (Dr. Gil Gonzalez)** aims to update the guidelines on Ectopic pregnancy, Cesarean section, Recurrent Pregnancy Loss, Pelvic Organ Prolapse and Medical Complications in Pregnancy.
- G. **Committee on Hospital Accreditation For Service (Dr. Pressie Eclarin)** has visited six hospitals and recommended their status, as early as the first quarter of the year.
- H. **Committee on Scientific Works (Dr. Enrico Oblepias)** is collaborating with the PURA headed by **Drs. Ma. Lourdes Otagya** and **Virgilio Novero** in strengthening and encouraging conduct of quality Research works by trainees from the different POGS accredited institutions, to make their scientific works worthy to be published locally and internationally.

The Committee is set on track with its timeline in conducting the Interesting Case and Research Presentation for this year. PURA serves in evaluating, nominating and approving another Flagship Research Project for 2021.
- I. **Finance Committee (Dr. Erwin De Mesa – BOT Treasurer)** is taking care of our funds, resources, budgets and net worth very well.

The **Committee on Information and Communication Technology** headed by **Dr. Richard Ronald Cacho** functions as centralizing the assessment of the technical requirement and needs of the different Committees for their activities and programs. And this is indeed very vital nowadays during this pandemic with all our virtual set ups.

PBOG was also recognized by the President for the successful

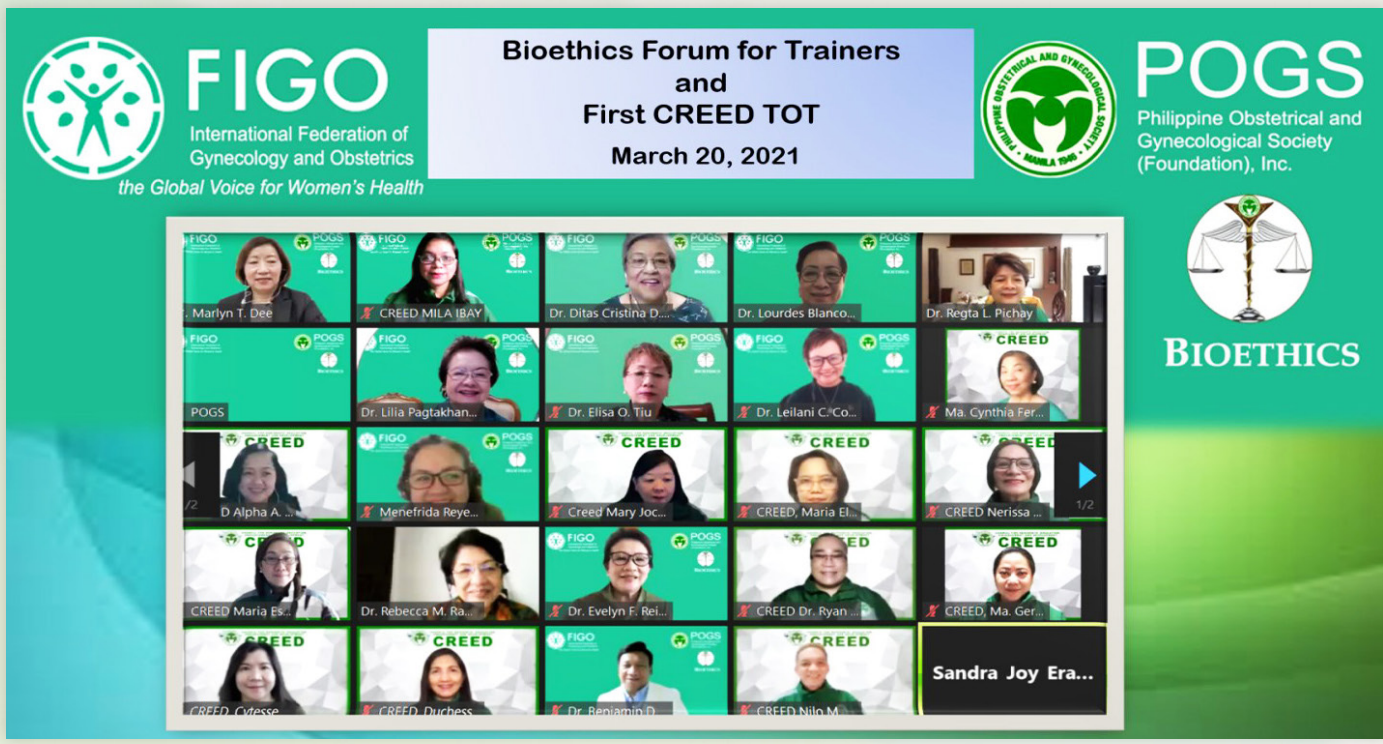
conduct of the First batch of Part 2 examination with an 85% passing rate obtained. Virtual visits for accreditation of training programs are definitely happening this year.

The chairpersons of the different AdHoc Committees for the five major Flagship programs of this governance mentioned its backgrounds, updates and outputs for the moment. And these are the following:

1. **Committee on Moratorium (Dr. Marjorie Santos)** Dr. Santos reported that at this time there are 158 qualified moratorium takers for Part 1. This has already been posted on the POGS website last March 30. And a review course open for all will soon be announced and conducted.
2. **Bioethics Forum Core Group Committee. (Dr. Lourdes B. Capito)** This forum is recognized and certified by FIGO. We were identified as the first country to adapt the FIGO Bioethics training program in the conduct of this forum. The Bioethics Forum cascade to the membership and through the CREED for our trainees in the various accredited Residency training institutions, was carried out since early March 2021.

The Pilot run in February was attended by the Past Presidents, Board of Trustees, PBOG and CREED members and the Regional Directors. **Dr. Lourdes B. Capito**, as the head of the Committee on Ethics and Medical Practice led her core group on this endeavor with the Past Presidents **Dr. Ditas Cristina Decena**, **Dr. Lilia P. Luna**, **Dr. Regta Pichay**, **Dr. Rey Delos Reyes**, **Dr. Rebecca Ramos**, **Dr. Elisa Tiu**, **Dr. Raul Quillamor** and our member Ethicist, **Dr. Evelyn Reinoso**. The PBOG Chair, **Dr. Menefrida Reyes** and CREED Chair, **Dr. Mila Ibay**, **Dr. Rowena Auxillios** (Trustee) and yours truly are also part of this group.





3. **Committee on Clinical Consensus (Dr. Julieta V. Germar).** The Committee has so far issued two bulletins namely Practice Bulletin on Covid 19 Vaccination of Pregnant and Breastfeeding Women, and the POGS CREED Consensus Statements on Labor and Dystocia.
4. **Committee on Virtual Library (Dr. Gay Gonzales).** It aims to augment scientific works, literature reviews of members and trainees during this time of lockdowns by making the virtual library in full swing, digitalizing the archiving, retrieval of data and references, with a dedicated licensed librarian assisting and taking care of such.
5. **Committee on the 75th Storybook of POGS – (Dr. Christine Palma)** The committee had this, two years in the making. The coffee table book will be given for free to all 4,800 members with the winning Design on the Cover page and the other design entries placed on the bookmarks. Each member will surely be proud to be a part of this prestigious Society, with its history and foundation.

Lastly, the President touched on the things in store in the days to come as placed in his ROAD MAP for 2021:

- a. IKAW at ang POGS with a heart (Kumustahan series with the past Presidents)
- b. POGS and the WORLD (enhanced collaboration with AFOG/ FIGO through our representatives in the persons of **Dr. Zaida Gamilla, Dr. Nelinda Pangilinan, Dr. Lourdes B. Capito, Dr. Christia S. Padolina** and **Dr. Ditas Decena**.)

The importance of professional and ethical collaboration with the Midwives and other allied healthcare providers for women’s health were also emphasized in this POGI webinar. Our roles as OB-GYNs in the referral system of the Healthcare Providers Network (HCPN) was comprehensively and concisely tackled. We ought to help make a solid, structured and effective two way system of referrals to lessen the rates of Maternal Morbidities and Mortalities all over the nation. Our business is the Philippines. And our clients are the Filipino women.

The panel of speakers were composed of **Dr. Alejandro San Pedro, Dr. Maria Stephanie Fay Cagayan, Dr. Cynthia F. Tan, Dr. Carol Martin, Dr. Mario Bernardino, Dr. Ma. Teresa Vergara, Dr. Melchor Dela Cruz** and the moderator then was none other than the 2020 President, **Dr. Christia S. Padolina**.

It is indeed a work of love and dedication that the next generation of POGS members will appreciate.

President Cuenca recognized the **Secretariat Staff** of POGS with their untiring efforts and support to all our activities. He also recognized my work as his Board Secretary. *Thank you, Sir.* And all the other BOT, Past Presidents, Council of Advisers, Regional Directors, Chapter Presidents and Coordinators. Last but definitely not the least, is the general membership for their belief and support to his governance. They are the main reason why the BOT and officers are inspired to work with better performance, more and beyond what can be done.

The Open Forum was facilitated by the BOT Treasurer, **Dr. Erwin De Mesa**, with questions tackled on PHIC and AHMOPI issues. Certain queries on CMAP, CREED and PBOG were also touched. **Drs. Concepcion Rayel, Rowena Auxillos, Lety Torregosa, Mila Ibay** and **Menefrida Reyes** addressed each respectively.



The **HEALTH/POGI – Health Education Aligning Lying-Ins to Hospitals (POGS Organization of Government Institutions)** had its first ever webinar immediately after the Town Hall meeting. It had its theme and Title – *“Creating Awareness on the Safe Motherhood Program”*. It aimed to orient the POGS members, both private practitioners and those in the government sector on the DOH programs for the Women’s Healthcare.



Next in the program were the announcements and invites for the **75th Diamond Foundation Anniversary and Midyear Convention/Diamond Jubilee Celebration (1946-2021)** on July 5-6, 2021. This is a milestone celebration as announced by the PRO, herself **Dr. Socorro M. Solis**, the Organizing Chair of this year’s Midyear Convention and the Chairperson of the Foundation Day Celebration as well.

The invitation for the **2021 Annual Convention** with a theme **#RISE Up to the New Normal** was uttered by none other than the Organizing Chairperson, the 2021 POGS Vice President, **Dr. Marlyn T. Dee**. She expressed in our native tongue and all were awed and amazed on this. *“Well said Dr. Dee.”*

In the end, a cheer with hand gestures, was echoed by the 2021 Annual Convention Organizing Committee *“Hand in hand together we will rise as ONE!”*



POGS AT 75:

A Diamond Perfected Under Pressure

By Ryan B. Capitulo, MD, FPOGS

The Philippine Obstetrical and Gynecological Society turns 75! And to commemorate this milestone year, POGS will hold its **75th Diamond Foundation Anniversary Celebration and Midyear Convention** on July 5-6, 2021 with the theme: **“POGS at 75: A Diamond Perfected Under Pressure”**.

This 2-day virtual gathering starts with the Opening Ceremonies that will highlight the achievements of POGS through the years,

making it a globally recognized organization in the field of reproductive health. The scientific program will shine bright with four Diamond Sessions and Past POGS Presidents in its roster of speakers.

- Diamond Session 1 “A Cut Above the Rest: 75 Years of Distinction
- Diamond Session 2 “The Color of Success: 75 Years of Excellence in Women’s Health”
- Diamond Session 3 “Clarity of Purpose:

- 75 Years of Relevance”
- Diamond Session 4 “Women of Carat: 75 Years of Advocacy”

The two-part Fellowship Night will showcase the brilliance of the entire POGS membership with audio-visual presentations from the society’s 12 regions. The show, with the theme *“P.O.G.S. Presenting Our Great Story”*, shall celebrate the story of POGS as seen through the eyes of its members all over the country.

The diamond jubilee festivities shall culminate in the Closing Ceremonies and Foundation Day Celebration with a Thanksgiving Mass followed by a program to honor the society’s leaders and members, as well as to launch the coffee table book entitled **“POGS at 75: Our Story, Our Legacy”**. Each member shall receive a copy of this book for free as the Society’s way of expressing gratitude to everyone who made POGS what it is today, a diamond forever in the service of women.

POGS DIAMOND JUBILEE COMMEMORATIVE WATCH

*75 years at the forefront of women’s healthcare.
75 years of integrity, competence, accountability, compassion and innovation.
75 years as the trusted leader in reproductive health.*

The Philippine Obstetrical and Gynecological Society is celebrating its 75 glorious years with the POGS DIAMOND JUBILEE COMMEMORATIVE WATCH. The Seiko 5 SNKL15 is versatile, polished, classic, elegant and long-lasting watch that will be personalized with the color and logo of POGS. 75 pieces have been commissioned to commemorate the 75th Diamond Jubilee of POGS.

Please follow these guidelines in reserving your POGS DIAMOND JUBILEE COMMEMORATIVE WATCH.

GENERAL GUIDELINES

1. The first batch of 75 commemorative watches were commissioned to celebrate the 75 glorious years of the Philippine Obstetrical and Gynecological Society.
2. The price of the commemorative watch is PhP 10,000.00 each.
3. Only POGS members in good standing

for the year 2021 may avail of the watch.

4. For the first batch of watches, each POGS member may avail of only one piece.
5. **Once the first batch of 75 watches have been reserved already, POGS Members may reserve the next batch of watches. The succeeding batches of watches may only be ordered in multiples of 50 as required by the manufacturer. Failure to reach 50 reservations will mean cancellation of the order for said batch.**
6. The manufacturer will do its best to deliver the watches on or before July 01, 2021 but this is not guaranteed. POGS will regularly update those who reserved watches.

GUIDELINES FOR RESERVATION AND PAYMENT

7. Reservations will be accepted starting on **May 3, 2021 (Monday)**.
8. All POGS members who are interested to reserve a watch must CALL Ms. MEL

MALUBAG at 09178352915 only during office hours (8:00am-12:00nn, 1:00pm-5:00pm), Monday to Friday except holidays.

9. Ms. Malubag shall then issue a REFERENCE NUMBER that the member will use to deposit the 50% down payment of PhP 5,000.00 (over the counter or online).
10. Down payments may be deposited to this POGS bank account:
Bank: Banco De Oro (BDO)
Account Name: POGS
Account Number: 007640004729
11. The POGS member shall then email the deposit slip or screenshot of the online banking transaction to Ms. Malubag at pogswatch75@gmail.com which will be acknowledged accordingly with a receipt.
12. **The watch reservation will only be accepted once the deposit slip for the down payment is received by Ms. Malubag by email.**

POGS LOGO

Trivia



Throughout its 75-year history, there have been four logos of the Philippine Obstetrical and Gynecological Society. The first logo appeared on the souvenir program of the first annual scientific convention in 1966 and it featured a stork wading in water with the staff of Aesculapius in the background. In the proceedings of the 1971 convention celebrating the society’s silver anniversary, the second logo was featured with a stork watching over a nest of chicks. Three years later, the third logo was unveiled in the souvenir program of the 1974 convention depicting a stork wading in water holding a bundle with a baby in its beak. The current POGS logo of a circle within the stylized uterus represents the product of conception begotten by the Creator. This logo was presented to the society during the convention in 1978 and has been in use to this day.

POGS Diamond Celebration ... An Affair to Remember

By Catherine Joie Carelle R. Ong, MD, FPOGS

The 2021 POGS Annual Convention entitled **“POGS # RISE to the New Normal: Relevant, Innovative, Sensitive, Engaging”** will be held on November 9-12, 2021.

A Diamond is an exquisite natural mineral which is formed under extreme high temperature and pressure conditions. Just like this precious gem, the Philippine Obstetrical and Gynecologic Society has withstood the pressures it has encountered throughout the years. Our society is tightly bound by its leaders and members comparable to the very strong chemical bonds of a diamond. This year we will shine bright as we celebrate our diamond anniversary.

As we prepare for our **75th anniversary celebration**, the organizing committee has arranged activities to highlight this momentous event. We enjoy our talented members to participate in the POGS song writing contest. Let us showcase your talent as we feature your masterpiece during our Foundation day celebration on July 6, 2021.

The **2021 POGS Annual Convention** entitled **“POGS # RISE to the New Normal: Relevant, Innovative, Sensitive, Engaging”** will be held on November 9-12, 2021. Don’t let the pandemic keep you from running and keeping fit! Join us as we spinoff with a virtual run and Zumba 2.0 on November 7, 2021. The

opening ceremonies on November 9, 2021 will officially commence the annual convention and pave the way to the induction of our dear diplomates. We will also pay tribute to our beloved awardees as we recognize their contributions to our society.

The scientific sessions and social events have been aligned with the theme starting with plenary and simultaneous sessions which are RELEVANT. Topics both in obstetrics and gynecology which are related to the pandemic will surely keep the audience abreast with our current situation. We will also feature the brilliant residents in training as we showcase their

works in the hall of abstracts. We have learned to embrace technology and with the collective effort and dedication of the organizing committee, we are more confident to provide you a virtual convention you will deeply appreciate. As we move towards being INNOVATIVE, lectures on telehealth and teleconsult will be included. We are SENSITIVE. Your welfare is of utmost importance. The advocacies and thrusts of the various committees of POGS will be given an opportunity to present their activities. The fellowship nights on November 10 and 11, 2021 will truly be ENGAGING. We have our very own talented OB GYNs from Luzon, Visayas and Mindanao who will jam and rock with two special powerhouse bands.

Our celebration will conclude with the induction of Fellows and the new set of officers of POGS during the closing ceremonies. To make this event memorable, we will be serenaded by the an internationally renowned Broadway artist and singer. We look forward to this enchanting and unforgettable event.

Be part of this milestone in POGS history. May the Philippine Obstetrical and Gynecologic Society shine like a diamond amidst this pandemic!

Buntis Day Celebrations *by Chapters*

National Capital Region (NCR)

On March 5, 2021, **POGS-NCR** celebrated Buntis Day with **CAMANAVA** as the cluster host. It was an entirely virtual observance amid a looming resurgence of COVID-19 cases. The program focused on giving a boost to the physical and mental well-being of the audience and culminated in a showcase of beauty and poise that is innate among pregnant women. The traditional prenatal care, free hemoglobin, hematocrit and ultrasound examinations, booth visits with freebies were not prioritized to comply with health protocols and safeguard the health and safety of all participants.

A 45-minute Zoomba by a dynamic duo instructor started the day right with dance steps that are light and easy for momshies but enough to bolster their energy for the next activity.

A one and a half hours of lecture followed as the audience grabbed a cold drink to cool down. **Dr. Agnes L. Soriano-Estrella** gave a lecture on *“Take 5: 5 Stages of Pregnancy”*, **Dr. Marinella Agnes G. Abat** gave an overview of *“Benepisyong Pambuntis ng PHILHEALTH with an SSS infomercial on Expanded Maternity Leave”* and *“Post-partum Contraception”* by **Dr. Mariemids Isidro-Borlaza**. The topics conveniently evolved into a continuum of maternity essentials encompassing practical guides to ensure a stress-free pregnancy, a happy mommy and a healthy baby; the benefits specific for pregnancy and delivery provided by PHILHEALTH and SSS; and smart choices for post-partum contraception while recovering from the physiologic changes of pregnancy and towards a conscientious effort to practice family planning.

The highlight of the program was the coronation of the **POGS-NCR’s Ms. Buntis**. The process of selection was long and virtual starting with an elimination round at the cluster level. The cluster winners then joined the regional competition. A preliminary ranking by 3 judges was done 4 days prior to the main event based on physical attributes, content and relevance of introductory



in the national competition 2 days later.

Buntis day celebration must go on despite the challenges. All regions eagerly await this day, anticipating another grandiose activity rightfully dedicated to all pregnant women. After all, they are honored for their heroism and strong resolve as they journey through pregnancy, labor and delivery. With the active participation of the officers and members of all clusters of NCR (BAYCOG, CAMANAVA, Capitol Citiwide, Metro Rizal, Pentamed and Universitywide) and the unending generosity of our friends from the pharmaceutical industry, Buntis Day 2021 celebration will be written in our history book for defying the odds of a pandemic. Armed with conviction and gratitude in our hearts, we succeeded to *“Reach out to Filipino Women in these Trying Times”*.

Region 1 (Northern Luzon)

Reaching out to Filipino Women in these Trying Times

By **Macrina Rosamund A. De Guzman, MD**
Board Secretary, **POGS Region 1 Chapter**

The COVID 19 pandemic did not deter the efforts of members of **POGS Region 1 Chapter** from fully celebrating the annual Buntis Day. It may not have been celebrated with the usual gathering of pregnant mothers in a big venue per province, but it was nonetheless as successful as Buntis Day events of the past years.

This year, in place of a large gathering of participants for free prenatal check ups, ultrasound and lectures, activities were conducted per hospital in the out patient clinics and private clinics of our members, which ran from February 22- March 5, 2021.

The celebration kicked off with the regional elimination of **Gng Buntis 2021**, with 3 candidates competing for the title. **La Union** representative, **Maria Joanna Joy Tobias** won. She represented **Region I** in the National Competition for **Gng Buntis 2021** on March 7 via a virtual pageant.

Among the activities done in the 5 provinces of **Region 1** were the following: free prenatal check ups, free ultrasound, teleconsult, and video/lecture presentations shown at the OPD waiting areas



Gng Buntis 2021

for patients to watch while waiting for their turn in the obstetrician’s clinic, and Buntis kit and maternity kit distribution to patients. Whereas in the past, a salakog was performed simultaneously by the participants in the different provinces and regions, this year it proved to be a challenge, with strict IATF restrictions on mass gathering. **POGS R1**, however, was still able to impart a zumbakog and salakog on a few pregnant mothers who came for their prenatal check



ups. To reach out to more pregnant women, a lay fora on maternal welfare and teenage pregnancy was made via phone-patch interviews and broadcast over the radio in the different provinces. In collaboration with the Philippine Information Agency and its partner radio stations, topics included in the radio interviews were the following:

1. Advocacy on bringing down MMR
2. Advocacy on how to address teenage pregnancy
3. Advocacy on protecting the mother & baby from environmental toxins
4. Advocacy on teenage reproductive health
5. Women & child protection

Aside from radio interviews, the **La Union** group, composed of **Drs. Unity Cortez, Aurora Valdez, Christine Aguilar, Michelle Cababa** and **Gretchen Hagacer**, sat down for a Facebook Live telecast of **Kapihan sa Ilocos** where relevant topics on pregnancy were discussed.

Despite the limited capacity to deliver services at this time, **POGS R1** was able to perform prenatal check-ups on 544 pregnant women, with free ultrasound done on 132 patients, distributed around 400 Buntis Kits in 20 RHUs in **Ilocos Sur**, 80 Maternity Kits to pregnant patients in **La Union**, and did teleconsult on 20 pregnant mothers in **Ilocos Sur**. A total of 356 patients benefited from the lectures delivered at the OPD units of each hospital, where audio-visual presentations on Prenatal Care, High Risk Pregnancy, Breastfeeding, and Family Planning were shown. Thirty pregnant women joined the zumbakog in **Ilocos Norte**, while there were 7 women who joined the salakog in **La Union**. The numbers are a far-cry from the usual statistics of previous years, but not even the pandemic can dampen the spirits of our enthusiastic members from delivering services to our pregnant mothers on National Buntis Day.

The almost month-long celebration culminated with a live streaming of the National Buntis Day program on March 10, 2021 with lectures and **Gng Buntis 2021** finals on Facebook.



Dr. Mary Gwendolyn Luna

Dr. Lovelyn Manonobo



Region 2 (Northeastern Luzon)

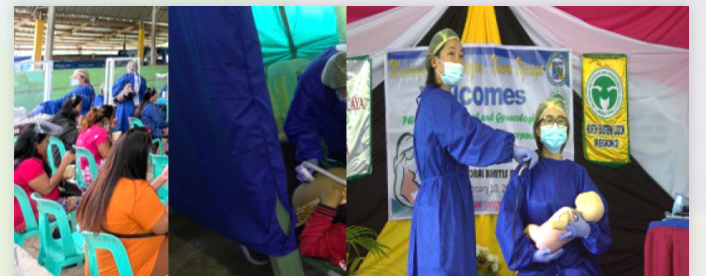
Amidst the pandemic, Region 2, particularly, the Novo Vizcayanos, headed by the Regional Director, **Dr. Emma Aguada-Valdez**, together with the R2TMC OB-GYN family armed themselves with PPEs and went to the Municipality of Quezon, one of the remote towns of Nueva Vizcaya.

The arrival of a convoy of vehicles carrying the front-liners, brought glow of excitement to the faces of 60 patients who all came down from the highlands to have their OB-GYN consult. All those patients have their face masks and face shields as protection.

This event was in collaboration with the IMAP of the Province of Nueva Vizcaya: with lectures on antenatal and postpartum care, breastfeeding, as well as, family planning and routine prenatal consultations with scheduling of ultrasound which was moved to another venue. A total of 25 patients was seen for ultrasound in subsequent days.

The thirst for knowledge on basic obstetric care and eagerness to be seen by specialist was so evident in their faces. These marginalized Novo Vizcayanos, who could hardly afford to reach a primary hospital because of distance and financial constraints, appreciated much our efforts and visit. As a form of appreciation of our visit, each one of us received “walis tambo”. For us, no matter how simple this token was, it was a genuine appreciation of our medical mission.

In the succeeding days, other activities done as part of the celebration are tree planting of around 50 coconut seedlings at the hilly side of R2TMC in collaboration with Nueva Vizcaya Medical Society and early morning mass on the day of National Buntis Day, attended by POGS Region 2 members via Zoom. The rest of the day was spent viewing the other parts of the event.



Region 3 (Central Luzon)

POGS Region 3 Celebrates BUNTIS DAY 2021: “Reaching out even when you are scared”

By (Author)

To usher in the celebration of women’s month, the Philippine Obstetrical and Gynecological Society Region 3 Chapter (POGS Central Luzon), launched a series of activities and initiatives for pregnant women across the provinces of region 3, Central Luzon.

This year’s theme “*Reaching Out To Women In These Trying Times*” gave the participating pregnant women the much needed hope, support, and knowledge to carry out their “pandemic” pregnancy in a safe manner.

Angeles

Twenty-one women were given the opportunity to attend a lecture on new born screening. Free prenatal check-up was also arranged much to the delight of the participants from Angeles.

Bataan

Twenty-nine participants were treated to free prenatal ultrasound, lectures on topics such as family planning and 10 danger signs of pregnancy, breastfeeding and essential newborn care, held at Centro Medico Santisimo Rosario Hospital in Balanga City. Participants also enjoyed games and brought home prizes from the event.

Bulacan

Twenty-one Participants from Bulacan were provided with free prenatal check-up, prenatal ultrasound service, laboratory work-up, and a lecture on the subject “beauty tips while pregnant”, held in Bulacan Medical Center. The group wanted to inculcate self-care among women despite the physical challenges of pregnancy.

Tarlac

Twenty-nine participants from Tarlac gathered in LMGHDC auditorium and were given free prenatal consultation, a mother’s class on nutrition, prenatal care, newborn care and postpartum family planning; as well as freebies like hygiene kits filled with new normal essentials like alcohol, face masks, tissue and hand soap; pre-natal vitamins, food and beverages.

Nueva Ecija

An outstanding total of 110 participants were accommodated for a free prenatal check-up, ultrasound service, and lecture



about Essential Newborn Care at Dr. Paulino J. Garcia Memorial Research and Medical Center hospital auditorium in Cabanatuan City.

San Fernando , Pampanga

National Buntis Day of 2021 for San Fernando, Pampanga was held at the women’s wellness center of Jose B.Lingad Memorial General Hospital. Participants danced to their hearts content during the Sayuntis portion of the program. Simultaneous prenatal check-ups and mother’s class lecture was also conducted. The lucky participants were also given gift bags with multivitamins and breastfeeding supplements like megamalunggay. Food packs, milk , groceries, and breast milk bags were also included.

Olongapo, Zambales

Fifteen lucky participants were treated to a lecture on subjects that touched on nutrition and prenatal care; given free services like pelvic, transvaginal, and 3D ultrasound; taught breathing and stretching exercises for pregnant women, given free hygiene kits and new born products, as well as a chance to bring home a new cellphone and other items during the event raffle. This benevolent event was held at James L. Gordon Memorial Hospital OPD area.

It shouldn’t go unnoticed that Nueva Ecija group was able to gather 110 registrants—the most number of attendees in Central Luzon, while maintaining strict safety health standards. A 15-minute long, outstanding, comprehensive and educational lecture were delivered by esteemed lecturers from PJGMRMC

that was successfully aired last March 10, 2021 in the official Facebook Live account of POGS Buntis Day activity.

All in all, the event was able to gather together nearly 200 participants locally. This is a solid proof that with dedication, hard work, and cooperation, we could serve more pregnant women all over the country, especially in these trying times!

Participants of these purposeful activities were said to be more confident about protecting oneself and their babies during the pandemic, and are better equipped to face the threat of Covid-19 whilst pregnant. In spite of the limitations posed by the risk of Covid-19, these activities by members of POGS Central Luzon Chapter were carried out safely and successfully.

Last but not least, kudos to our very own region 3 representative for the Ginang Buntis Pageant for winning second runner up in the National Pageant held last March 7, 2021. We are truly proud of you Mrs Myka David Punzalan of Angeles City, Pampanga!

A simple congratulations is not enough for the committed, selfless men and women who continue to make these events of POGS Central Luzon Chapter a fruitful one, especially during these trying times.

Spearheaded by POGS Regional 3 Director **Dr. Sonia D. Domingo**, and President **Dr. Mary Grace H. del Rosario**, with the help of their region’s councilors, the 19th National Buntis Day was a solid success.



Region 4 (Southern Luzon)

Region 4 Buntis Day Celebration: Highlights in the New Normal

By Irma W. Velarde, MD

The component provinces of the region have traditionally celebrated Buntis Day separately. Despite this, the members have always been united in reaching out and serving their patients. This year, the events were adjusted to the new normal and laid out based on what can be allowed to a specific area. The festivities were kicked off by a celebration with 15 Mangyan pregnant women in Occidental Mindoro on February 20 extending up to March 17 in Romblon, a week beyond the National Zoom Buntis Day.

The OB-GYNs of POGS Southern Tagalog enjoined their pregnant patients to zoom webinars and Facebook livefeeds as well as face-to-face encounters. Lectures and film-showing on topics such as prenatal care, breastfeeding, family planning, immunization in pregnancy, Covid 19 in pregnancy, proper handwashing techniques and oral hygiene were delivered.

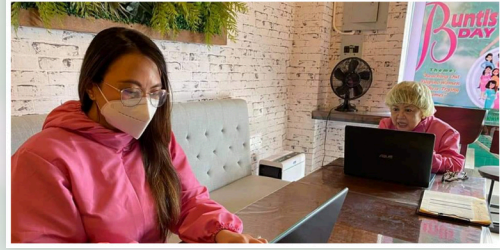
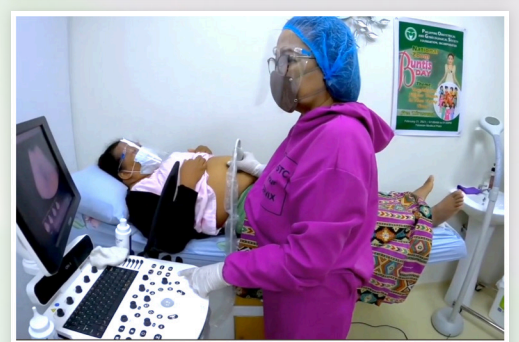
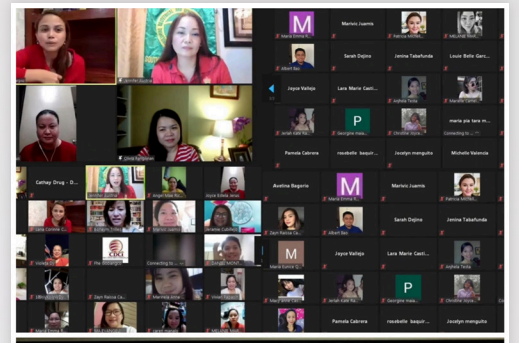
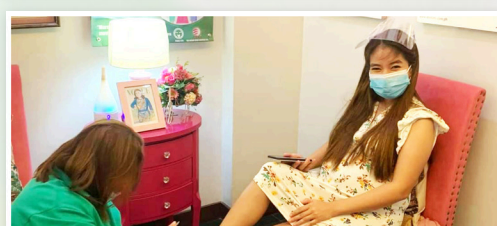
There were raffle prizes primarily donated by the major sponsor of the region-wide Buntis Day celebrations, Cathay Drug, Inc. Free starter kits, groceries, meals or snacks were shared during the face to face activities. In addition, there were also free prenatal check-ups and free ultrasound for selected patients. Some of the highlights of the region-wide celebration were:

- Use of the Quezon province telemedicine technology to serve high-risk pregnant patients
- Joining of indigenous people from the Tau Buid tribe of Brgy. Sabang, Oriental Mindoro
- Contraceptive implant insertion for selected women in Quezon and Alfonso, Cavite
- Free pedicure to pamper patients in Western Batangas
- Tiktok fest: Search for the #ultimatebuntiktoker2021 in Upper Cavite, Tiktok Queens in DLSUMC, Dasmariñas, Cavite, the Tiktok Challenge in Batangas and an impromptu



- Tiktok dance from Palawan group
- Fifteen (15) pregnant evacuees from the Taal volcano island were served at the evacuation center at Talisay, Batangas
- Online yoga session in Quezon and Sayuntis in Lower Cavite and Westlake Medical Center at San Pedro, Laguna
- Showcase of infomercial videos by the medical students of DLSUMC shown to 300 online participants
- Box-office online attendance of 600 participants from Los Banos, Laguna and 1500 participants from Bae, Laguna through the help of the MHO and midwives
- Selection of our Gng Buntis Pageant candidate, Mrs. Rachel Abel Ballesteros, a beautiful mom from Batangas City who entered the Top 6 in the national contest.

The region celebrated Buntis Day in about 20 different areas and hospitals. Through all these pockets of events, the POGS members only hoped to have spread the message of care and hope to the pregnant women, in these times of crisis during the pandemic.



Region 5 (Bicol)

Camarines Norte Buntis Day Celebration

The Philippine Obstetrical and Gynecological Society (POGS) Bicol Chapter, Province of Camarines Norte headed by Regional Director **Dr. Sirikit Zafra** celebrated National Buntis Day last March 1, 2021 through radio guesting at 98.5 OK FM. It was a one and a half hour lecture and discussion facilitated by the Station Manager. Topics discussed were Prenatal Care and Danger Signs of Pregnancy. This was preceded by an overview of the National Buntis Day

for the knowledge of all listeners. It was an interactive one since listeners were given the change to ask questions through text. At the end of program, Dr. Zafra invited every listeners to tune-in to the upcoming Nationwide Celebration in March 10. Following the event, the group proceeded to local RHU to turn over the packs of goods to be distributed to some pregnant patients since social gathering couldn't be implemented in accordance with the current health protocol.



Camarines Sur Buntis Day Celebration

Last March 5, 2021 the Camarines Sur POGS chapter celebrated its Buntis Day. The activities were divided into two programs. Lecture on Prenatal check-up and Danger Signs of Pregnancy by Dr. Irish Leabres- Joson, DPOGS via Radio station and live FB streaming, where we had more than 300 viewers.



Buntis Day Celebration in Sorsogon - Bicol Chapter

By Dorothea Farah Dorion-Jarabo, MD, FPOGS, MHA
Provincial Coordinator –SORSOGON

Because of the strict directive of the Provincial Government of Sorsogon on social gatherings, POGS Sorsogon celebrated the National Buntis Day differently this year. Since we cannot hold lectures and prenatal check-up as a group, we decided to limit prenatal consultations to complicated pregnancies in our local Municipalities. Instead of group gathering for our traditional pregnancy related lectures, we still tried to reach as much pregnant patients as possible thru a radio guesting in the regular Sunday program of the Sorsogon Medical Society, "Doctors on Air".

As we adapt to the new normal, we coordinated with the selected rural health units of the municipality of Bulan & Irosin (where Dr. Gabionza & Dr. Gillego are practicing) & Sorsogon City (where the rest of us are practicing) to screen and refer patients with complicated pregnancy who they think would benefit from proper evaluation of OB Specialists. These patients were referred to us for free consultation, education and counselling regarding proper care, precautions and nutrition. Prenatal check-up of complicated cases were also conducted at the Provincial Hospital, however, we have limited patients because of the restrictions of the hospital on crowding of OPD patients. Prenatal check-ups are only scheduled on Monday and Wednesday. Drs. Chacon, De Vera, Martinez and Raguindin conducted free OB ultrasound in their respective clinics on the patients requiring the diagnostic procedure.

We were able to cater to 32 complicated pregnancy patients and 12 had their free ultrasound with our 3 OBGYN Sonologists in the province.

On, March 7, 2021, Dr. Raguindin and I guested in the Sorsogon Medical Society Weekly Sunday Program at DZGN-102.3 Spirit FM. It is a 1- hour radio program that tackles different health issues and conditions every Sunday. Prenatal Care and Maternal vaccination were the topics discussed. The listening audience

of Spirit FM can reach as far as the adjacent islands of Masbate so we hope we were able to reach quite a number of listeners.

We were able to carry out the activity without having to meet face to face. All coordination and communication were done thru virtual meetings and social media. We hope to be able to invite a number of participants to the National Buntis Day on March 10 by posting the Invite on our respective social media accounts and the Hospitals' FB Pages.



Camarines Sur

Series of Video Lectures were also conducted at Bicol Medical Center OB-GYNE Out Patient Department where around 50 participants were included. Hygiene kit, food packs and Milk and multivitamins were distributed



Region 6 (Western Visayas)

The Western Visayas Ginang Buntis 2021

By Dr. Ma. Donna Bedonia

Iloilo City—Spirits ran high on March 7, 2021 as the officers of the Philippine Obstetrics and Gynecology geared up for the Ginang Buntis 2021 Beauty Pageant as part of the celebration for Araw ng Buntis 2021. The pageant was hosted by the POGS Region 8 Chapter.

The contestant, Mrs. Jennifer Precioso, is a 21 year-old, G1P0, who was 31 weeks at the time of the pageant. She is a frontliner, working as a Medical Technologist. She is charming, with a pleasing personality and a very vivacious demeanor.

The days leading up to the contest were hectic, but she managed to sustain her energy levels as well as stay healthy in her pregnancy. There were Obstetricians accompanying her at all times, including her very own Attending Physician, former Regional Director, Dr. Maureen Fortuna.

On February 27, 2021 we did a photo shoot and videoshoot to showcase her personality. And on March 4, 2021, we did a videoshoot of her talent—which was dancing to the Rhythm and accompaniment of the RCP Prakatakers. The RCP Prakatakers are the 1st and only all

girls drumbeaters in Iloilo City. The company is owned and managed by Dr. Regil Palmares, former POGS President.

On the day of the pageant, Jennifer was a bit nervous but still enthusiastic. She said that the rehearsals the day before at least gave her an idea of what to expect. She was accompanied by Dr. Ma. Donna Bedonia-POGS Panay Chapter President, Dr. Ruth Jink Aposaga-POGS Panay Chapter Vice President, Dr. Maureen Fortuna, Dr. Florianne Bedonia and Dr. RV Celeste Abellon.

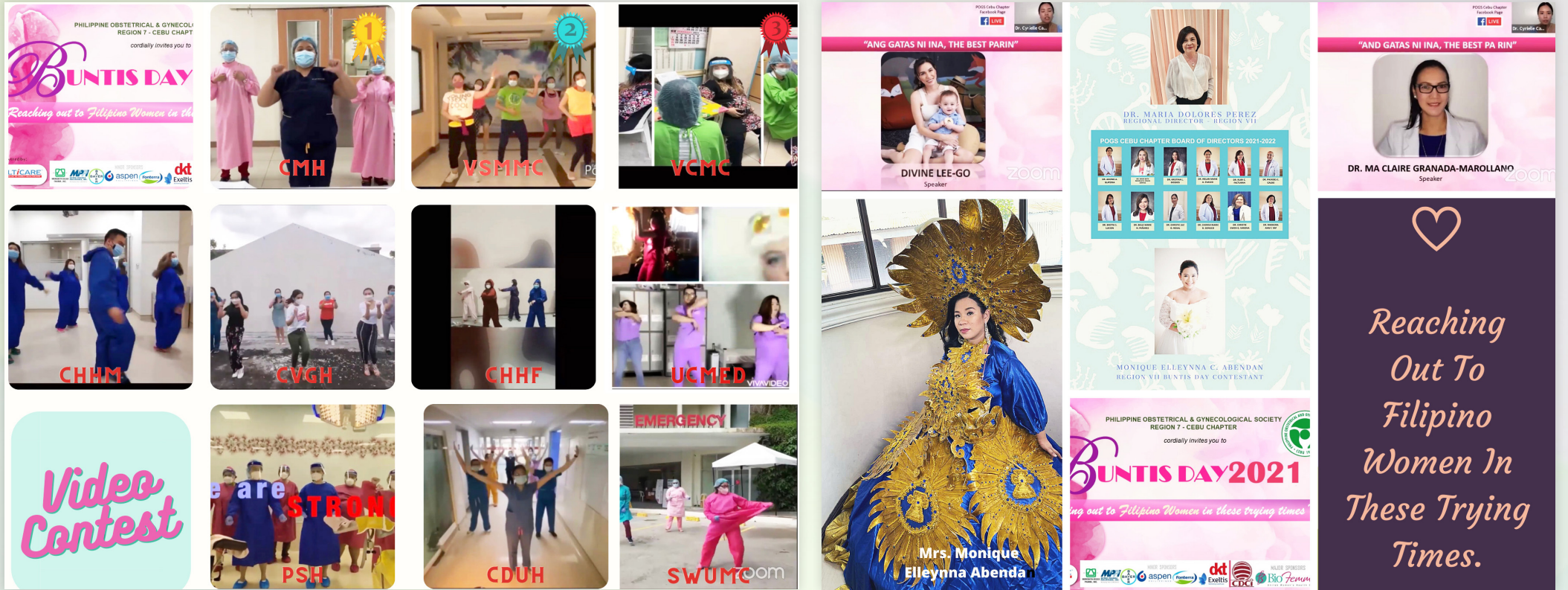


Region 7 (Central Visayas)

The POGS Region 7 celebrated a hybrid Buntis Day via zoom and facebook live last March 6, 2021 which was hosted by **Dr. Karen Torremocha**. The event started with a very informative lecture on "Ang Gatas ni Ina, the Best pa rin" by **Dr. Ma Claire Granada-Marollano**, a breastfeeding specialist. This was followed by an interactive open forum

participated by the very amiable and media influencer **Divine Lee-Go**, moderated by **Dr. Cyrille Cambronero-Ozaki**. The event was made livelier with a video dance contest among the 10 residency training institutions in Cebu interpreting the theme "Reaching Out To Filipino Women In These Trying Times". Vicente Sotto Memorial Medical Center and Visayas

Community Medical Center were awarded the second and third place respectively while the first place was awarded to Cebu Puericulture Center and Maternity House Inc. The program also showcased the chapter Ginang Buntis representative **Mrs. Monique Elleyyna C. Abendan**. It was indeed a very successful Buntis Day Celebration.



Region 8 (Eastern Visayas)

National Buntis Day Celebration

By **Mina Sirikit Claridad-Tagra, MD, FPOGS, FPSUOG** and **Leah Justo, MD**
Regional Director Secretary

The POGS mission of providing the highest quality of women's health care and increasing awareness of women's health issues through advocacy programs and education of health care provider and the community has been challenged in this time of pandemic, face to face consultation has been temporarily on hold.

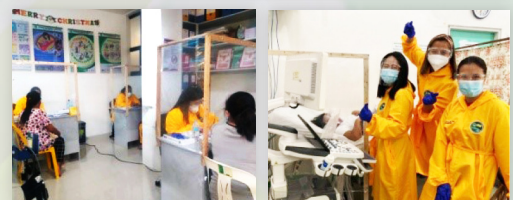
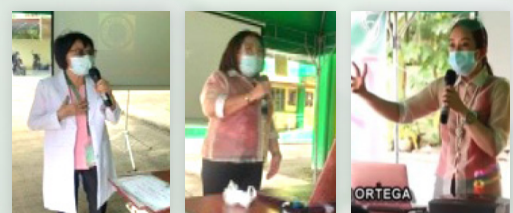
However, with the core values of social accountability, compassion and innovative imbibed among leaders and members of the society as well, the POGS National and Committee on Maternal and Perinatal Welfare never stop to be in service to this vulnerable group but instead, came up with the first ever NATIONAL BUNTIS DAY CELEBRATION in a virtual platform, to ensure sustainable delivery of basic obstetrical care amidst this pandemic.

The National Buntis Day Celebration was held on March 10, 2021 with the theme, "Reaching out to Filipino Pregnant Women in these trying Times" via zoom highlighting all the activities being prepared and done by different regions of the country.

Indeed, it was an honor and privileged for POGS Region VIII Chapter to host this momentous occasion in coordination with the POGS Committee on Maternal and Perinatal

Welfare headed by **Dr. Annette Macayaon** and to all regions led by their respective Regional Directors. A series of meetings in the national and local chapter as well as dance rehearsals in preparation for the event were done which started last January 27, 2021. We also partnered with our friendly pharmaceutical companies for financial support like Audio Visual Presentation sponsorship and participation in the dance presentation and Tacloban City government agencies/offices for video and photos shooting of all activities.

The weeklong celebration for POGS Region VIII kicked off with the a motorcade from Tacloban City Hall to Schistosomiasis Hospital, Palo, Leyte, the venue for the prerecorded National Buntis Day celebration which was held last February 17, 2021. A short program was done simultaneous with the different prenatal activities in observance with the minimum health protocols on prevention and control of COVID 19.



The Chief of Schistosomiasis Hospital **Dr. Lyn Verona** delivered her welcome remarks followed by the cordial message of **Dr. Mina Sirikit C Tagra**, POGS Region 8 Regional Director.

The POGS Region 8 officers and members had a face to face prenatal check up, consultations, free pelvic ultrasound scanning, distribution of free vitamins, food packs and hygiene kits.

Lay fora on Nutrition during Pregnancy was delivered by **Dr. Genevive Ortega**, Press Relation Officer of POGS Region 8 and the second lecture was given by **Dr. Christine de Guzman**, Vice President POGS Region 8 Chapter

One Sunday morning was allocated in the search of Gng Buntis to represent our region for the National Ginang Buntis Champion.

The Pre-Finals of Gng. Buntis which was held last March 7, 2021, POGS Region VIII Chapter members gathered in Hotel Alejandro, Tacloban



City in support for our Gng. Buntis candidate and witnessed other candidates as they vie for the Gng. Buntis Champion 2021 title.



As host region, the POGS Region 8 officers and members were excited and proud to share the cultural dances which the Waraynon are very proud of, the 'Gaway-Gaway' and Coracha Dance. We did not miss to showcase

the trending Tik Tok Dance in the music of Tahong ni Carla. All the dance presentations were video and photoshoot in different iconic sites showcasing historical places of the region, such as San Juanico Bridge, Mac Arthur Park, Tacloban City Hall, Provincial Capitol and Sto. Nino Shrine.

We are also very proud to share the local products from Municipality of Basey, Samar known for maker of native banig in the form of lei which was distributed and worn by all the POGS National Officers, Board of Trustees, Regional Directors and even the board of judges during the search for the Gng Buntis Champion.



Finally, members of POGS Region VIII Chapter gathered together to witness in big screen the historical celebration of POGS National Buntis Day 2021 on its 17th year, first time ever via virtual platform.



Region 9 (Western Mindanao)

Region IX Celebrated National Buntis Day with much Bravado Amidst Global Pandemic

Despite the challenges posed by the COVID-19 pandemic, POGS Western Mindanao (Region IX) triumphantly celebrated National Buntis Day as its officers and members prepared several online activities and events for the pregnant women of the region. With the strong leadership of the Regional Director, **Dr. Jennifer D. Araneta**, and this year's Region IX POGS President, **Dr. Jehada-Inn Misuari-Alihuiddin**, the event started with a TV guesting on the importance of prenatal check-up during COVID-19 pandemic on February 27, 2021. This was followed by a Video Informatics Contest among the medical students in Region IX. The winning video was presented during the Buntis Day Celebration of the region on March 4, 2021.

This Region IX Buntis Day Celebration was an online event via Zoom and Facebook Live attended by 2,100 online viewers. It started with a lecture on Nutrition During Pregnancy by **Dr. Anna Belen Alensuela**, followed by Sayuntis - a dance workout for pregnant women. A video presentation on Demystifying Pregnancy Myths was likewise prepared by the POGS officers and members. A lot of raffle prizes were also given away. The celebration was capped off with the Regional Annual Mrs. Buntis Pageant. The organizers and participants all had a good time and the event was indeed a success for everyone.



Region 10 (Northern Mindanao)

2021 Buntis Day Celebration

By **Dr. Angelie M. Taruc, MD, FPOGS**
POGS R10 PRO

The year 2020 when the COVID-19 Pandemic started, we are still fortunate enough to pushed through with our face to face "Buntis Day Celebration". More than year into the pandemic, a year after the countrywide lockdown was imposed and face-to-face gatherings became impossible, our society adapted really well to the "new normal". It started with zoom meetings which is fairly

new to us that we still don't know the so-called zoom etiquette, then it evolved into zoom webinars, hybrid conventions and celebrations.

Another year into the pandemic and here we are once again celebrating our yearly "Buntis Day Celebration". This time, we started the activity planning from scratch. We had a hard time transitioning the celebration from face-to-face

activity into a virtual activity. With frequent virtual meetings and brainstorming, and with the guidance of POGS National and with the support of our friends from Pharmaceutical companies, we arrived to a tangible plan that will not only cater POGS members but also all the buntis in the community. The virtual platform for Buntis day celebration gave way to a region wide celebration with significant

participations from different areas of Region 10. The only face-to-face activity we did was the traditional giving of gifts to all the buntis in our community. From the seven areas of Region 10 (Surigao, Butuan/Agusan, Bukidnon, Cagayan de Oro City, Iligan City, Marawi City, Ozamiz/Oroquieta City) we have distributed a total of 634 loot bags, some were given free prenatal check-ups, and 50 received free



ultrasound vouchers.

March 3, 2020 was the scheduled virtual Buntis Day Celebration for Region 10. We utilized Zoom and Facebook, being the most popular and accessible social media platform in the community. Relevant lectures from distinguished speakers were conducted virtually, true to our theme for this year; *“Reaching out to Filipino Women in these trying times.”* There were online games for all the buntis participants in between lectures. The virtual activity lasted for 4 hours with 611 online participants excluding the POGS members. The FB live reached 2900 views as of this writing.

One of the highlights for our Buntis Day celebration even before the pandemic was the Ginang Buntis pageant. Traditionally, the pageant is held in different areas, but now it became a nationwide pageant with each

Region having one buntis representative. The nationwide Ginang Buntis pageant is an ingenious idea, wherein if not for this pandemic, would never have been thought of our Ginang Buntis Representative for Region X finished at top 6, an astonishing feat indeed. Finally, our Buntis Day celebration culminated last March 10 with a unified whole day celebration with each region given a 25- minute time slot.

This pandemic may have separated us physically, but our society became more inclusive and united. The support from all POGS members for the Buntis Day celebration was so immense that this transition to virtual celebration, as hard as it may seem, materialized from scratch. Praying for a day that we can all see each other physically without mask and social distancing, just like the old days. But for now, let us all stay safe and get vaccinated so that we can all be present when that day comes.



OZAMIS



SURIGAO



CAGAYAN DE ORO



ILIGAN



MARAWI



Region 11 (Southern Mindanao)

The Philippine Obstetrics and Gynecological Society - Southern Mindanao Chapter (POGS-SMC) joins the nation in the celebration of *“Araw ng Buntis”* every 10th day of March through Presidential Proclamation No. 569. This year’s Buntis Day theme was *“Reaching Out to Filipino Women In These Trying Times”* that is in agreement with our present situation. The objective was to make the celebration *“a venue for information gathering, learning experience, stimulating discussion and challenging interactions”*. The pandemic did not prevent the different areas of our region to reach out to these pregnant women. On March 1-4, 2021, through the advent of the internet and technology, several areas in the POGS Southern Mindanao Chapter hosted Buntis Day activities with assigned lecture topics on *“Buntispreneur”* from POGS National Buntis Day Organizing Committee. Hence, the region’s theme *“Buntispreneur: Sa Panahon Ng Krisis, Aasenso Ang Maabilidad na Buntis”*. All activities were celebrated via Zoom and FB Live.

On March 1, 2021, the South Cotabato Sultan Kudarat OB Gynecologists celebrated the



National Buntis Day differently from how they used to do. Each of the 31 obstetricians held the Buntis Day in his/her own clinic with her patients. There were a total of 429 pregnant mommies who participated. This change in celebration was due to the strict health protocols implemented in their area to avoid large gatherings. Free consultations, free ultrasound and even short lectures were given by these attending physicians to their patients. A lot of gifts were also given to the patients.

March 3, 2021 was the busiest day for POGS SMC with 3 areas celebrating Buntis Day.



POGS SMC - General Santos City Buntis Day celebration started with a lecture on *“Nutrition”*, live from Manila by **Dr. Anna Belen Alensuela**. This was followed by a discussion about *“High Risk Pregnancy and Danger signs of Pregnancy”* by **Dr. Maureen Dimamay-Dazo**. The Question and Answer portion focused on important topics like Prenatal Check up, an explanation why DOH requires Primigravida and grand multipara to undergo hospital delivery, COVID -19 in pregnancy, Epidural anesthesia, importance of breastfeeding & how to give baby a bath for first time mothers to be. There were several questions posted in the

Chat box and those not discussed were directly answered by the members. TESDA General Santos shared a video about TOCINO making for BUNTISPRENEURS Mommies. Buntis Guests were then encouraged to have fun and join the Sayuntis Zumba. This was followed by Awarding of the top 3 BUNTIS TIKTOK CHALLENGE winners. The 280 plus Zoom participants and 160+ FB page viewers were excited to win raffle prizes prepared for the event. There were 100 minor prizes, 48 of these were free ultrasound certificates from sonologist members, and Baby items like bags, carriers, baby beds, blankets & beddings. The 10 major prizes were Walkers, Strollers, High chairs and Cribs. All the Buntis Zoom Guests received Buntis Kits. Five Trivia games and 10 Zumba winners were given Hygiene kits. It was indeed a joyful celebration for Buntis heroes amidst the pandemic. Despite the technical glitches, it was an afternoon of learning and fun. POGS-SMC Panabo-Tagum - Mati group, in cooperation with Davao Regional Medical Center (DRMC) Obstetrics and Gynecology Department, Public Health Department and Health Education and Promotion Office, held its first ever virtual *“Araw ng Buntis”* celebration.

Distinguished speakers were **Miss Marianne C. Dela Cruz**, a senior business counselor II of Negosyo Center of the Department of Trade (DTI) in Tagum, Davao del Norte who gave a talk on the possible business / business idea feasible even for pregnant women and was followed by a cooking demonstration on simple and practical no-baked pastries by **Miss Rowena Raymundo** who has been on teaching livelihood and development project of Davao del Norte Technology and Development Center and owner of Raymundo's Homemade Products. During the live streaming of this celebration, it reached 1581 views, 667 comments and 51 shares. The entire buntis day celebration can still be viewed by visiting the POGS SMC TAGUM PANABO MATI group Facebook page.

Last year, Buntis Day in Davao City was not possible because of the city's implementation of the General Community Quarantine. This year, Buntis Day in Davao pushed thru via an online platform held last March 3, 2021. There were 390 zoom attendees and 2993 participants in the FB Live. There were many activities hosted during the event. **Dr. Malou Monteverde**, a fellow of POGS and the current president of the Davao City Chamber of Commerce and Industry, was invited to talk about the entrepreneurial skills our pregnant patients need to have in order to be successful. She also shared many tips, and the do's and don'ts in doing a business. **Ms. Bianca Freya Facura**, a representative from the Department of Trade & Industry (DTI) taught our pregnant patients the step by step process of how to register an online, home, or establishment business and the legalities of a business. Misis Groove was

another activity for low-risk pregnant patients, at least 24 weeks AOG, were encouraged to submit a 1 – 2-minute video of themselves doing a Zumba dance or Yoga poses. Another activity was the selection of Ginang Buntis 2021 POGS Southern Mindanao Chapter. **Ms. May Fiel Divino** represented our region in the national Ginang Buntis Pageant held last March 7, 2021 and won first runner-up nationwide.

March 4, 2021 was the day POGS-SMC Cotabato City Area celebrated their first ever virtual Buntis Day. There were 81 facebook live active participants, 41 zoom viewers, and 1800 FB viewers. A sponsored lecture on "Nutrition in Pregnancy" by **Dr. Anna Belen Alensuela** started the program. Topics during the lectures were mostly about COVID. This was to address



the concern of an increasing number of mothers choosing to deliver at home because of their fear of swab tests and fear of being admitted in the hospital. Once admitted in a hospital, they may get infected with COVID. Hence, they opt rather for home delivery. The following lectures were given to clarify these misinformation regarding COVID: Swab Testing Importance, Myths and Facts; Proper Hand Washing, Wearing of Face Mask and Facial Shield, and Social Distancing; Prenatal Check-up: The New Normal; COVID Disease: Signs and Symptoms, Be Aware; Orientation on OPD Consultations, Admissions, and Discharges in CRM; and COVID Vaccine Updates. A lecture on breastfeeding was given by a breastfeeding mother who was also a breastfeeding advocate. For the Buntisprenuer lecture, mothers were taught how to do air layering or marcotting.

A big big thank you! The successful activities of the celebration of Buntis Day 2021 of POGS-SMC were made possible by the energetic team headed by our Regional Director, **Dr. Veronica M. Deniega**, President **Dr. Marie Janice Alcantara-Boquiren**, all area coordinators **Dr. Almira A. Ali**, **Dr. Myra**

M. Cada, **Dr. Rhodora G. Gagwis**, **Dr. Pamela Grace E. Solano** and **Dr. Rheje E. Pepe**, Overall Chair, Maternal-Perinatal Welfare Committee **Dr. Francis May C. Laro**, OIC of Maternal & Perinatal Welfare **Dr. Margarita Isabel A. Amoroso**, Overall Chair, Socials & Receptions Committee **Dr. Ivy Joy C. Dafieltomoto** and all our dedicated members. We would also like to extend our gratitude to all our pharmaceutical partners. To **Ms. Mary Fiel Divino** for representing Region 11 and winning first runner-up in the 2021 National Ginang Buntis Pageant. Lastly, we thank all the pregnant women who made our activity successful and meaningful.

PATIENT SAFETY COMMITTEE UPDATES

Patient Safety Lectures and Workshop Updates

By Renee Leen M. Laudato, MD

The POGS Patient Safety Committee 2021, headed by its Chairman, **Dr. Efren J. Domingo** and co-chaired by **Dr. Ma. Virginia M.S. Abalos**, kickstarted its series of interactive and high yield lectures and workshops on the most common causes of obstetric morbidity-hypertensive complications in pregnancy and postpartumhemorrhage

These were held via Zoom teleconference platform in 2-part sessions, and were delivered by highly esteemed and qualified members of the Philippine Board of Obstetrics and Gynecology. The specific topics covered were as follows:

Part 1

- Creating a Culture of Safety in the Hospital by **Ma. Virginia M.S. Abalos, MD, MBA, FPOGS, FPSGE**
- Team STEPPS in Obstetrics During the Pandemic by **Angela S. Aguilar, MD, FPOGS, FPSREI, FPSGE, IFEPAG**
- How to Set-up a Patient Safety Unit in the Hospital by **Christia S. Padolina, MD, FPOGS, FPSUOG**

Part 2

- Updates on Hypertensive Complications in Pregnancy by **Sherri Ann L. Suplido, MD, FPOGS, FPSMFM, IFEPAG**
- Postpartum Hemorrhage by **Maria Constanca Y. Wylengco, MD, FPOGS, FSGOP, DPSCPC**

Regions I and II concluded its 2-part lecture series last March 6-7 and March 20-21, 2021 respectively. A total of 163 participants for Region I and 123 participants for Region II were in attendance. During the workshops, the participants were divided into four groups with two facilitators each. The interactive sessions consisted of lectures, question and answer, and videos of clinical scenarios and surgical techniques. It was truly an enriching learning experience for its attendees and garnered positive feedback and much enthusiasm.

Join the POGS Safety Committee 2021 this coming April 17-18 as Region III takes on the challenge of taking patient safety to a higher notch.

Schedule of Training & Workshops 2021

- Region I: March 6-7
- Region II: March 20-21
- Region III: April 17-18
- Region V: May 15-16
- Region VI: June 19-20
- Region VII: July 17-18
- Region VIII: August 21-22
- Region IX: September 18-19
- Region X: October 2-3
- Region XI: October 23-24



"Let's all work together towards the goal of enhancing patient safety for all Filipino gravidas."

- Dr. Efren J. Domingo, PhD

REGION I

Moderators:

- Dr. Honorata Lalaine P. Burog, FPOGS, FPSSTD
- Dr. Angelito D.L. Magno, FPOGS, FSGOP, FPSRPC, FPSGE

Workshop Facilitators:

- Dr. Angela S. Aguilar
- Dr. Maria Constanca Y. Wylengco
- Dr. Eleanor A. de Vera
- Dr. Gladdy Maura G. Facun
- Dr. Angelito D.L. Magno
- Dr. Leedah L. Ranola-Nisperos
- Dr. Sherri Ann L. Suplido
- Dr. Unity H Cortez

REGION II

Moderators:

- Dr. Geoffrey M. Que, FPOGS, FPSURPS
- Dr. Angeli Merci M. Porto, FPOGS

Workshop Facilitators:

- Dr. Reya Andrea H. Hurtado
- Dr. Pherdes E. Galbo
- Dr. Angeli Merci M. Porto
- Dr. Melinda C. Rada
- Dr. Cyriel Anthony I. Tingne
- Dr. Nina Nonette P. Diansuy
- Dr. Geoffrey M. Que
- Dr. Jennifer D. Araneta

Surgical Skills Learning Continuum

by Rosalie E. Junio, MD

“For the things we have to learn before we can do them, we learn by doing them.”

Aristotle

Inspired by the successful launching of **Online Surgical Skills Learning Continuum** on October 30, 2020, POGS-NCR embarked on an ambitious project to conduct 3 virtual runs of the same activity in 2021. This activity is a collaboration between POGS-NCR and Johnson and Johnson Institute and offered to residents chosen by the Chair or Training Officer of PBOG accredited residency training institutions in NCR. The first run was held in 2 batches, on March 21 and April 11.

by a J and J staff, followed by a demonstration by an OB-GYN facilitator. The residents were given enough time to practice and were subsequently evaluated individually through a return demonstration before moving on to the next task. The activity was supposed to end just after noon but the facilitators were so accommodating and impassioned ensuring that all residents had a good grasp of each and every technique which resulted to a two-hour extension of the workshop.

The activity kicked off with asynchronous session on the six modules of “Science of Tissue Management” namely, the general principles of abdominal surgery, fascial closure, science of abdominal wound closure, hemostasis, fundamentals in cesarean section and surgical approach to closure techniques. Good understanding of these modules is a pre-requisite for the synchronous session which is a virtual workshop. The facilitators of the workshop are volunteers from the 6 clusters of NCR who willingly underwent a half-day “Training of Trainers” session. The workshop started with lectures on knot tying and suture techniques given by **Dr. Nerissa de Guzman** (first batch) and **Dr. Allen Tan** (second batch). The remainder of the session was spent in 6 breakout rooms with 3-4 residents in each room. Tutorial videos on knot tying and suture techniques were shown

The lingering health crisis made worst by the current surge in COVID-19 cases is not only overwhelming the health system but also disrupting the residency training program by depriving the residents of the needed clinical exposure to comply with the competency set by CREED and PBOG. Through the guidance of POGS 2020 President, **Dr. Christia S. Padolina**, the partnership between POGS-NCR and J and J was cemented with a common goal to continue the learning process in surgery albeit virtual and through the use of high-quality models.

The feedback from the residents and facilitators warms our heart and fuels further our motivation to go on. We, the organizers are also learning in this journey. *“For the things we have to learn before we can do them, we learn by doing them.”* Looking forward to the next run!

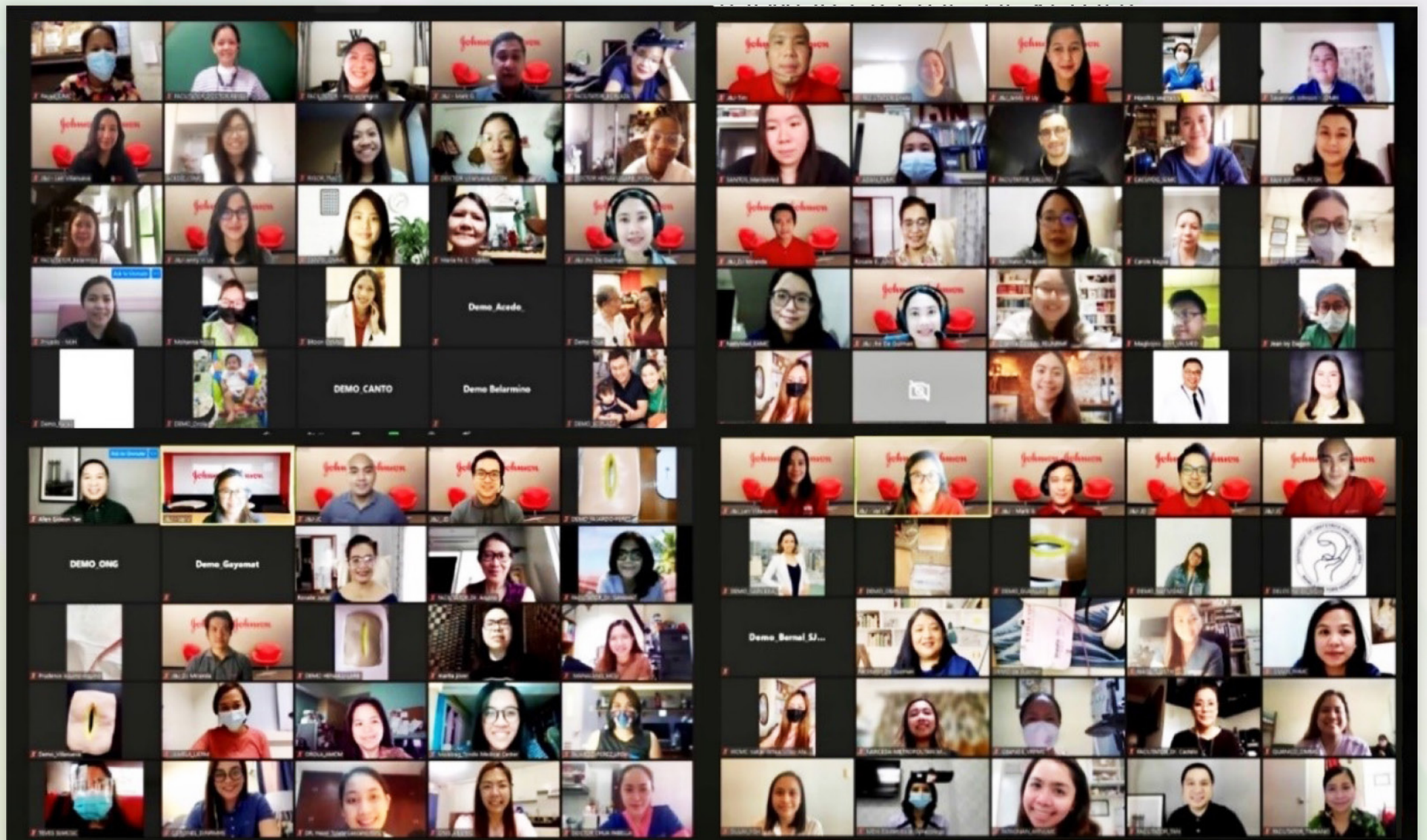


SURGICAL KIT

1. Skin pad
2. Fascia board
3. Knot tying board
4. Needle holder
5. Toothed forcep
6. Scissors
7. Sutures
8. Long string
9. Phone holder



Contents of surgical kit



FIRST ANNOUNCEMENT

The Committee on Credentials and Membership announces the list of Diplomates to be invited to become Fellows of the Society. We will entertain comments or complaints regarding the names listed below. Any concerns must be made in writing addressed to the Chair of the Committee. The official invitation will be sent to the qualified candidates after the deliberation.

CANDIDATES

NAME	REGION	60	Gail S. Laiz-Macabulos, MD	NCR	120	Maria Luisa Lim-Coretico, MD	REG-7
1 Abegail Val D. Famatiga, MD	NCR	61	Geve Mariae Cloma-Tagapolot, MD	REG-7	121	Maria Luisa Y. Lapas, MD	REG-3
2 Aileen S. Navarro-Caramihan, MD	NCR	62	Gianina P. Dimal, MD	NCR	122	Maria Rachel D. Marasigan, MD	NCR
3 Aireen Marie C. Sta. Teresa, MD	REG-9	63	Gladdy Maura G. Facun, MD	REG-3	123	Maria Roberta D. Merencilla, MD	NCR
4 Alejandra S. Amaro-Barrenechea, MD	NCR	64	Glaiza P. Verdezola-Purpora, MD	NCR	124	Marianne O. Dela Rosa, MD	NCR
5 Alma Marie O. Tagare, MD	REG-2	65	Grethel Joy L. Duro-Hagacer, MD	REG-1	125	Marianne P. Zamora-Abriol Santos, MD	REG-3
6 Amethyst Mae L. Gonzaga, MD	REG-7	66	Hannah Andrea A. Sombilla, MD	NCR	126	Marianne Rose L. Go, MD	REG-4
7 Ana Marie O. Umipig, MD	NCR	67	Hazel Joy B. Pallanan-Pascual, MD	NCR	127	Marie Lovella L. Nofuente, MD	REG-4
8 Angeli Rose O. Caraos-Quijano, MD	NCR	68	Helena Mae E. Alison, MD	REG-7	128	Marillette Pimentel-Andres, MD	NCR
9 Angelica Monique V. De Mesa, MD	NCR	69	Helian Sharee Anne D. Sale, MD	REG-7	129	Marissa P. Cruz-Espedido, MD	REG-2
10 Angelica Stephanie K. Muñoz, MD	REG-3	70	Hilda A. Tamon, MD	NCR	130	Marjorie Myrna Romero-Loayon, MD	EG-8
11 Anne Mayoralgo-Galvan, MD	REG-3	71	Hiyasmin Clarissa B. Babar, M.D.	REG-11	131	Marth Louie Z. Tarroza, MD	NCR
12 Annie Lyn A. Padua-Caranzo, MD	NCR	72	Hunice M. Dipasupil, M.D.	NCR	132	Mary Carmona-Tan, MD	NCR
13 Antonette R. Pesebre, MD	NCR	73	Irish C. Sobremonte-Estanislao, MD	REG-1	133	Mary Christine Yuchongtian-Paragas, MD	NCR
14 Arby Jane Roque-Igualada, MD	REG-4	74	Irish Vanessa C. Gaspar-Albia, MD	REG-4	134	Mary Grace A. Relato, MD	NCR
15 Ariane Gayle D. Togonon, MD	REG-6	75	Isaah Francel H. Chong, MD	NCR	135	Mary Grace R. Pedrera, MD	NCR
16 Arlene P. Umali-David, MD	NCR	76	Ivy Joy C. Dafieltoto, MD	REG-11	136	Mary Rani M. Cadiz, MD	NCR
17 Arriane R. Morales, MD	NCR	77	Jacqueline Rose F. Joves, MD	NCR	137	Mary Rose Muñoz-Cruz, MD	REG-3
18 Aubrey Y. Señeris, MD	NCR	78	James C. Muyargas, MD	NCR	138	Mavinia Maceda-Bacolor, MD	REG-4
19 Auran Rosanne B. Cortes, MD	REG-3	79	Jane Marie Z. Egam, MD	REG-10	139	May Flor B. Juruena, MD	REG-11
20 Bea Elise A. Tauli, MD	REG-10	80	January Y. Ducducan, MD	REG-8	140	Maybelline R. Estroso, MD	REG-7
21 Bernadette D. Velasquez, MD	NCR	81	Jeanette S. Ramos, MD	REG-3	141	Melissa Anne Bernardo-Gamilla, MD	NCR
22 Bernadette Valoria-Pepito, MD	NCR	82	Jeghell Lhuiller I. Acuña, MD	NCR	142	Michael P. Malilong, MD	REG-11
23 Camille Cecilia S. Lopez, MD	NCR	83	Jennifer Changanay S. Hernandez, MD	REG-1	143	Myra Casiple-Solas, MD	REG-3
24 Carla Elise M. Celino, MD	NCR	84	Jinkee Lhyll Gargar-Ednilao, MD	REG-4	144	Nicole Sumayo-Austria, MD	REG-6
25 Carla Jane M. Bagayao, MD	REG-2	85	Jo Anne Embernate-Payumo, MD	REG-2	145	Nina Loris Claire O. Bartolome, MD	REG-3
26 Carmela F. Trinidad, MD	REG-4	86	Joanna Angela C. Cruz, M.D	REG-4	146	Nina Nonette P. Diansuy, MD	NCR
27 Caroline T. Pataueg, MD	REG-4	87	Jocelyn C. Imbao, MD	NCR	147	Nina Rojana L. Yu, MD	NCR
28 Carolyn A. Tabaloc, MD	REG-7	88	Joy Christine M. Remo, MD	NCR	148	Noreen R. Pastoriza-Alcaraz, MD	REG-9
29 Charisse Zylma T. Hurtado, MD	REG-2	89	Julie Ann G. Gumangan, MD	REG-1	149	Orvi Gem R. Macaspac, MD	REG-3
30 Charity Francisco-Villa, MD	NCR	90	Justinne Patricia C. Baysa, MD	NCR	150	Patricia Jane L. Tan, MD	REG-7
31 Charlene Moscoso-Misajon, MD	REG-6	91	Karein Therese B. Alparas, MD	NCR	151	Paula Christi P. Tolentino-Orlina, MD	NCR
32 Charlene Robelle Locaylocay-Ramos, MD	NCR	92	Katherine M. Dimerin, MD	REG-9	152	Rachel J. Cueva, MD	REG-6
33 Charlotte Y. Sienes, MD	REG-7	93	Katrina Abraham-Abarcar, MD	REG-11	153	Reena Riza De Guzman, MD	NCR
34 Cherry Joy C. Tabora, MD	REG-11	94	Kimberly Jeanne P. Bautista, MD	REG-11	154	Regina M. Ronquillo-Sarmiento, MD	REG-3
35 Cheryl Ann V. Pingco, MD	NCR	95	Krista Marie I. Pacifico, MD	NCR	155	Ria Gianelli R. Acero, MD	NCR
36 Chrislen Lee Capuyan-Silvestre, MD	REG-11	96	Kristel Paulane Fleur Lubrin-Oandasán, MD	REG-1	156	Romina Blanca D. Labao, MD	NCR
37 Christi Marie F. Alvarez, MD	NCR	97	Kristine Angeli Paloma Alcala, MD	NCR	157	Romina Jo L. Opuencia, MD	NCR
38 Christian Navarro-Guevara, MD	REG-3	98	Kristine Delos Santos- Laxamana, MD	NCR	158	Rosie Mae B. Bulquerin, MD	REG-6
39 Christine Marie Z. Rubio, MD	REG-4	99	Laira Joy D. Velez-Fuentes, MD	REG-8	159	Rowena Co-Dueñas, MD	NCR
40 Christine Remar E. Lauño-Concepcion, MD	NCR	100	Lairah M. Untao, MD	REG-11	160	Rupali D. Kakati, MD	NCR
41 Christ'I Marie O. Mutia-Daing, MD	REG-10	101	Liezel Joy B. Galiza, MD	REG-1	161	Sally Arlan-Gamallo, MD	REG-7
42 Ciara Chloe C. Pingol-Manalo, MD	REG-10	102	Lilibeth M. Lim-Navarro, MD	NCR	162	Samantha Joy Caringal-Montes, MD	NCR
43 Claire Anne J. Alvarado, MD	REG-1	103	Lizzette R. Caro, MD	NCR	163	Sandy Tan Chua, MD	REG-7
44 Coe S. Tolosa-Bolong, MD	REG-4	104	Lonerie T. Apelo-Regondon, MD	REG-6	164	Shalom C. Victoriano, MD	REG-11
45 Corazon W. Adviento, MD	REG-2	105	Lorraine H. Bantala, MD	NCR	165	Sharon R. Hontiveros, MD	REG-7
46 Cristine Gerryfe M. Santos, MD	REG-4	106	Lorraine G. Cuesta-Belarmino, MD	NCR	166	Sheena Rose O. Andaya, MD	NCR
47 Deverly Rina V. Reyes, MD	NCR	107	Louvret P. Pili, MD	NCR	167	Shiela Mae D. Putol, MD	REG-10
48 Diana Cupino-Arcinue, MD	NCR	108	Lovely Anne C. Cambe, MD	REG-1	168	Sigrid P. Sampayan-Briñas, MD	NCR
49 Diane Genevieve S. Suero, MD	REG-1	109	Lovely N. Garcia, MD	REG-3	169	Soraya Karina Hadjiril, MD	REG-11
50 Dioselle R. Camia-Hussin, MD	REG-4	110	Lycelle K. Belarmino, MD	REG-7	170	Stefani D. Dela Cruz, MD	NCR
51 Dominique M. Sto. Domingo, MD	NCR	111	Ma. Benette D. Javier, MD	NCR	171	Stephanie F. Pili, MD	NCR
52 Dyan Kristel P. Sabalvaro, MD	NCR	112	Ma. Cristina U. Espanillo-Villanueva, MD	NCR	172	Stephanie S. Causin, MD	REG-7
53 Ebby Eunika S. Rebugio, MD	REG-1	113	Ma. Grashiela S. Ausan-Ferrer, MD	NCR	173	Trician Jan Z. Taguba-Villarosa, MD	REG-2
54 Emmylou M. Lomente, MD	REG-10	114	Ma. Karla Lucille Musa, MD	NCR	174	Viola C. Dadia, MD	NCR
55 Estherwell Portigo-Uy, MD	REG-6	115	Mae Ann P. Sebastian-Nicolas, MD	REG-3	175	Yasmin S. Marave, MD	REG-7
56 Eugene J. Amortizado, MD	REG-10	116	Mae Joanna C. Ong, MD	NCR	176	Yvette Rochelle Lleva Garcia, MD	REG-7
57 Fatemeh C. Motavalli Kachae, MD	REG-4	117	Mae M. Panaligan, MD	REG-2	177	Zenia M. Zafico, MD	REG-7
58 Ferdinand Luis G. Suarez, MD	NCR	118	Maria Carlyn R. De Vera, MD	REG-8			
59 Florida F. Taladtad, MD	NCR	119	Maria Lalaine R. Aviles-Miranda, MD	NCR			