

# Women Matters @ POGS

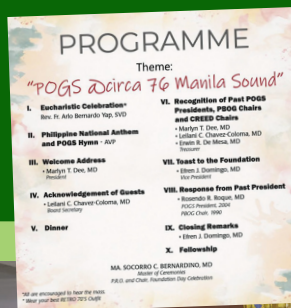
# BITS and PIECES

July-September 2022 • Volume 1



## The First HYBRID FOUNDATION DAY

Last July 6, 2022, our Society celebrated its 76th Foundation Day. It was a HYBRID celebration with attendees both physically and virtually present and the whole program aired via Livestream. It was a grand and heart warming celebration - as it was the first time for everyone to be together after two years since the pandemic.



## POGS BULLETIN




**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.**  
(Specialty recognized by PHILIPPINE MEDICAL ASSOCIATION)

No. 56 Malakas Street, Diliman, 1100 Quezon City, Philippines  
Telephone Nos.: (+632) 8921-7557; 8922-0195; 7341-5341 (Trunk line) 8921-7647 \* Telefax No.: (+632) 8921-9089  
Cellphone Nos.: Globe: 0917-5609649 | Smart: 0908-8211898 | Sun: 0922-8384744  
P.O. Box 1252, Q.C.P.O. 1152, Quezon City, Philippines  
E-mail address: pogsinc@gmail.com website: www.pogsinc.org

### NOTICE OF MEETING

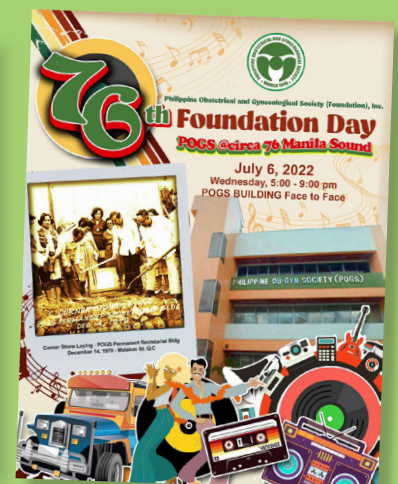
**TO :** All POGS Members

**FROM :**   
**LEILANI C. CHAVEZ-COLOMA, M.D.**  
Board Secretary

**SUBJECT :** HYBRID ANNUAL BUSINESS MEETING

**Date :** Wednesday, November 09, 2022

**Time :** 11:30 AM to 1:30 PM



# Snapshots

of the Hybrid Foundation Day  
July 6, 2022



# Snapshots

of the Hybrid Foundation Day  
July 6, 2022




**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**POGS 2022 ANNUAL CONVENTION AND 76TH ANNIVERSARY CELEBRATION**

NOVEMBER 8-11, 2022

**THE PRIMER**




**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY**  
• MANILA 1946

COME AND VISIT THE  
2022 POGS ANNUAL CONVENTION  
& 76th ANNIVERSARY CELEBRATION  
PRE-REGISTRATION WEBSITE AT:

**pogsannual2022.com**

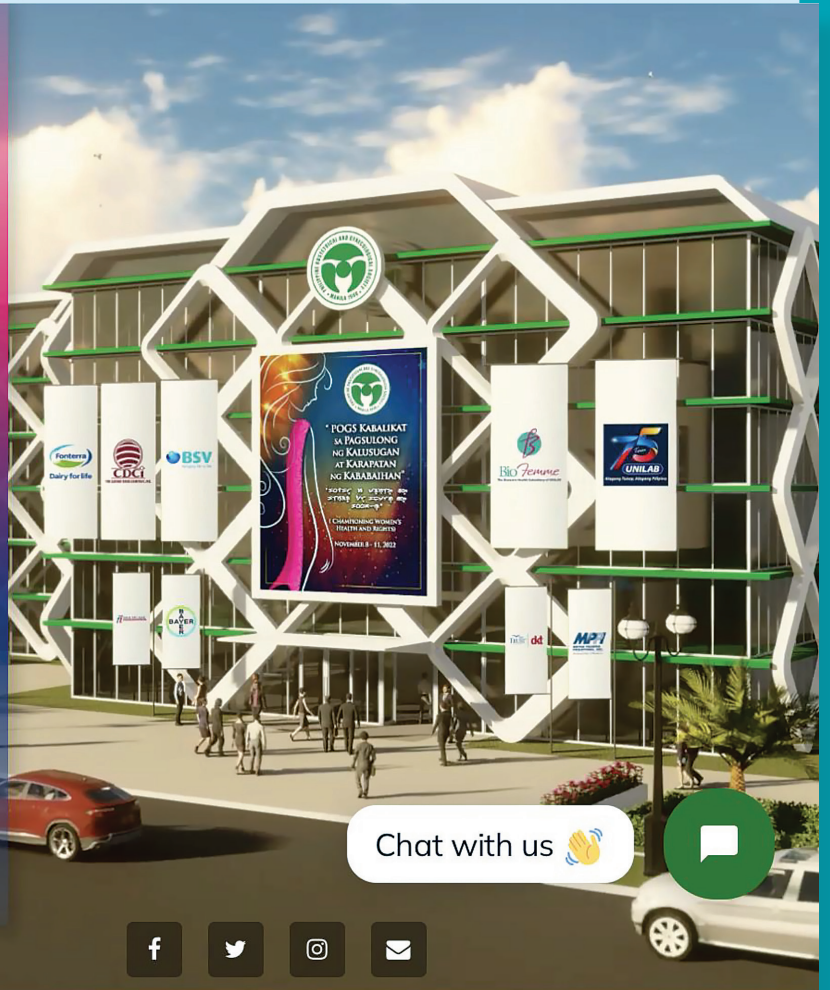
ONLINE REGISTRATION STARTS  
ON AUGUST 1, 2022.

- The Hybrid Convention will be held on **November 8 to 11 2022**.
- This year's theme is **"POGS Kabalikat sa Pagsulong ng Kalusugan at Karapatan ng Kababaihan"**.
- The convention season will start with the **Preconvention Webinars** every Tuesdays, Thursdays and Saturdays, plus the last Monday of October, and will feature 14 of POGS' subspecialty and affiliate societies.
- Participants should be registered to the Annual Convention to attend the webinars.
- The POGS Sports activities with the theme "Indak, Padyak Para sa Kababaihan" consist of 3 events the Move a thon, the TikTok challenge and the Zoomba.
- The **Virtual Move a Thon** will run from **October 2 to 30 2022** Runners, bikers and dancers among the POGS community may register at <https://raceroster.com/events/202263543/pogsmoveathon>.
- The **TikTok Challenge** allows our members to showcase their moving, dancing or exercise skills by submitting a 60 second Tiktok video to [pogstiktok2022@yahoo.com](mailto:pogstiktok2022@yahoo.com) from **October 14-16, 2022**.
- The **Zoomba**, which is a hybrid activity, will be held on **November 6, 2022** at the PICC grounds.
- The **Scientific Sessions** from **November 9 to 11, 2022** will be purely VIRTUAL Key sessions to watch out for are Ang Paghahanda, Ang Pagsasapanahon, Ang Pag-unawa, Ang Kabalikat, Ang Pagsulong at Ang Pangako.
- The **Opening and Closing Ceremonies**, the **Business Meeting** as well as the **Fellowship Nights** will be hybrid activities, attended face to face by the POGS officers, Organizing Committee members, distinguished guests, as well as the new diplomates and fellows The rest of the POGS members may witness these activities though the website.
- **The Interesting Case and Research Abstract Hall**, with the theme "Lathala Pananaliksik, Pagninilay at Pagbabago" will showcase the research outputs of the OB GYN community, as well as the advocacies of the POGS Committees Oral presentation finalists will present their papers during the **Simultaneous Sessions** on **November 11, 2022**.
- **All Life members and Fellows inducted 2018 and earlier who PAID their ANNUAL DUES on or before June 30, 2022 and Residents are FREE and automatically registered No need to register online Your ACCESS CODES have been sent to your email.**

POGS 2022 ANNUAL CONVENTION  
& 76<sup>TH</sup> ANNIVERSARY CELEBRATION



- [REGISTER NOW](#)
- [ABOUT](#)
- [PROGRAM AT A GLANCE](#)
- [PRE-CONVENTION WEBINARS](#)
- [ABSTRACT SUBMISSIONS](#)
- [VIDEOS](#)
- [REGISTRATION RATES](#)



**THE 2022 ANNUAL CONVENTION WEBSITE:**

<https://pogsannual2022.com/>

	<p><b>SOCIAL EVENTS OF THE 2022 ANNUAL CONVENTION</b></p>	<p>“POGS KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN”</p> <p><small>“PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN” (CHAMPIONING WOMEN'S HEALTH AND RIGHTS)</small></p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"> <p><b>Welcome Reception:</b> November 8, 2022</p> </td> <td style="width: 50%;"> <p>Theme: <b>ANYAYA</b></p> <p>isang imbitasyon para dumalo sa mga iba't ibang activities ng annual convention</p> </td> </tr> <tr> <td> <p><b>Fellowship Night Day 1:</b> November 9, 2022</p> </td> <td> <p>Theme: <b>HIRAYA</b></p> <p>The fruit of one's dreams, wishes and aspirations</p> </td> </tr> <tr> <td> <p><b>Fellowship Night Day 2:</b> November 10, 2022</p> </td> <td> <p>Theme: <b>LUALHATI</b></p> <p>Glo'ry, Fame, Great honor to the women in our society, Women empowerment</p> </td> </tr> </table>	<p><b>Welcome Reception:</b> November 8, 2022</p>	<p>Theme: <b>ANYAYA</b></p> <p>isang imbitasyon para dumalo sa mga iba't ibang activities ng annual convention</p>	<p><b>Fellowship Night Day 1:</b> November 9, 2022</p>	<p>Theme: <b>HIRAYA</b></p> <p>The fruit of one's dreams, wishes and aspirations</p>	<p><b>Fellowship Night Day 2:</b> November 10, 2022</p>	<p>Theme: <b>LUALHATI</b></p> <p>Glo'ry, Fame, Great honor to the women in our society, Women empowerment</p>
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# About the POGS 2022 Annual Convention and 76th Anniversary Celebration



**POGS virtual MOVE-A-THON** OCTOBER 2 TO 30, 2022  
**Takbo, Indak, Padyak**  
 PARA SA KABABAIHAN

## REGISTRATION IN 6 STEPS

- 1 Register for the POGS 2022 Annual Convention to receive your unique POGS ACCESS CODE. Registration is on September 2 until October 14, 2022.
- 2 Click the link or scan the QR code of POGS MOVE-A-THON to proceed to the Move-a-thon registration page.
- 3 You will be asked to log in with your Race Roster account. If you have none, create an account.
- 4 Click on the registration button.
- 5 Fill up the application form.
- 6 Wait for the confirmation via e-mail.

Visit the POGS 2022 Annual Convention website for details.



MINERALS • CHOLECALCIFEROL, VITAMIN D3 • CALCIUMADESTRONGBONES



**POGS virtual MOVE-A-THON** OCTOBER 2 TO 30, 2022  
**Takbo, Indak, Padyak**  
 PARA SA KABABAIHAN

## CATEGORY PRIZES

After accumulating the TOTAL DISTANCE during the event's duration, OVER-ALL WINNERS for each category (according to age group per sex) shall receive the following awards:

- Longest Run/Walk completed distance:** Medal and E-certificate
- Longest Bike completed distance:** Medal and E-certificate
- Longest Run, Walk, and Bike (mix category) completed distance:** Medal and E-certificate
- Oldest participant:** E-certificate and gift token

**FREE REGISTRATION ONGOING!**

**AGE GROUPS**

Run/Walk	Bike
• 25 to 35	• 25 to 40
• 35 to 45	• 41 to 55
• 47 to 57	• 56 and above
• 58 and above	

**SCAN TO REGISTER**



REGISTRATION IS UP TO OCTOBER 14, 2022

Visit the POGS 2022 Annual Convention website for details.

MINERALS • CHOLECALCIFEROL, VITAMIN D3 • CALCIUMADESTRONGBONES

Are you in it to WIN IT?

All POGS Members and Residents with POGS Access code are eligible to join.

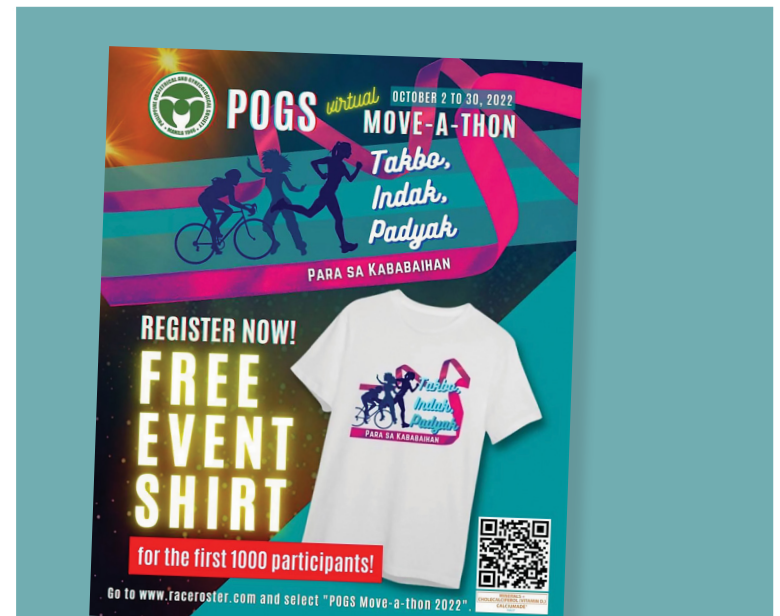
FREE registration is still ongoing up to October 14, 2022. Scan the QR code or click the link to register.

[https://raceroster.com/events/2022/63543/pogs move a thon](https://raceroster.com/events/2022/63543/pogs%20move%20a%20thon)

Free shirt for the first 1000 registrants!

#POGSstakboindakpadyak2022



#Calciumadestrongbones



**POGS virtual MOVE-A-THON** OCTOBER 2 TO 30, 2022  
**Takbo, Indak, Padyak**  
 PARA SA KABABAIHAN

## REGISTER NOW! FREE EVENT SHIRT

for the first 1000 participants!

Go to [www.raceroster.com](http://www.raceroster.com) and select "POGS Move-a-thon 2022".

MINERALS • CHOLECALCIFEROL, VITAMIN D3 • CALCIUMADESTRONGBONES



**POGS virtual MOVE-A-THON** OCTOBER 2 TO 30, 2022  
**Takbo, Indak, Padyak**  
 PARA SA KABABAIHAN

## Register for the POGS MOVE-A-THON to join the MOST CREATIVE POST

Post your most creative picture while either running, walking, or biking on your personal Facebook page.

Tag POGS Facebook page as your location (@pogsphilippineobgynsociety).

Use the hashtags #POGSstakboindakpadyak2022 and #calciumadestrongbones

Upload from October 17-22, 2022. Only 1 entry per participant is allowed.

Winners will receive gift tokens and other exciting prizes! Visit the POGS 2022 Annual Convention Website for details.

**CRITERIA FOR JUDGING**

- Creative (30%)
- Location/scene/captions (50%)
- Caption (20%)

REGISTRATION IS FREE AND ONGOING UP TO OCT. 14, 2022

**SCAN TO REGISTER**



MINERALS • CHOLECALCIFEROL, VITAMIN D3 • CALCIUMADESTRONGBONES

# About the POGS 2022 Annual Convention and 76th Anniversary Celebration...

## Pre Convention Webinars

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**Philippine Society of Maternal Fetal Medicine**  
Case Discussions on Fetal Distress Using the FIGO IPM Guidelines

**POGS 2022 PRE-CONVENTION WEBINAR**  
October 01, 2022 4-7PM

**FETAL HYPOXIA**  
Sheri Ann L. Aquino, MD

**INTRAMAMMARY INFECTION**  
Nancy Evelyn S. Perez, MD

**FETAL ANEMIA**  
Ravena T. Reyes, MD

**MODERATOR**  
Concepcion O. Lim, MD

To be eligible to attend the pre-convention webinars, the delegate MUST be registered to the POGS 2022 Annual Convention and 76th Anniversary Celebration

**BSV**

**PSMFM October 1, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**PHILIPPINE SOCIETY FOR CERVICAL PATHOLOGY AND COLPOSCOPY**  
Cervical Cancer Screening and Colposcopy in Pregnancy

**October 4, 2022 | 4:00 - 7:00 pm**

**Lili May T. Cole, MD, FPOG, FSGOP**  
Jose R. Reyes, MD, PhD, FRCOG

**Partha Basu, MD, PhD**  
Joshi R. Bajaj, MD, PhD, FRCOG

**Andrew Holden B. Balzon, MD, FPOG, FSGOP**  
Moderator

**PSCPC October 04, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**PELVIC FLOOR POWER**

**October 6, 2022 THURSDAY, 4:00-7:00PM**

**Dr. Mary Ruth M. Gallo**  
Dr. May Ann T. Alampayan

**Science behind Pelvic Floor Muscle Exercises and Biofeedback in Strengthening the Pelvic Floor**

**Demystifying Electrical Stimulation and Laser Therapy for the Pelvic Floor**

**Evidence For or Against Alternative Medicine for the Pelvic Floor**

**B DRAUN**

**PSURPS October 6, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**PHILIPPINE SOCIETY FOR THE STUDY OF TROPHOBLASTIC DISEASES, INC.**

**PANEL DISCUSSION ON BIOTECHNICAL ISSUES IN GESTATIONAL TROPHOBLASTIC DISEASES**

**PRE-CONVENTION WEBINAR**  
October 08, 2022 SATURDAY  
4:00 PM - 7:00 PM (PST/EST)

**dt**

**PSSTD October 8, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**PHILIPPINE SOCIETY OF OBSTETRICS AND GYNECOLOGY, INC.**

**Depression, Dementia, and Sleep Disorder (DDSD) in the Menopause**

**October 11, 2022 | 4:00 to 7:00 PM**

**Dr. Anjanette M. de Guzman**  
**Dr. Rosemarie M. de Guzman**

**Dr. Anjanette M. de Guzman**  
**Dr. Rosemarie M. de Guzman**

**Dr. Anjanette M. de Guzman**  
**Dr. Rosemarie M. de Guzman**

**BSV**

**PSCM October 11, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**AESTHETIC GYNECOLOGIC SOCIETY OF THE PHILIPPINES, INC.**

**TIGHT IS MIGHT!**  
A COMPREHENSIVE COURSE IN VAGINOPLASTY (INDICATIONS, TECHNIQUES AND COMPLICATIONS)

**SPEAKER: DR. AMR SEIFELDIN**

**October 13, 2022 4:00 PM**

**dt**

**AGSPI October 13, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**PHILIPPINE SOCIETY FOR REPRODUCTIVE MEDICINE POGS PRE-CONGRESS**  
ADJUNCTIVE THERAPIES FOR INFERTILITY MANAGEMENT: What's Real?

**15 OCTOBER 2022 (SATURDAY) | 4PM - 7PM**

**dt**

**PSRM October 15, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**PHILIPPINE INFECTIOUS DISEASES SOCIETY FOR OBSTETRICS AND GYNECOLOGY, INC.**

**BACK TO BASICS OF ETHICS: A Guide on Protecting the OB-GYN Practitioner from Legal Actions when Dealing with Sexually Transmitted Infection Cases**

**October 18, 2022 4:00 - 7:00 PM**

**Atty. Antonio D. Rebaso, MD**  
**Ricardo M. Manalastas, Jr., MD**  
**Sheila Maria L. Jose, MD**  
**Analya F. Fallarino, MD**

**BSV**

**PIDSOG October 18, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**PSGE PRE-CONVENTION WEBINAR**

**October 20, 2022 6:00 to 7:00 PM**

**NEW DIRECTIONS IN HYSTEROSCOPY**

**REGINA PAZ A. RANERABITU, MD**  
**REGINA PAZ A. RANERABITU, MD**

**dt**

**PSGE October 20, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**PEDIATRIC AND ADOLESCENT GYNECOLOGY SOCIETY OF THE PHILIPPINES**  
COMING OF AGE - Gynecologic Care for Adolescents

**October 22, 2022 SATURDAY | 4:00 - 7:00 PM**

**dt**

**PAGSPHIL October 22, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**Pre-Congress**

**Cervical Microbiome and Cervical Cancer**

**October 25, 2022 4:00 PM - 7:00 PM**

**Dr. Caricovaginal Microbiota and HPV - Related Gynecologic Cancers**  
**Wish I. Mercado, MD**

**Management of Persistent HPV Infections and Squamous Intraepithelial Lesions**  
**Carilyn R. Zalameda-Castro, MD**

**Moderator: Maria Angila R. Bandala, MD**

**BSV**

**AOGIN October 25, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**Pre-Congress**

**Panel Discussion on Risk-Reducing Strategies for Gynecologic Cancer**

**October 27, 2022 4:00 PM - 7:00 PM**

**Moderator: Richard Barredo B. Cocho, MD**

**dt**

**SGOP October 27, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**A NEW LOOK AT ANDEAL MASSES USING IOTA AND ORADS**  
A PRE-CONVENTION WEBINAR

**October 29, 2022 4:00 pm to 7:00 pm**

**FLORENTINA A. VILLANUEVA, MD**  
**KAREN N. REFORMA, MD**

**dt**

**PSUOG October 29, 2022**

**POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN**  
Championing Women's Health and Rights

**POGS 2022 Annual Convention and 76th Anniversary Celebration**  
November 8 - 11, 2022

**PHILIPPINE SOCIETY FOR FERTILITY PRESERVATION**

**POGS PRE-CONGRESS WEBINAR**  
FERTILITY PRESERVATION FROM BENIGN TO MALIGNANCY

**October 31, 2022 | 4:00PM MANILA TIME**

**Margaret Joyce Crist-Lemus, MD**  
**Dr. May Ann T. Alampayan**

**dt**

**PSFP October 31, 2022**

# POGS 2022 MIDYEAR CONVENTION: *Shine Bright Manang*



## THE 2022 POGS MIDYEAR CONVENTION



PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (Foundation), INC.

*Congratulations to the  
2022 Midyear Convention  
Organizing Committee!*  
Region 1 - Northwestern Luzon



For the successful First Phygital  
Convention last July 15-17, 2022  
#ShineBrightManang

*Pride of POGS* ❤️

## PBOG



PBOG  
Diplomate  
Written  
Examination  
conducted at  
Ateneo, QC

## CREED



SEPT. 4, 2022 – 1<sup>ST</sup> MOCK RISE

SEPT. 11, 2022 – 2<sup>ND</sup> MOCK RISE

SEPT. 18, 2022 –  
CREED RISE 2022

## Editorial



**Ma. Socorro C. Bernardino, MD**  
P.R.O.  
Editor-in-Chief  
Bits and Pieces @Women Matters

### Committee on Newsletter & Foundation Day

**Ma. Socorro C. Bernardino, MD**  
Chairman

**Aurora Victoria A. Avelino, MD**  
**Kristen O. Cruz-Canlas, MD**

**Ma. Margarita Leticia Gellaco, MD**  
**Imee D. Gonzalez, MD**  
**Jennifer O. Madera, MD**  
**Shiela T. Magpale, MD**

**Marivic C. Agulto-Mercadal, MD**

**Ma. Socorro M. Solis, MD**  
**Eleyne I. Valencia, MD**  
Members

Ms. Sharnie Espina - Line Secretary

*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.sha@gmail.com](mailto:pogs.sha@gmail.com), or through phone numbers (0927) 438-0513 and (02) 921-2479. Look for Ms. Sharnie M. Espina for any assistance that you might require on this. Thank you very much.*

Good day dear colleagues!

2022 is a YEAR OF RISING! We pulled ourselves together from the unprecedented shadows of the pandemic, and collectively, we rose as ONE POGS to render unremitting service to the Filipino women. Barely three months before the year ends, @POGS has a lot more in store for the future, with its unstoppable drive to continuously improve women's healthcare in the country.

This mini newsletter is the first in its issue- the TIDBITS of what happened over the past 2 months, July and August, and what to look forward in the coming months. The Bits and Pieces will highlight our adaptation into the HYBRID format of the different POGS activities this 2022: the Hybrid 76th Foundation Day celebration, the first phygital Midyear Convention #ShineBrightManang, hybrid activities of PBOG, CREED and other POGS committees, and the upcoming Hybrid 2022 Annual Convention entitled, POGS: Kabalik sa Pagsulong ng Kalusugan at Karapatan ng Kababaihan.

A new feature on the POGS website will be introduced and will be exclusively accessed by POGS members called the "Members Portal" - a hub to streamline our communication with you, and where you can download Member's only forms, serving as a direct link to our virtual library, for the members to enjoy its features.

Another feature to look forward to is the listings of the July and August POGS webinars. The list will have a readily clickable link to the POGS FB Live page, that will allow members to watch the webinars and meetings, as POGS keeps you updated on the latest management in OBGYN. For the September webinar listings, please look forward to the upcoming Clinical Consensus Committee Practice Bulletins, and to other POGS committee announcements.

Enjoy reading and watching "Bits and Pieces @Women Matters", for this is for you dear POGS! There may be humps and bumps along the way, we may hit rock bottom with the pandemic and all but keep in mind that there is no other way but UP!

Let us continue to pray and be safe! ONE POGS for ALL! POGS rises as ONE!



The  
Foundation  
Day  
Committee  
with  
Father  
Arlo Yap

# The Web: POGS Webinars July 2022

**Best Practices in Family Planning Provision**  
July 1, 2022 | Friday | 4-7pm | via Zoom and FB Live

**CHAMPIONING FP AMONG THE URBAN POOR**  
Jose Andrei S. Delo Cruz, RN  
Lichuan

**CHALLENGES OF FP ADVOCACY AND DEMAND GENERATION**  
Juan Antonio Perez, MD  
POPCOM

**CONSTRAINTS IN FP PROVISION IN THE REGIONAL OR PROVINCIAL LEVEL**  
Rita Mae C. Ang-Ban, MD  
Former, DSH Bicol Region FP Coordinator

**HALF-WAY THRU SDG IMPLEMENTATION - HATS FORWARD**  
Joseph Michael J. Singh, MD  
UNFPA

**Anna Belen L. Almazan, MD**  
Chair, Committee on Reproductive Health

**Bernabe R. Florindague, MD**  
MC/Moderator

**Esmeraldo T. Ilem, MD**  
Chair, Task Force on Family Planning

To register, please click on the Zoom account and open the Meeting ID: #310488471 and Password: 366030

<https://fb.watch/flprePfHUN/>

**Version 2.22**  
July 20, 2022  
10-12 NN  
Via Zoom and FB Live

**UNIFIED FIGHT SPEAKERS**

**PANELISTS**

**COMMITTEE HEADS**

<https://fb.watch/flpmkDYIOP/>

**Lay Fora for Cervical Cancer**  
July 24, 2022 | Sunday  
9am-11am

**Moderator**  
Jennifer O. Madera, MD  
Co-Chair, Task Force on Women First

**Ronaldo Antonio R. Santos, MD**  
Chair, Committee on Reproductive Health

**PANELISTS**

Carolyn R. Zalameda-Castro, MD  
Irene M. Tagayuna, MD  
Genalin F. Amparo, MD  
Aileen P. Tomboc, MD  
Jonalyn G. Bagadion, MD

<https://fb.watch/flpictxvLt/>

**BI+ETHICS Forum**  
July 28, 2022, Tuesday, 5:00PM  
Zoom Webinar

**SPEAKERS**

**CASE PRESENTERS**

**REACTORS**

**RAUL IK QUIRANADOR, MD**  
Moderator

To VIEW: Kindly request from the POGS virtual library - <https://bit.ly/3u4Kzut>

**PATIENT BLOOD MANAGEMENT WORKSHOP**  
July 27, 2022 | Wednesday | 08:00 AM-09:00 PM | via Zoom

**IRON DEFICIENCY STATES IN WOMEN: CAUSES AND CONSEQUENCES**  
Mario Carman H. Quereada, M.D., FPOGS

**IRON REPLACEMENT THERAPY: THE NEW PARADIGM**  
Elsa O. Tito, M.D., FPOGS

**IMPLEMENTING PBM: ESTABLISHING AN EXPERT GROUP**  
Mario Antonio E. Robison, M.D., FPOGS

**MODERATOR**  
Modesta Victoria C. Domingo, M.D., FPOGS

**Maria Virginia S. Abalos, MD, FPOGS**  
Chair, Committee on Patient Safety

**Maria Carmen Zorita H. Gumbin, MD, FPOGS**  
Member, Sub-Committee on Patient Blood Management

**Maria Lourdes K. Olayo, MD, FPOGS**  
Member, PBM Committee

**Amelia A. Yegor, MD, FPOGS**  
Member, PBM Committee

with CPD units

To VIEW: Kindly request from the POGS virtual library - <https://bit.ly/3u4Kzut>

**PATIENT SAFETY LECTURES & WORKSHOP**  
July 27, 2022 | 2:00-5:00PM

**TRANSITIONING FROM ADVOCACY TO ACTION**  
Orlye C. Padua, MD  
Past POGS President

**PATIENT'S SAFETY BEST PRACTICE**  
Candice Landa, D. Magno, MD  
Member, Committee on Patient Safety & Quality Improvement

**PATIENT'S SAFETY THROUGH BENTLE BIRTH**  
Hedy Helder Cordero, LV, LCEP  
Founder/CEO, Galy Patient Organization, Inc.

**MATERNAL SEPSIS: UPDATE**  
Sgha Lomon P. Sison, MD  
POGS President

**PSYCHOLOGICAL SAFETY IN HEALTHCARE**  
Alicia Lopez C. Abala, MD  
Chair, Committee on Patient Safety & Quality Improvement

**LEGAL ISSUES ON PATIENT'S SAFETY**  
Dr. Roy C. B. Dumlao  
Attorney at PFI, Victoria Santa Mariscal Hospital Center

**Zoom BREAKOUT ROOMS**  
MATERNAL SEPSIS | INVERSION WOUNDS | POSTPARTUM HEMORRHAGE

**MODERATOR**  
Mara Magpan O. Abala, MD  
Passcode: 369491

To VIEW: Kindly request from the POGS virtual library - <https://bit.ly/3u4Kzut>

**PHILIPPINE OBSTETRICAL AND GYNCOLOGICAL SOCIETY (FOUNDATION), INC.**  
Committee on Reproductive Health  
Task Force on Reproductive Tract Infections

**SPEAKER**

**Panel Discussion: FEMININE HYGIENE: MYTHS AND MISCONCEPTIONS**

**ROJANNAH T. SAMAGON, M.D.**  
Member  
Task Force on Reproductive Tract Infections

**ATTY. CAMILLE R. BURAIN-JAVIER**  
The Social Network

**MS. MARIEA M. CAMBERAN, B.M.**  
National Secretary  
PLGPM, Inc.

**RONALDO ANTONIO R. SANTOS, M.D.**  
Chair, Committee on Reproductive Health  
Moderator

**MARY JUDITH Q. CLEMENTE, M.D.**  
Chair, Task Force on Reproductive Tract Infections

July 28, 2022 (THURSDAY) 03:00 P.M. - 5:00 P.M. LIVE VIA Zoom

<https://fb.watch/flpfagzhdS/>

**PHILIPPINE OBSTETRICAL AND GYNCOLOGICAL SOCIETY (FOUNDATION), INC.**  
POGS Committee on Community Service  
in cooperation with  
POGS National Capital Region  
invites you to

**A Case - Based Discussion on Cervical Cancer Screening**  
July 29, 2022 (Friday) | 2:00 PM - 4:00 PM | via Zoom

**ANALYN FUENTES-FALLARME, MD**  
PANELIST  
PHILIPPINE SOCIETY

**JEAN ANN B. TORAL, MD**  
PANELIST  
PHILIPPINE SOCIETY

**ROSARION L. PARAS, RM, BChS**  
PANELIST  
PHILIPPINE SOCIETY

**AGNES SORIANO-ESTRELLA, MD**  
SPEAKER  
HEALTH CARE PROVIDERS

**ANDREA M. CADDO, MD**  
MODERATOR  
MEDICAL COMMITTEE ON COMMUNITY SERVICES

<https://fb.watch/flpbcoZ9cH/>

**IN CASE YOU HAVE MISSED IT, PLEASE CLICK THE LINK TO WATCH**

# The Web: POGS Webinars August 2022

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.**  
POGS Committee on Community Service  
Region 4 - Southern Tagalog

Invites you to  
5th Community Service Webinar  
(A Case - Based Discussion on Best Practices in Obstetrical Care in Low-Risk and High-Risk Patients)  
August 5, 2022 (Friday) | 2:00 PM - 4:00 PM | via Zoom | [Live](#)

**PANELIST**  
MICHELLE MARTIN DELA CRUZ, MD  
RICHARD M. GONZALEZ, MD, PhD  
MICA CORAZON E. LANDONIS, DR. MED  
GUEST PANELIST  
JACQUES SORIANO ESTRELLA, MD  
MODERATOR  
MARINELA E. DOMINGO, MD

**Hosts and Organizers**  
dkt

<https://fb.watch/flp6pVNo77/>

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.**  
Committee on Maternal and Perinatal Welfare  
World Health Organization

**Maternal and Perinatal Death Surveillance and Response and POGS Maternal Mortality Audit**  
August 17, 2022 | 04:00PM via Zoom

<https://fb.watch/flp03oi5Z1/>

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.**  
POGS Committee on Community Service  
In cooperation with  
Region II - Southern Mindanao

Invites you to  
6th Community Service Webinar  
(A Case - Based Discussion on Obsolete Cultural Practices in Mindanao)  
August 19, 2022 (Friday) | 2:00 PM - 4:00 PM | via Zoom | [Live](#)

**PANELIST**  
ALLEN M. LOPEZ, MD  
SWEET ALI LUBA T. ALJAMAL, MD  
MICHELLE LUI ON, DR. ENT. G.  
GUEST PANELIST  
JACQUES SORIANO ESTRELLA, MD  
MODERATOR  
MARINELA E. DOMINGO, MD

**Hosts and Organizers**  
dkt

<https://fb.watch/floWaDt2Oi/>

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY FOUNDATION, INC.**  
Committee on Environment and Women's Health  
Subcommittee on Climate Change and Disaster Risk Preparedness

Invites you to the 3rd webinar  
The Economics of Climate Change and Disasters:  
Implications to Women's Health  
August 13, 2022 / Saturday / 4:00 PM to 6:30 PM via Zoom | [Live](#)

**GETTING A GRIP ON CLIMATE CHANGE, THE ECONOMY AND WOMEN'S HEALTH POINTS TO CONSIDER**  
Toby Melissa C. Monsod, PhD  
Professor, UP College of Economics

**CLIMATE CHANGE AND DISASTERS EFFECTS ON THE LIVELIHOOD OF DOCTORS...POGS ASSISTANCE**  
Honora Lalaine P. Burong, MD  
Member, POGS Subcommittee on CCE/DRP

**REGION 2 CLIMATE CHANGE AND DISASTERS STORES AND EXPERIENCES**  
Marissa C. Espedillo, MD  
Chairperson, Committee on CCE/DRP, Region 2

**POGS REGION 8 ITS ADVOCACY AND COMMITMENT TO CLIMATE CHANGE**  
Julie Ann B. Bolasting Carson, MD  
Chairperson, POGS Committee on CCE/DRP, Region 8

**POGS SOUTHERN MINDANAO CHAPTER MITIGATING CLIMATE THROUGH DISASTER PREPAREDNESS AND COMMUNITY INVOLVEMENT**  
Cherry Joy C. Tabara, MD  
Chairperson, Committee on CCE/DRP, Region II

**Panelists**  
Peter Mariano P. Borlong, MD  
Leticia Magallon-Magasin, MD  
RANICA B. SIMPSON, MD, MBA  
Joanna Karra S. Aguilanillo, MD

<https://fb.watch/flp3LkEIUV/>

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.**  
POGS Reproductive Health Committee

**Training of the Trainers**  
August 27, 2022 (Saturday)  
8:00 am - 11:00 am  
via Zoom

**Module 1: Adolescent Health Development**  
Maia Theresa B. Mallon, MD  
Marissa M. Baranos, MD  
Rosalie E. Eulogio-Delid, MD

**Module 2: Myths and Misconceptions about Sexuality**  
Maia Theresa B. Mallon, MD  
Rosalie E. Eulogio-Delid, MD

**Module 3: Healthy and Happy Risk Takers**  
Claire Li Li. Bombas, MD  
Eudora Jay G. Lopez-Dominguez, MD

**Module 4: The Clean Teen**  
Maricela S. Ibarra-Salido, MD  
Claire Madala, MD

**Module 5: Social Media Responsibility**  
Renee Corral M. de Luna, MD  
Sandra Guadalupe Madruga, MD

To VIEW: Kindly request from the POGS virtual library - <https://bit.ly/3u4Kzut>

**BIOETHICS FORUM**

**SPEAKERS**  
MARLYN T. DIE, MD  
LOURDES S. CARRO, MD  
MARIA CRISTINA BARRERA, MD

**CASE PRESENTERS**  
MARYAN FATIMA A. MAHAL, MD  
LETIE ANNE M. LINDORAY, MD  
ANNE MARIE CRUZ, MD

**MODERATORS**  
REBECCA M. BAHOL, MD  
EVELINE S. SEMOSO, MD  
MARLYN T. DIE, MD

August 23, 2022, Tuesday, 5:00PM  
Zoom Webinar

To VIEW: Kindly request from the POGS virtual library - <https://bit.ly/3u4Kzut>

Philippine Pediatric Society  
Philippine Society of Neonatal Medicine  
In collaboration with  
Philippine Obstetrical and Gynecological Society

**Beginnings and Beyond**  
Mother and Baby Dialogues Series 2

**HIV AND INFANT FEEDING**  
August 25, 2022 | Thursday  
4:00pm-7:00 pm

**Panelists**  
HIV AND INFANT FEEDING: WHAT TO DO?  
Liza Linares A. Brown, MD  
HIV AND INFANT FEEDING: THE PRACTICE  
Mica Corazon E. Landonis, MD  
HIV AND INFANT FEEDING: POLICIES TO KNOW  
Alyssa Alonzo A. Villaluz, MD

**Hosts and Organizers**  
RANICA B. SIMPSON, MD, MBA  
Dora Magallon M. Logarido, MD  
Janna Magallon M. Logarido, MD

<https://fb.watch/floSFky9iI/>

**INTERNATIONAL FEDERATION OF GYNECOLOGY AND OBSTETRICS and PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.**  
Committee on Environment and Women's Health  
Subcommittee on Reproductive and Developmental Environmental Health

**ADOPT OR ADAPT: BEST PRACTICES IN RDEH**  
presented by the  
POGS REGIONAL CHAPTERS  
August 25, 2022 | 9:00 AM - 1:00 PM | via Zoom

**BEST PRACTICES**  
Pigra Translation of Parent Environmental Exposure History Form  
RDEH Comics: Ang Pagbabantay sa May-Iti  
Print a Tag for Every Needham and Information Dissemination  
Knowledge, Attitudes and Perceptions on Environmental Health Risks on Pregnancy among POGS SPC Members  
E-learning Program: Lay Lectures via YouTube  
Use of multimedia platforms including vlogs to promote the advocacy, integrated in district, and equivalent offices  
Tree Planting

**Panelists**  
MARLYN T. DIE, MD  
MARIA CRISTINA BARRERA, MD  
LETIE ANNE M. LINDORAY, MD  
ANNE MARIE CRUZ, MD  
REBECCA M. BAHOL, MD  
EVELINE S. SEMOSO, MD  
MARLYN T. DIE, MD

**Hosts and Organizers**  
MARLYN T. DIE, MD  
LETIE ANNE M. LINDORAY, MD  
ANNE MARIE CRUZ, MD  
REBECCA M. BAHOL, MD  
EVELINE S. SEMOSO, MD

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**IN CASE YOU HAVE MISSED IT, PLEASE CLICK THE LINK TO WATCH**

# The Web: POGS Webinars August 2022

PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.  
THE AMBIC COMMITTEE ON MEMBERS' MENTAL WELLNESS AND MOTIVATION (M3)

## ME TIME

Quarterly Webinar Series

Address the demands and challenges of being a woman, embracing ourselves and our careers, the 2020s, and living the "ME TIME" for self-care and leading and well lives.

### "ME TIME" WEBINAR NO. 3 PASSION AND POSITIVITY LIVING OUT YOUR LIFE'S PURPOSE

AUGUST 27, 2022 (SATURDAY)  
5:00 PM VIA ZOOM

Hosted by **IBO BO SANCHEZ**

Panelists: **DR. MARLENE ARONSON, MD**, **DR. JUDITH G. CABANELA, MD, FPOGS**, **DR. PRUDENCE V. AQUINO-AQUINO, MD, FPOGS**, **DR. KATHERINA A. DELA CRUZ, MD, FPOGS**

REGISTER HERE

<https://fb.watch/floNPT7T-/>

PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY, INC.

### POGS COMMITTEE ON CONTINUING MEDICAL EDUCATION

In collaboration with  
**POGS Region 10 & Region 11 Chapters**

In cooperation with **Biomedix and Unilab Inc.**  
Present this CME Webinar on

Saturday, August 27, 2022 | 10:00 am | via Zoom

Panelists: **DR. KATHERINA A. DELA CRUZ, MD, FPOGS**, **DR. JUDITH G. CABANELA, MD, FPOGS**, **DR. PRUDENCE V. AQUINO-AQUINO, MD, FPOGS**

Master of Ceremonies: **JUNETTE GRACE ADON-KO, MD, FPOGS**

[https://fb.watch/floLRs3\\_WW/](https://fb.watch/floLRs3_WW/)

Philippine Obstetrical and Gynecological Society Foundation, Inc.  
Committee on Reproductive Health  
Task Force on Women First  
In collaboration with  
POGS Region 9, Western Mindanao

### Lay Fona For Cervical Cancer

AUGUST 28, 2022/  
Sunday 9am-11am

Moderator: **Genalin F. Amparo, MD**  
Member, Task Force on Women First

**Ronaldo Antonio R. Santos, MD**  
Chair, Committee on Reproductive Health

PANELISTS

**Carolyn R. Zalameda-Castro, MD**  
**Irene M. Tagayona, MD**  
**Jennifer O. Madara, MD**  
**Aileen P. Tomboc, MD**  
**Jenilyn G. Bagadiong, MD**

<https://fb.watch/floI84toW2/>

## 11th HPV SUMMIT

A Philippines free of HPV and HPV-related cancers. How do we get there?

PROGRAM

8:00am - 8:30am: OPENING OF VIRTUAL PLATFORMS  
8:30am - 9:00am: WELCOME REMARKS  
9:00am - 9:30am: INTRODUCTION  
9:30am - 10:00am: PHILIPPINE CONTEXT: THE ROAD TO 90-90-90  
10:00am - 10:30am: PHILIPPINES ON THE WORLD MAP OF HPV ELIMINATION  
10:30am - 11:00am: TARGETS FOR CERVICAL CANCER ELIMINATION AND WHAT WE NEED TO DO TO GET THERE  
11:00am - 11:30am: TRANSFORMING BACK TO SCHOOL-BASED IMMUNIZATION  
11:30am - 12:00pm: INNOVATIONS ON SUSTAINING SUCCESS PROGRAM  
12:00pm - 12:30pm: ROLE OF LOCAL GOVERNMENT UNITS  
12:30pm - 1:00pm: Q & A  
1:00pm - 1:30pm: CALL TO ACTION: WORK TOGETHER TO ELIMINATE HPV AND HPV-RELATED CANCERS

August 30, 2022, Tuesday  
9:00am to 12:00pm PST

REGISTER HERE

<https://fb.watch/floF6Ppsmw/>

PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.

### POGS Virtual MPDSR Capacity-Building Workshop

Batch 1: May 2-5, 2022  
Batch 2: August 29-September 1, 2022

USAID MOMENTM

To VIEW: Kindly request from the POGS virtual library - <https://bit.ly/3u4Kzut>

PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.  
Committee on Patient Safety  
Sub-Committee on Patient Blood Management  
in collaboration with POGS Region 8, Eastern Visayas

### PATIENT BLOOD MANAGEMENT WORKSHOP

TRIAS: FROM 5 TO THE NEW STANDARD OF CARE

August 31, 2022 | Wednesday | 08:00 AM-01:00 PM | via Zoom

PATIENT BLOOD MANAGEMENT: WHY SHOULD WE BE IMPLEMENTING IN OUR-OWN PRACTICE  
IRON DEFICIENCY STATES IN WOMEN: CAUSES AND CONSEQUENCES  
IRON REPLACEMENT THERAPY: THE NEW PARADIGM  
IMPLEMENTING PBM: ESTABLISHING AN EXPERT GROUP

MODERATOR: **MARIA CARMEN R. OUSTEDO, MD, FPOGS**

Panelists: **DR. MARIE ANNE TORAL**, **DR. JESSICA TORAL**, **DR. JESSICA TORAL**, **DR. JESSICA TORAL**

To VIEW: Kindly request from the POGS virtual library - <https://bit.ly/3u4Kzut>

## #TIMETOTALKABOUTHPV

A HEALTH FORUM ON HPV PREVENTION AND CANCER CONTROL

31 AUGUST 2022 | 10:00 AM - 11:30 AM

Panelists: **DR. MEI KOHA**, **DR. ANNA LISA ONG-LIM**, **DR. JESS ANNE TORAL**, **MS. CARMEN AUSTO**

[https://fb.watch/fuGfKc2\\_K2/](https://fb.watch/fuGfKc2_K2/)

**IN CASE YOU HAVE MISSED IT, PLEASE CLICK THE LINK TO WATCH**

# The Web: POGS Webinars September 2022

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.**  
Committee on Environment and Women's Health  
Subcommittee on Climate Change and Disaster Risk Preparedness

**REGIONAL PRESENTATIONS OF CLIMATE CHANGE AND DISASTER PREPAREDNESS**  
September 3, 2022 | 4:00 PM to 7:30 PM via [Zoom](#) | [Facebook Live](#)

THE OB-CYN AS CLIMATE CHANGE RISK PREPAREDNESS ADVOCATE: WE DELIVER BEYOND HOSPITAL WALLS  
**Rhia Theresa D. Acedo-Vite, MD**  
Member, Committee on CDRBP, National Capital Region

NAMINAMA: POGS NORTHWESTERN LUZON CHAPTER'S CLIMATE CHANGE AND DISASTER PREPAREDNESS, RESPONSE AND INITIATIVES  
**Mimi Enrieta Pir-Sy, MD**  
Chair, Committee on CDRBP, Northern Luzon

THE POGS-STC INITIATIVES ON DISASTER RESILIENCE AND CLIMATE CHANGE  
**Ramon P. Baldeveno, MD**  
Chair, Committee on CDRBP, Southern Tagalog

A LITTLE BIT OF AWARENESS CAN SAVE A HUNDREDS LIVES  
**Edsel D. Agula, MD**  
Member, Committee on CDRBP, Bicol

CEBU ISLAND DISASTERS AND CALAMITY  
**Weena Damaris T. Cobantan, MD**  
Chair, Committee on CDRBP, Central Visayas

"KUSOG MANDAMAO": THE STRENGTH OF HAMDAMAO DURING DISASTERS: STORIES OF RESILIENCY AND THE VITAL ROLE OF POGS RP  
**Maryam Liabeth Lee-Solhuan, MD**  
Chair, Committee on CDRBP, Western Mindanao

**Becky Pa M. Delaño, MD** CO-VISIT  
**Erilyn L. Limpo, MD, MPH, PhD** CO-VISIT  
**Honorata Lantosa, MD** MODERATOR  
**Liza Rhea M. Morsella, MD** MODERATOR

<https://fb.watch/floA0qZBK2/>

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.**  
invite you to **AHIP** a project of POGS Reproductive Health Committee

**Training of the TRAINERS 2**

September 03, 2022 | Saturday 8:00 AM | via Zoom  
**RETURN DEMONSTRATION**

Module 1: Adolescent Health and development  
Module 2: Myths and Misconceptions about Sexuality  
Module 3: Healthy and Happy Risk Takers  
Module 4: The Clean Teen  
Module 5: AHP Mini-lectures: Fashioning a Teen's Brain  
Module 6: Social Media Responsibility

To VIEW: Kindly request from the POGS virtual library - <https://bit.ly/3u4Kzut>

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.**  
POGS Committee on Community Service  
In cooperation with  
**Region 7 - Central Visayas**  
invite you to

**7th Community Service Webinar**  
(A Case - Based Discussion on Timely Referral of High Risk Patients And Use of Ultrasound in Obstetrics)  
On September 12, 2022 (Monday) | 10:00 PM - 4:00 PM | [Zoom](#) | [Facebook Live](#)

**ELISA D. TRAY, MD** PANELIST  
**WIL SUGAN YELLAZ, MD** PANELIST  
**EDONICA SAGUION, RM** GUEST PANELIST

**AGNETE S. SORIANO-BELLLA, MD** SPEAKER  
**ROSEINDO D. ROKUA, MD** REACTOR  
**MARIA VIRGINIA S. TRAZA, MD, PhD** MODERATOR

**dct**

[https://fb.watch/fu\\_IH1us4/](https://fb.watch/fu_IH1us4/)

**IN CASE YOU HAVE MISSED IT, PLEASE CLICK THE LINK TO WATCH**

**Philippine Obstetrical and Gynecological Society (Foundation), Inc.**  
Committee on Reproductive Health  
Task Force on Women First  
in collaboration with  
Pinarayalan Municipal Health Office, Soroginist International of Pinarayalan, Total Lemery Medical Society and Botangos Medical Center

**Lay Fora for Cervical Cancer**  
September 25, 2022  
Sunday 9:00am-11:00am  
[Zoom](#) | [Facebook Live](#)

**Ronaldo Antonio R. Santos, MD**  
Chair, Committee on Reproductive Health

**Panelists:**  
**Genalin F. Amparo, MD** | **Jennifer O. Madera, MD**  
**Jonalyn G. Sagadlong, MD** | **Alleen P. Tomboc, MD**  
**Carolyn Zalameda-Castro, MD**  
Chair, Committee on Women First  
**Irene B. Magliba-Tagayuna, MD**  
Moderator

Register in advance for this webinar:  
[https://us02web.zoom.us/webinar/register/WN\\_gisgnzlrRj-fWuXFZ0E95g](https://us02web.zoom.us/webinar/register/WN_gisgnzlrRj-fWuXFZ0E95g)

**The 2nd BiAnnual Trainers Meeting 2022**  
The **Changes, Revisions, Empowerment & Engaging Decisions** for Residents

Friday, 30 September 2022  
8:30 am | Via ZOOM

**"HANDLE WITH CARE: Incorporating Mental Wellness in the Residency Training Program"**  
**Regia L. Pichay, MD**  
Member - POGS Ad Hoc Committee - Members' Mental Wellness and Motivation (M3)

**Wayfinding POGS LMS: The Appraisal**  
**Ryan B. Capitulo, MD**  
Chair - POGS Ad Hoc Committee - Learning Management System

**Updating the CREED Handbook**  
**Darleen S. Estuard, MD**  
Head - TWG on Revision of Section 2 CREED Handbook

**PBOG ANNOUNCEMENTS**  
**Jocelyn Zamora-Mariano, MD**  
PBOG Liaison Officer to CREED

**Standardization of Terminology in Obstetrics & Gynecology**  
**Ma. Julicia V. Germa, MD**  
Chair - POGS Ad Hoc Committee - Clinical Consensus

Link to be announced

**Philippine Obstetrical and Gynecological Society (Foundation), Inc.**  
Committee on Scientific Works  
POGS-BSV Bioscience Annual Interesting Case Contest

September 16, 2022, 1:00 PM

**PROGRAMME**

I. Opening Ceremonies 1:00PM  
II. Welcome Remarks **Marilyn T. Dee, MD** President  
III. Welcome Message **Enrico Gil C. Oblepilas, MD** Chairperson  
IV. Presentation of Contest Mechanics **Noel E. Raymundo, MD** Member, Sci. Works  
V. Introduction of Judges **Jessica Ona Cruz, MD** Member, Sci. Works

**Panel of Judges**  
**Jean Anne B. Toral, MD** (Chair)  
**Victoria Rowina R. Sese, MD** (Member)  
**Catherine Joie Carelle R. Ong, MD** (Member)

VI. INTERESTING CASE PRESENTATION

- A Case Report of Cyclic Dermatoses (Autoimmune Progesterone Dermatitis with Cyclic Catamenial Dermatoses) in a 14-year-old patient  
**Jayralo S. Cravito, MD**
- A Rare Case of Extragenital Mullerian Adenosarcoma  
**Pauline Beatriz O. Goringga, MD**
- Swyer Syndrome (46, XY Complete Gonadal Dysgenesis): A Rare Case of Primary Amenorrhea  
**Pamela Maria P. Mallari, MD**
- Starry-Sky Appearance in the Ovary, A Rare Case of Primary Ovarian Burkitt Lymphoma  
**Nicole Ariadne Cecelia A. Cantillas, MD**

**OPEN FORUM**

- A Case of a 45X, 46,X,+mar Male Phenotype Mosaic Turner Syndrome with a Mixed Gonadal Germ Cell Tumor  
**Regine Luparito, MD**
- Primary Ovarian Leiomyosarcoma in a 72-year-old Nulligravid and the 2022 Provisional Diagnostic Criteria for Primary Ovarian Leiomyosarcoma  
**Sherry Mae M. Ampil, MD**
- How to Save a Life? Fetoscopic Laser Photocoagulation of Placental Anastomoses in Twin to Twin Transfusion Syndrome  
**Julia Victoria J. Poblete, MD**
- Misplaced: A Case of Cesarean Scar Pregnancy  
**Kannah Yazdell L. Chua, MD**

**OPEN FORUM**

VII. Short Message **BSV BIOSCIENCE PHILS., INC.**  
VIII. Awarding of Certificates **Madonna Victoria C. Domingo, MD** Member, Sci. Works  
IX. Announcement of Winners **Jean Anne B. Toral, MD** Chair, Panel of Judges  
X. Closing Remarks **Ehren J. Domingo, MD** Vice-President

**Debby Paquing-Songco, MD**  
**Madonna Victoria R. Domingo, MD**  
Master of Ceremonies

To Join, please click the link or scan the QR code  
<https://us02web.zoom.us/j/8122222222>  
[https://register.tzpcpOihRTMtHNxUuKpMJs-Pep4W2\\_XRD5hJ](https://register.tzpcpOihRTMtHNxUuKpMJs-Pep4W2_XRD5hJ)

Register in advance for this meeting:  
<https://us02web.zoom.us/j/8122222222>  
[https://register.tzpcpOihRTMtHNxUuKpMJs-Pep4W2\\_XRD5hJ](https://register.tzpcpOihRTMtHNxUuKpMJs-Pep4W2_XRD5hJ)

**TO REGISTER: PLEASE CLICK THE LINK**

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY, INC.**  
COMMITTEE ON REPRODUCTIVE HEALTH  
PROJECT ON SEXUAL AND GENDER MINORITIES

**VIRTUAL POSTGRADUATE COURSE ON LGBTQI HEALTHCARE**  
A Rainbow of Perspectives

September 19 & 20, 2022 | 2-5 PM

**REGISTRATION IS FREE!**  
Scan the QR CODE or click on the link to register.

Register in advance for this webinar:  
[https://us02web.zoom.us/webinar/register/WN\\_pOSTXuA1Ro2714tV5-nHKA](https://us02web.zoom.us/webinar/register/WN_pOSTXuA1Ro2714tV5-nHKA)



# Infographics

**CLINICAL BREAST EXAM**

It takes 5 minutes to save a life...

**Inspect both breasts** <sup>1,2</sup>  
Visible Lumps, Swelling, Skin changes, Dimpling, Asymmetry, Nipple changes or discharge

**Ask patient to raise her arm**  
The lower half of the breast is examined. Motion of the breast is also assessed.

**Ask patient to flex her pectoral muscles** <sup>2</sup>  
Moving forward (for large breasts), causes tension on the skin resulting in dimpling.

**Palpate for lymph nodes** <sup>2</sup>  
Palpate the axilla with your free hand using the tips of your 2nd, 3rd and 4th fingers. Check supraclavicular LN.

**Palpate for masses** <sup>3</sup>  
1. **Shape:** Irregular borders  
2. **Consistency:** Rock hard or very firm  
3. **Relation to skin:** Fixed to skin  
4. **Changes over time:** Weeks or months  
5. **Tenderness:** Cancer tends to be NON-tender

**Vertical Strip**

**Dial of a clock**

1. <http://www.uptodate.com/contents/breast-examination-physical-examination>  
2. <http://www.uptodate.com/contents/breast-examination-physical-examination-physical-examination>  
3. <http://www.uptodate.com/contents/breast-examination-physical-examination-physical-examination>

## ADHOC COMMITTEE ON BREAST HEALTH AND BREAST CANCER AWARENESS

Every patient deserves a properly done clinical breast exam - every 1-3 years for women 25-39 years old, and annually for women 40 years old and older.

A friendly reminder from the Ad Hoc Committee on Breast Health and Breast Cancer Awareness

## TASK FORCE ON REPRODUCTIVE TRACT INFECTIONS

**PELVIC INFLAMMATORY DISEASE**

**DEFINITION:**  
inflammatory process in the upper female genital tract  
any combination of endometritis, salpingitis, tubo ovarian abscess, and pelvic peritonitis  
Chlamydia and gonorrhea are the most common infections associated with PID.

**SYMPTOMS:**  
post coital bleeding  
fever  
lower abdominal pain  
urinary disorders  
abnormal vaginal discharge  
nausea & vomiting

**RISK FACTORS:**  
Multiple Sexual Partners  
History of STD  
Young age <25 yrs  
Frequent Douching  
History of sexual abuse  
Presence of Intrauterine Device (IUD)

**DIAGNOSTICS:**  
pelvic exam  
CBC  
laparoscopy  
endometrial biopsy  
transvaginal ultrasound

**COMPLICATIONS:**  
ectopic pregnancy  
Infertility  
Chronic pelvic pain

**TREATMENT:**  
Antibiotics  
Hospitalization  
Surgery

PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY  
TASK FORCE ON REPRODUCTIVE TRACT INFECTIONS

Reference:  
CDC Sexually transmitted infections treatment guidelines, 2021. Pelvic inflammatory disease (PID).

## ADHOC COMMITTEE ON MEMBER'S MENTAL WELLNESS AND MOTIVATION (M3)

PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY (FOUNDATION), INC.

AD HOC COMMITTEE ON MEMBER'S MENTAL WELLNESS AND MOTIVATION (M3)

**Sunday Pause**  
**Week 16**

What's a goal you want to accomplish and why?

### SUNDAY PAUSE

A Weekly  
Journaling  
Habit  
for Mental  
Health

# Infographics Videos for patients

**AHIP**  
Adolescent Health Issues and Perspectives

**MUTYA**  
Menses Understood by The Young App

KNOW & UNDERSTAND YOUR BODY

DESIGNED FOR PINAY TEEN

PARENT & DOCTOR FRIENDLY

Tracking your menses made easy ☺

Introducing the first Filipino free downloadable app designed especially for you, the young teen Pinay. This app aims to educate and help you understand developmental changes and menstrual health better - the digital way.

You can download it via Google Play Store. Kindly share the MUTYA app to your friends too.

SCAN QR CODE to download the app

**TASK FORCE ON ADOLESCENT HEALTH ISSUES AND PERSPECTIVES (AHIP)**

For our Teen Patients 📱

The POGS Task Force on Adolescent Health Issues and Perspectives (AHIP) shares with you-

**MUTYA**  
*Menses Understood by The Young App*

- a free downloadable Period Tracker app (for Android) that aims to educate and help our teens understand developmental changes and reproductive and menstrual health better.

To DOWNLOAD:  
<https://play.google.com/store/apps/details?id=com.quitrocantos.mutya>

Kindly share to your patients with Teen daughters and to all Pinay teens. 📱

#POGSAHIP  
#MUTYA  
#TeenRHPinoy



link: <https://pogsinc.org/mutya-app/>

“LGBTQI Healthcare inclusivity starts in our clinics” From the POGS Project on **Sexual and Gender Minorities of the Reproductive Health Committee**



link: <https://www.facebook.com/pogsphilippineobgynsociety/videos/422929913061063/>



link: <https://www.facebook.com/pogsphilippineobgynsociety/videos/771277244012209/>

The Project on Sexual and Gender Minorities Committee aims to bring **AWARENESS on GENDER EQUALITY and DIVERSITY among the medical health providers.**



link: <https://fb.watch/fyJ4u-dzli/>

# What's the Latest for POGS Members

Kindly register in the "MEMBER'S PORTAL" of the POGS website starting September 18, 2022.

link:

*Launching of the POGS Member's Portal*

WWW.POGSINC.ORG

Members can have easy access to:

- Education**
  - Infographics
  - Patient Safety Lectures
  - CPG's
  - Practice Bulletins
- Downloadable Forms**
  - Membership Forms
  - Mutual Assistance Program
  - POGS-AHMOPI and POGS-PAHMOC Application Forms
- Virtual Library**
  - Recorded Webinars
  - E-resources
  - Library Services
  - Useful Links
  - Guidelines
- POGS IMPORTANT ANNOUNCEMENTS**

VISIT OUR WEBSITE TO REGISTER ON:  
*September 18, 2022*

POGS rises as ONE ❤️

Watch out for the launching of the **"Members Portal"** in the POGS website on September 18, 2022

*Features and functions:*

1. Hub for members to access all member benefits allowing data security.
2. Serves as an access point to download "Members only" forms like CMAP, AHMOPI, and PAHMOC forms
3. It has a direct link to the virtual library for request of available E-resources and recorded webinars.
4. It has link for the download of free CPGs, viewing of current CPGs, Practice bulletins, and Educational videos from various POGS committees.

## The Weblog of POGS

The POGS WEBLOG is a community Viber group that will serve as an avenue for POGS official announcements/latest news and sharing of webinars, conventions and events of the POGS committees, Subspecialty/Affiliate societies and POGS affiliate hospitals.

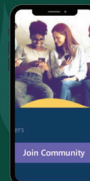
**All POGS members in good standing are encouraged to join the WEBLOG.**

*3 EASY STEPS:*



Fill up the POGS WEBLOG Google form

1



Member will receive invite thru their registered viber number

2

Join Community

Click "Join Community"

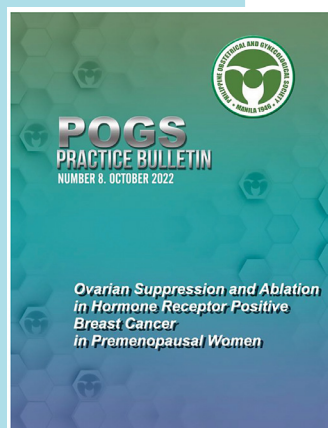
3

POGS rises as ONE ❤️

# Updates from the Adhoc Committee on Clinical Consensus: Forthcoming release of Practice Bulletins



September 2022



October 2022



November 2022