

## Valedictory Address

By Marlyn T. Dee, M.D.  
POGS President, 2022



Good evening. Before the last curtain closes on me, let me present the highlights of my term as POGS 2022 President. The accomplishments of the past POGS presidents serve as an inspiration to me. In my inaugural address done in simple rites virtually, I have mentioned that where there is perseverance, there is success. And truly, with the plans I have presented based on the needs of our members, we have all persevered and become successful.

updated handbook as the requirements of the trainees in the accredited training institutions were affected, and we also saw advancements in different subspecialties and advocacies.

The Committee on Mutual Assistance Program (CMAP) has heeded to our call to increase the benefits of members in need of assistance due to health concerns in particular to those with catastrophic or prolonged admission. Despite the challenges and changes we had to face because of the pandemic, we had to cope with stress, stay on top of these challenges, and make sure that we are able to fulfill our duties and responsibilities. As we went through almost three years of restricted health protocols and stressors, there is an urgent need to create projects to ensure and boost good mental health of our members.

As health care professionals, we must be healthy both physically and mentally for us to be able to provide quality health care to our patients.

This became a reality with the creation of the Adhoc Committee on Members' Mental wellness and Motivation (M3). We had 3 quarterly activities labelled as ME TIME for self-care, self-healing and service. Likewise there was a Sunday Pause activity, a weekly journaling for mental health, a healthy way to express oneself and effectively manage stress. We have likewise asked the support of different POGS committees and the subspecialty heads to limit the number of webinars per day to avoid overlapping, and to limit activities during weekends. To date, we have noticed improvement, and I would like to thank all those concerned for their cooperation.

I likewise envisioned for the improvement of POGS Information Technology thru the POGS Learning Management System (LMS) as the use of the virtual platform will stay even after the pandemic. The LMS serves as the portal for the conduct of the POGS CME Online Moratorium Review course for both written and oral examinations, the Advances in Labor and Risk Management (ALARM) workshops in the regions, the Philippine Society of Ultrasound in Obstetrics & Gynecology (PSUOG) Certifying Board examination and the CREED's Residents In-service examination to name a few. Thank you for trusting POGS LMS but we are still in constant search for a dedicated IT personnel to serve more.

The POGS Online Review Course for the Written and Online Examination was conducted by the CME Committee and participated by 33 Faculty. More intensive review course was done with the faculty present to answer the participants' queries. 80.78 % and 61.90% of the enrollees to the Review Course passed the written and oral examinations respectively.

As I have also mentioned in my inaugural address, aside from my training and practice as a clinician, I am also an educator. I care for the training of our younger colleagues. I believe that molding the younger generation into becoming good physicians is of paramount importance, just like how our previous mentors taught us to become the physicians we are now.

One of my plans is to help the residents meet the number of cases required. Because of the Covid pandemic, residency training is probably the most affected as it requires clinical experience and clinical skill proficiency which have been reduced.

The CREED has consistently monitored the needs of the training institutions through research and came out with resolutions that will help in the dwindling cases of trainees. Its role is to oversee how the training institutions are able to comply with requirements needed for accreditation of hospitals and certification of trainees, and subsequently, to recommend to the Philippine Board of Obstetrics & Gynecology (PBOG) through the Board of Trustees (BOT) any changes or modifications in the requirements set for accreditation of training institutions. The mitigating measures done without affecting the competency required of the trainees were approved by the BOT such as: identifying the minimum requirements for OB and GYN procedures having a memorandum of agreement (MOA) of at least Level 2 accredited institutions under the supervision of POGS fellow, surgical missions, partnerships with LGUs, and the shift from the transfer of technical responsibility (TTR) to private cases. The PBOG is cognizant of the challenges in training and supported the recommendations of CREED as there should be a proper coordination between the two. PBOG likewise implemented this year its newest program, the Provisional Accreditation of Residency Training Programs in Obstetrics and Gynecology (PARTP) aimed to support and monitor the progress of accreditation among interested training institutions with the support of CREED. Both PBOG and CREED came out with the



We are cognizant of the importance of statistics in our practice. Thus PNSS thru its Chair Dr. Annette Macayaon has consistently aimed at timely submission and correct data encodement. We supported research by collaborating with other specialty societies and through the POGS Unified Research Agenda (PURA), worthy projects for health research were funded and up to this date, there are 3 PURA projects.

Maternal morbidity and mortality remains to be high. We have supported the Committee on Maternal and Perinatal Welfare in its collaboration with AFOG on the Virtual Maternal and Perinatal Death Surveillance and Response (MPDSR) Capacity Building.

The purpose of which is to strengthen the skills of maternal and perinatal health program managers and providers of MPDSR processes that contribute to reduction in preventable maternal and perinatal deaths and improve the quality of maternal and perinatal care. Trainings were cascaded to all the stakeholders. We supported the empowerment of regions to enhance their potential as future leaders.

We saw how our regional members shared their experiences in the community service, patient safety, patient blood management, RDEH and Reproductive health, and other advocacies.

We are very happy with the group of POGS PHIC/HMO for successfully negotiating on behalf of the POGS members to get the highest consultation fees compared to other specialties, attending meetings and workshops on the Disease-Related Groupings (DRGs ) and the planned clinical validation of mapped RVS-ICD-10 codes.

As President, I worked hand in hand with other 7 specialty divisions to manifest our position on the pending bill of the House and Senate in the new Physician Act of 2022 to replace the Medical Act of 1959. The Physician's Act is an act regulating the education, licensure, practice and integration of the medical profession in the Philippines

Ang Pangako has become a presidential project and I would like to express my gratitude to the 76th annual convention organizing committee for initiating a project that will symbolize POGS and to the scientific program subcommittee for conceptualizing "Ang Pangako"

The sculpture symbolizes POGS and is a reaffirmation of our commitment to women's health and rights.

All the past presidential projects I have continuously supported because they are valuable projects (Bioethics forum, Breast health and Breast Cancer awareness, PURA, POGI. Adhoc committee on clinical consensus, Manila Declaration HPV summit)

The year 2022 was a busy but very fulfilling year for me. Thank you to the POGS past presidents for serving as my advisers, The Board of trustees, To Dr. Sherri Ann L. Suplido of Community Service, she is miss amiable with her signature cuteness, pose, and smile. Dr. Maria Virginia S.

Abalos of Patient Safety and Patient Blood Management she has always been known for her administrative leadership and for being passionate in what she does. Dr. Anabelle Alensuela of Reproductive Health who is always persevering and is a superwoman able to oversee all the projects under her.

Dr. Enrico Gil Oblepias of Scientific Works. A gentleman, a believer, and a jedi. Known to be very committed and is someone who accomplishes all his tasks well. Dr. Ma. Gay Gonzales of Library and Archives, Ms. Early bird who is most often the first to come, is very conscientious, and is always willing to adapt to the changes necessary including technology.

Dr. Pressie Eclarin of the Committee on Hospital Accreditation and Service, who is ever-reliable and dependable. Dr. Milagros Tia-Jocson of CME & POGS Online Review Course known to be naturally beautiful, softspoken, and someone who can always deliver and accomplish her tasks. Dr. Ronaldo Santos of RHI always fun and very vocal in expressing his views. Dr. Gil Gonzalez of the CPGs, A musician and rock star and always has a diplomatic way of giving his opinions. Dr. Annette Macayaon, Maternal and Perinatal Welfare (MPW) and POGS Nationwide Statistics System (PNSS) Beneath her charming stance, she is very dependable and can complete her tasks to the fullest that is why she was given a higher post in her region. Dr. Socs Bernardino, our PRO. A trailblazer for conceptualizing the POGS national anthem and hymn and for publishing this year's newsletter, Women Matters @ POGS, Bits and pieces, and web blogs. Dr. Erwin de Mesa, our Finance Officer, He is the giver who was able to handle the finances well especially all our last minute requests. Dr. Leilani Coloma, our secretary, She stands tall and has made my POGS journey easy by making sure everything in POGS is in order. Dr. Efren Domingo the VP and overall organizing chair of the Annual convention. He is very skillful and with all his administrative experience, he is always able to give valuable advice to settle various issues.

Thank you as well to The regional directors for cascading the projects to their respective regions and the secretariat for all the hard work they have done. I would also like to mention my gratitude to my support system: First and foremost, the almighty. My Second Family: the Department of OBGYN at UST Hospital and the FMS, and the Tondo Medical Center. My deepest gratitude for honing me to what I am today. And to my family, for understanding my work and for the support.

It has been a successful year and I owe it to everyone who has made this journey fruitful. I would like to end with this quote that states that "Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do."

Let us continue to do all things with hard work, perseverance, and love.  
\*\*And together, let us all continue to rise as one!

Thank you!





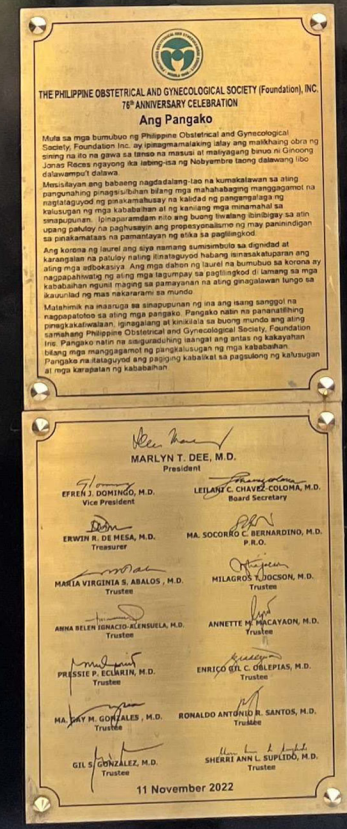
# Ang Pangako

**M**ula sa mga bumubuo ng Philippine Obstetrical and Gynecological Society, Foundation Inc. ay ipinagmamalaking ialay ang malikhaing obra ng sining na ito na gawa sa tanso na masusi at matiyagang binuo ni Ginoong Jonas Roces ngayong ika-labing-isa ng Nobyembre taong dalawang libo dalawampu't dalawa.

Masisilayan ang babaeng nagdadalang-tao na kumakatawan sa ating pangunahing pinagsisilbihan bilang mga mahahabaging manggagamot na nagtataguyod ng pinakamahusay na kalidad ng pangangalaga ng kalusugan ng mga kababaihan at ng kanilang mga minamahal sa sinapupunan. Ipinaramdam nito ang buong tiwalang ibinibigay sa atin upang patuloy na paghusayin ang propesyonalismo ng may paninindigan sa pinakamataas na pamantayan ng etika sa paglilingkod.

Ang korona ng laurel ang siya namang sumisimbulo sa dignidad at karangalan na patuloy nating itinataguyod habang isinasakatuparan ang ating mga adbokasiya. Ang mga dahon ng laurel na bumubuo sa korona ay nagpapahiwatig ng ating mga tagumpay sa paglilingkod di lamang sa mga kababaihan ngunit maging sa pamayanan na ating ginagalawan tungo sa ikauunlad ng mas nakararami sa mundo.

Matahimik na inaruga sa sinapupunan ng ina ang isang sanggol na nagpapatotoo sa ating mga pangako. Pangako natin na pananatilihin pinagkakatiwalaan, iginagalang at kinikilala sa buong mundo ang ating samahang Philippine Obstetrical and Gynecological Society, Foundation Inc. Pangako natin na sisiguraduhing iaangat ang antas ng kakayahan bilang mga manggagamot ng pangkalusugan ng mga kababaihan. Pangako na itataguyod ang pagiging kabalikat sa pagsulong ng kalusugan at mga karapatan ng kababaihan.



The year 2022 was another year that has come to fruition for the POGS.

This year's hybrid convention capped the Continuing Medical Education (CME) activities of the Society. Besides this, a lot of social events, both live and virtual, were organized during the 4-day Annual Convention last month.

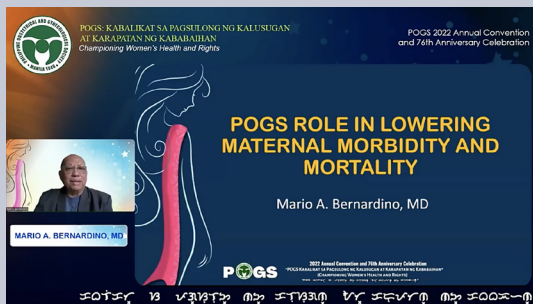
Indeed, it was a very successful 2022 Hybrid Convention with the theme: "POGS: KABALIKAT SA PAGSULONG NG KALUSUGAN AT KARAPATAN NG KABABAIHAN" (POGS CHAMPIONING WOMEN'S HEALTH AND RIGHTS) and a different experience this time in keeping with the 76th Anniversary Celebration of the Society.

A part of the Scientific sessions was the POGS' Hour. This was presented on November 9 and 10 during the Plenary sessions.

The POGS Integrated Committees on PhilHealth Insurance Corporation (PHIC) and Health Maintenance Organizations (HMO), headed by Dr. Concepcion D. Rayel and **Dr. Rowena M. Auxillos** respectively, updated the membership on the recent developments in the Relative Value Units (RVUs) related to the Diagnosis Related Groups (DRGs) identified by the National PHIC and also introduced the recent Memorandum of Agreement (MOA) signed between the POGS, Philippine Association of Health Maintenance Organization Companies (PAHMOC) and Association of Health Maintenance Organization of the Philippines (AHMOPI). These projects were pursued to assure our patients of their indemnification of covered losses and claims and moreover to enhance the revenues obtained by the healthcare providers, our members from the insurance companies which we affiliate with.



The Ad hoc Committee on Health Education Aligning Lying Ins to Hospitals (HEALTH) with the POGS Organization of Government Institutions (POGI), through its Project Director **Dr. Mario A. Bernardino**, has rendered an overview on the role of the Committee as a catalyst in promoting women's health and lowering Maternal and perinatal morbidity and mortality through a concerted effort in the delivery of services amongst different stakeholders through the Health Care Provider Network (HCPN).

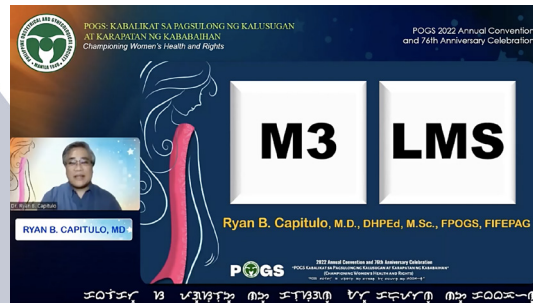


**Dr. Maria Virginia S. Abalos** moderated the discussions of the three previous Committees during the session.



# POGS Session Highlights

The different Presidential Ad hoc Committees, kicked off by the committee on Members' Mental wellness and Motivation (M3) and Learning Management System (LMS) through its Chairperson **Dr. Ryan B. Capitulo**, gave an up to the minute report on the ME time webinars that were cascaded for our members and the different projects and programs of the Society and of other Affiliate Societies that were carried out using the POGS (LMS).

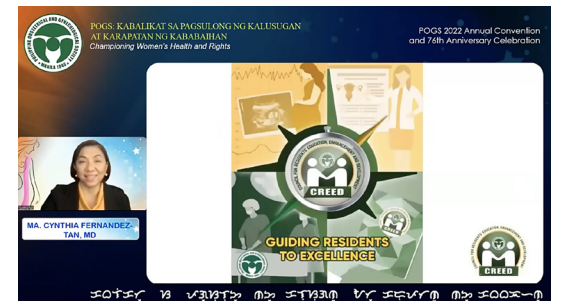


**Dr. Ditas Cristina D. Decena**, **Dr. Lourdes B. Capito** and **Dr. Christia S. Padolina**, our representatives and pride in the global arena through the different prestigious International Professional organizations catering to Women's Healthcare like International Federation of Gynecology and Obstetrics (FIGO) and Asea and Oceania Federation of Obstetrics and Gynecology (AFOG), updated the members on the Society's collaboration, benefits and linkages and networks by way of these alliances.

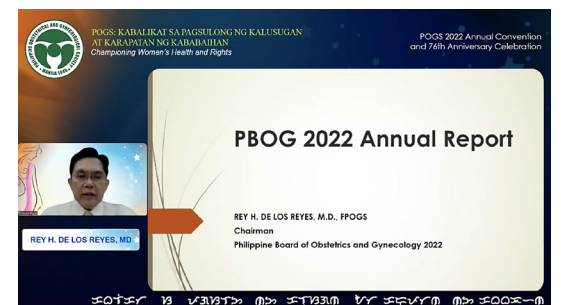


During the second day of the POGS session on November 10, 2022 current news from the Boardroom, through the reports of the different bodies and Committees working synergistically to enhance and improve on the training and development of the resident physician trainees, our young colleagues, fellow members and clinicians in our ranks were conveyed.

The Council for Residents' Education, Enhancement and Development (CREED) through its Chair, **Dr. Cynthia F. Tan** reported on its major undertaking this year which was the revision of the Council's Handbook. Dr Tan mentioned on the key revisions that were focused on Section II on Residency Training Program addressing the updated Instructional Designs (IDs) and the revised minimum case requirements. The item on Professional responsibilities in Residency Training with guidelines on Ethical conduct on trainer-trainee interactions and relationship, patient care and autonomy and residents' supervision is the new article included to the Handbook. We shall also find all these on the CREED portal in the Society's website: [www.pogsinc.org](http://www.pogsinc.org).



**Dr. Rey H. delos Reyes**, Chairperson of the Philippine Board of Obstetrics and Gynecology (PBOG) gave a full account of the great deal of work they have accomplished this year from the Hospital accreditation visits (virtual and some in person) to 54 Residency Training Institutions and more at the end of the year. He also reported on the successful conduct of the Part 1 written Diplomate exam, in person in the Ateneo de Manila University, CTC SMART Building last July 10, 2022. The two batches of the Part 2 oral Diplomate exams were also carried out well, this year. The PBOG Handbook was also revised this year and was turned over to President **Marlyn T. Dee** during the Annual Business Meeting.

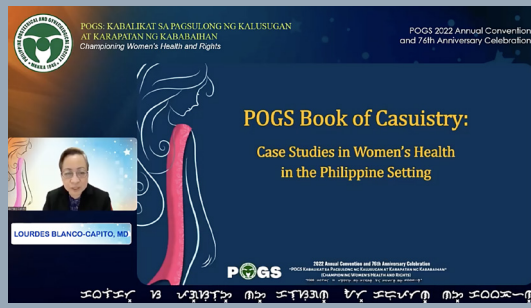


The Committee on Maternal and Perinatal Welfare led by its Chairperson, **Dr. Annette M. Macayaon** cascaded the results of the workshops on Maternal and Perinatal Death Surveillance Response (MPDSR) a program under AFOG, to the different regions with related Committee heads enjoined. It aimed to strengthen the skills and knowledge of health program managers and providers on these vital processes in improving and ensuring quality healthcare for every pregnant woman and newborn.

Dr. Macayaon also communicated during the session the upgraded and revised POGS Nationwide Statistics system aspired to handle and produce data that are relevant for the use of every member of the Society, especially for research and for the assessment of the health outcomes.



For the work of the Ad hoc Committee on Clinical Consensus headed by **Dr. Maria Julieta V. Germar**, they were able to put forward and publish a total of two (2) Practice Bulletins (PB) namely, the PB #6 – Algorithm on the Monkeypox virus and PB #7 – Recommended and Updated Immunizations for Women (IFW). The Committee also updated 2 existing Practice Bulletins such as PB #1 regarding Covid 19 boosters for pregnant women and PB #2 – Guidelines on Dystocia. We are looking forward to three (3) more Practice Bulletins to be published in the next months to come. These will be PB on Cervical Cancer screening Guidelines, PB on Ovarian ablation/ suppression on hormone receptor positive (+) Breast cancer among premenopausal women and PB on the Standardization of Terminologies in Obstetrics and Gynecology. Dr Germar emphasized then that the Practice Bulletin does not take the place of the Clinical Practice Guidelines (CPGs), rather it serves as a guide for the trainees and the clinicians, our members which are based on evidences and consensus. All these can be found on the POGS website as well under the Education tab of the Members' portal.



dilemmas in the management of certain cases in their practice of OBGYN.

All essential matters and important updates for our members, from each Committee were tackled substantially. I am confident that our members had gained a valuable experience during the sessions.

**The Hybrid Annual Business Meeting (ABM) had 3,216 attendees**, virtually via Zoom and 61 members in person, at the PICC Reception Hall on November 9, 2022. This was conducted immediately after the President's hour that followed the POGS session, subsequently on that day. The desired results of the assembly were achieved efficiently with the presence of every member and officers of the Society.

This year, we were able to enjoin and welcome 233 newly certified Diplomates and 160 new Fellows in our ranks who were inducted during the Opening and Closing Ceremonies of the Annual Convention, respectively.

Congratulations to the POGS! Indeed, we rise as ONE.

The virtual elections that transpired during the third day of the Convention on November 10, 2022 was systematic and orderly. The newly elected Officers and Trustees of the Society are the following:

### 2023 BOARD OF TRUSTEES

- Efren J. Domingo, MD**  
President
- Milagros T. Jocson, MD**  
Vice President
- Leilani C. Chavez-Coloma, MD**  
Board Secretary
- Erwin R. De Mesa, MD**  
Treasurer
- Ma. Socorro C. Bernardino, MD**  
PRO

### TRUSTEES

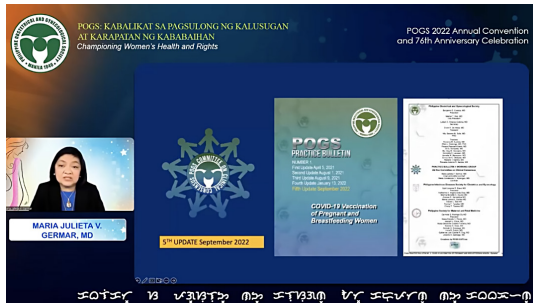
- Anna Belen Ignacio-Alensuela, MD**
- Ryan B. Capitulo, MD**
- Eleanor C. Chacon, MD**
- Rommel Z. Dueñas, MD**
- Pressie P. Eclarin, MD**
- Ma. Maureen F. Fortuna, MD**
- Ma. Gay M. Gonzales, MD**
- Ramon M. Gonzalez, MD**
- Enrico Gil C. Oblepias, MD**
- Sherri Ann L. Suplido, MD**

In November, the CREED and PBOG have already elected their new Chairpersons and have also appointed the respective Council and Board Secretaries.

For the CREED, the incoming 2023 Chairperson is **Dr. Mary Jocelyn Y. Laygo** and the Council Secretary is **Dr. Darleen S. Stuart**.

The incoming Chairperson of the PBOG for 2023 is **Dr. Teresa Diana B. Bongala** and its Board Secretary is **Dr. Ma. Socorro M. Solis**.

Finally, I enjoin each member of the POGS to regularly visit our website at [www.pogsinc.org](http://www.pogsinc.org) and seek the desired relevant and necessary information from the particular marker and portals. Happy surfing on the POGS website and until the next issue.



The highlight of the report of the Ad hoc Committee on Bioethics headed by **Dr. Lourdes B. Capito**, was the creation of the Book of Casuistry on Bioethical cases. Initially, there were 22 cases from the different POGS accredited institutions and individual regions compiled in the Casuistry. More cases can be added to the book in the future, and it can serve as a template and guide for our members who might encounter the same

## 2023 PBOG CALENDAR OF ACTIVITIES

### DIPLOMATE PART I (Written) EXAMINATION

Period of Application: March 6 – April 14, 2023  
Date of Examination: July 9, 2023  
Venue: TBA

Fees for Part I Application and Examination:

- Application Fee: P3,000.00 (Must be paid upon submission of requirements)
- Examination Fee: P5,000.00 (Must be paid upon approval of requirements)

### DIPLOMATE PART II (Oral) EXAMINATION – 1st Batch

Period of Application: Dec. 5, 2023 – January 10, 2023  
Date of Examination: March 10, 17, 24, 2022  
Venue: TBA (Face to Face)

### DIPLOMATE PART II (Oral) EXAMINATION – 2nd Batch

Period of Application: April 10 – May 12, 2023  
Date of Examination: August 4, 11, 16, 25, 2023  
Venue: TBA

Fees for Part II Application and Examination:

- Application fee: P4,000.00 (Must be paid upon submission of requirements)
- Examination fee: P6,000.00 (Must be paid upon approval of requirements)

### HOSPITAL ACCREDITATION VISITS

Deadline for submission of application February 28, 2023  
Date of Visits: February to September 2023  
Fees for initial evaluation of application: P 5,000.00  
Hospital Accreditation fee: P 20,000.00

### PROVISIONAL ACCREDITATION FOR RESIDENCY TRAINING PROGRAM IN OBSTETRICS & GYNECOLOGY (PART – P)

Deadline for submission of application: March 31, 2023  
Hospital Assessment Fee PAP 0: P 20,000.00

\*Submissions of application papers and requirements will be accepted from Mondays to Fridays (except Holidays) until 5:00 PM only.

## CREED CALENDAR OF ACTIVITIES 2023

### JANUARY

Jan 24 (T)

Induction and 1st Council Meeting (F2F);  
distribution of assignments for RISE 2023

### APRIL

April 21 (F)

1st Bi Annual Training of Trainers (Online)

April 22 (S)

Trainers' Workshop (F2F)

### JUNE

Jun 3 (S)

Deadline for TOs to submit their  
list of Residents for RISE 2023

Jun 15 (Th)

Deadline for payment for RISE 2023

Jun 16-24

Online Registration of individual  
resident for RISE 2023

### SEPTEMBER

Sept 17 (Sun)

RISE (F2F)

Sept 29 (F)

2nd Bi Annual Training of Trainers (Online)

# PHILLIPINE BOARD OF OBSTETRICS AND GYNECOLOGY 2022

By **Ma. Socorro M. Solis, MD**  
PBOG Secretary

The year 2022 was indeed a very busy one for the Philippine Board of Obstetrics and Gynecology. A total of fifty four (54) hospitals were visited for accreditation, which had the members going out almost every weekend for inspection and review. Fifteen hospitals were those who were supposed to be visited in 2021 but was endorsed to this year. Thirty hospitals were due for 2022, and the rest were monitoring and mandatory visits. The newest PBOG program Provisional Accreditation of Residency Training Programs (PARTP) in Obstetrics and Gynecology committee members are also visiting hospitals who have applied to be included in this program and are being monitored.

After two years of doing online diplomate written examinations, this year's exam was conducted face to face. Following safety protocols and IATF regulations, a new venue in the Ateneo de Manila University was rented, using several classrooms with filters and good ventilation. Post examination Covid surveillance was also conducted on the examinees. The overall experience was quite encouraging and is being planned to be pursued for the coming 2023 Diplomate Written Examination.

March and August were the Diplomate Orals Examination conducted purely online. The only limiting factor was the internet connection of both the examinees and examiners but measures were put in place to address these concerns. The passing rate for online orals and face to face was comparable, and the overall experience was again favorable. The plans for the Orals Exam in 2023 will most likely be online again.

The PBOG handbook is undergoing final revision and editing and will be available by next year. The 2023 PBOG calendar will be uploaded in the website together with all pertinent documents for prospective applicants to the certifying examinations.

The PBOG Members wish everyone a Merry Christmas and a Joyful Holiday Season.



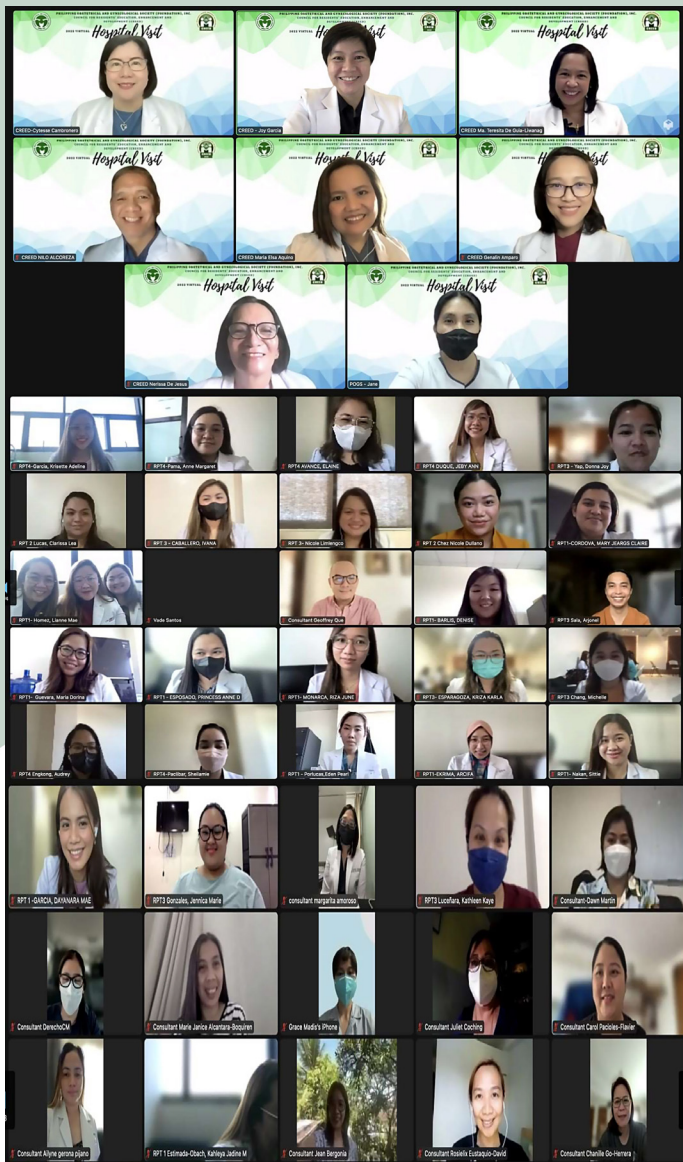
# CREED Updates 2022

By Ma. Cynthia Fernandez-Tan, MD  
CREED Chair

For the second half of the year, CREED virtually visited and monitored the 15 hospitals on their second year of accreditation: Region II Trauma and Medical Center, Our Lady of Lourdes Hospital, Governor Celestino Gallares Memorial Hospital, Cebu Doctors' University Hospital, St. Paul's Hospital Iloilo, East Avenue Medical Center, Southern Philippines Medical Center, Mariano Marcos Memorial Hospital and Medical Center, Rizal Medical Center, University of Perpetual Help Delta Medical Center Las Piñas, Manila Doctors Hospital, De La Salle University and Medical Center, Cotabato Regional and Medical Center, Seamen's Hospital and the Davao Regional Medical Center

One of the culminating activities of CREED was the online Residents' Inservice Examination. One thousand one hundred eleven residents from 90 accredited training programs and seven non-accredited programs took the examination. There were 41 registered residents who did not take the exam for various reasons. We were assisted by 120 chairs, training officers and members of the residency training committee who acted as examination proctors. Additionally, 4 POGS line secretaries and 8 Nephila staff were assigned in help rooms to provide technical support.

The proposed revisions and justifications were presented and discussed in a tripartite meeting attended by members of the POGS Board of Trustees, members of the Philippine Board of Obstetrics and Gynecology and the CREED on September 5, 2022.



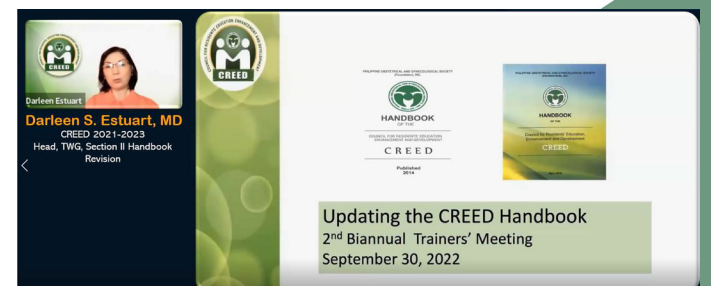
Virtual visit Southern Philippines Medical Center, August 11, 2022



RISE 2022 proctors and technical support, September 18, 2022



Virtual Tripartite (BOT PBOG and CREED) meeting to discuss proposed revisions and justifications of the 2022 CREED Handbook.



In the Trainers' Meeting on September 30, the major revisions were presented to the Chairs and Training Officers of all Residency Training Programs, as well as to the Regional Directors, members of the Philippine Board of Obstetrics and Gynecology, and the Board of Trustees. The Handbook is now awaiting printing and distribution this month.

The major undertaking of the CREED this year was the updating of the CREED Handbook which was completed last August.

CREED endeavors to oversee the provision, evaluation and continued improvement of the standard of residency training in OB-GYN that is responsive to the reproductive health need of the Filipino.



CREED



2022



**The 2nd BIENNIAL 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**  
Ryan B. Capitulo, M.D., DHPed, M.Sc., FPOGS, FIFEPAG  
Assistant Professor IV-B  
College of Medicine  
LUNA Memorial Medical Center

**Way Finding: POGS LMS: The Appraisal**  
Eileen Grace F. Tancino, MD  
Member - POGS Ad Hoc Committee - Learning Management System

**Updating the CREED Handbook**  
Darleen S. Estuar, MD  
Head - TWG, Section B Handbook Revision

**POGS ANNOUNCEMENTS**  
Jocelyn Zamora-Marciano, MD  
POGS Liaison Officer to CREED

**Standardization of Terminology in Obstetrics & Gynecology**  
Maria Julieta V. Germar, MD  
Chair - POGS Ad Hoc Committee - Clinical Consensus

## EDITOR'S CORNER



Message from the  
Editor-in-Chief

Women Matters @ POGS  
POGS Newsletter Online

Ma. Socorro C. Bernardino, MD  
POGS P.R.O.

# POGS has risen as ONE in 2022

Time flies when you're having fun. A quote I have learned in my younger years that when it is applied to work - any challenge, strict schedule or deadline and even multitasking can be achieved swiftly and lightly when you enjoy what you are doing. The accomplishments in 2022 of the various committees of our dear society is a reflection of us adapting and being resilient in the new normal. Truly, we have all risen beyond the limitations brought about the pandemic. Kudos to each and everyone! Looking forward to 2023!



POGS has risen as ONE ❤️



POGS rises as ONE Team



## Committee on Newsletter and 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. Gonzales, MD

Jennifer O. Madera, MD

Shiela T. Magpale, MD

Marivic C. Agulto-Mercadal, MD

Ma. Socorro C. Solis, MD

Eleyneth I. Valencia, MD  
Members

The POGS Member's Portal is now OPEN

WWW.POGSINC.ORG

Members can have easy access to:

- Education**
  - Infographics
  - Patient Safety lectures
  - Clinical practice guidelines
  - Practice bulletins
- Downloadable Forms**
  - Membership forms
  - Mutual Assistance Program
  - POGS-AHMOPI and POGS-PAHMOI 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 ❤️

## The POGS MEMBER'S PORTAL

In the POGS website is still open for registration. Enjoy its features as it streamlines communication - download member's only forms, have a direct link to our virtual library and access to view and download contents useful in OB GYN research, training and clinical practice.

Inviting all POGS members to REGISTER:

1. Associate member
2. Junior member
3. Diplomate
4. Fellow
5. Life member
6. Honorary Fellow

Please click here to register:  
[https://pogsinc.org/login/?redirect\\_to=https%3A%2F%2Fpogsinc.org%2Fmembers-portal%2F](https://pogsinc.org/login/?redirect_to=https%3A%2F%2Fpogsinc.org%2Fmembers-portal%2F)

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:

1. Fill up the POGS WEBLOG Google form
2. Member will receive invite thru their registered viber number
3. Click "Join Community"

POGS rises as ONE ❤️

## The WEBLOG of POGS

Inviting all members to join the WEBLOG of POGS which is a community Viber group that will serve to update POGS members of official POGS announcements, latest news and sharing of webinars, conventions and events of the different POGS committees, subspecialty/affiliate societies and POGS affiliate hospitals.

Our goal is to reach out to all members and provide necessary convenience in getting immediate information using the current technology. All POGS members are encouraged to join the WEBLOG. You will receive an invite upon signing up on the WEBLOG Google form using your registered Viber number.

Pls fill up the Google form to join.  
<https://forms.gle/BvCYAkuPPZ3RRBvY8>

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.

# BUSINESS MEETING

POGS 2022 Annual Convention and 76<sup>th</sup> Anniversary Celebration

Photo Gallery



## Appreciation, Recognition and Christmas Party

Photo Gallery



# 2022 ANNUAL CONVENTION HIGHLIGHTS



Highlights of the

# POGS 2022 Annual Convention and 76<sup>th</sup> Anniversary Celebration

November 8-11, 2022

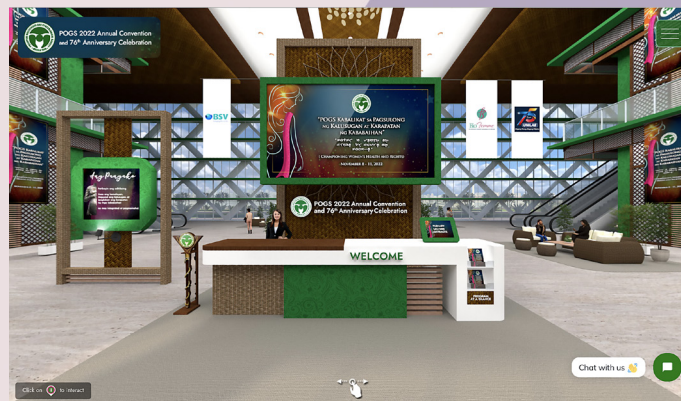
By Ana Victoria V. Dy Echo, MD  
Convention Secretary

The POGS 2022 Annual Convention and 76th Anniversary Celebration was one of the most awaited activities of POGS for the year 2022. With the theme “POGS Kabalik sa Pagsulong ng Kalusugan at Karapatan ng mga Kababaihan”, this year’s Annual Convention was the first convention since the pandemic which allowed more participants to attend face-to-face and enjoy all the festivities of the convention.

The week started with the POGS Zoomba last November 6, 2022 at the PICC Open Grounds. Led by the Zamora brothers, the over 100 POGS members sweat their hearts out for 2 hours dancing to famous TikTok songs and Maneuvers dance moves. During the event, the winners of the POGS Move-a-Thon, as well as the TikTok Challenge were also announced.



with the Welcome Reception, Anyaya, which featured the talent of our POGS members all over the country, serenading the guests with favorite Filipino music.



The Opening Ceremonies was held last November 8, 2022, at 3 PM at the PICC Reception Hall. It was attended by over 600 participants. It was specifically an exciting event for the 233 POGS Diplomates, as they had the opportunity to experience the momentous event of being conferred as diplomates of POGS in a face-to-face set-up. Another highlight of the night was the awarding of the 2022 POGS awardees: Dr. Mark Q. Antonio, Constantino P. Manahan Young Researcher Award; Dr. Lylah D. Reyes, Dr. Honoria Acosta-Sison Award of Merit for Research; Dr. Jericho Thaddeus P. Luna, Dr. Ramon Lopez Award of Merit for Community Service, Dr. Virgilio R. Oblepias, POGS Award of Excellence in Clinical Practice, and Dr. Susan Palea-Nagtalon, Baldomero Roxas Awardee for Academic Excellence and Memorial Lecturer. The night ended



# Highlights of the POGS 2022 Annual Convention and 76<sup>th</sup> Anniversary Celebration



The scientific activities started last November 9, 2022. All lectures were viewed through the website. The POGS members experienced a seamless experience, learning and enjoying the different POGS sessions, from Ang Paghahanda on Day 1, Ang Pagsasapanahon and Ang Pag-unawa on Day 2, to Ang Kabalik and Ang Pagsulong on Day 3. The final session, Ang Pangako, was a special session, in which POGS members, led by the Board of Trustees, Past Presidents, CREED, PBOG and the Organizing Committee, re-affirmed their commitment to uphold the rights of women, and to protect them from violence and injustice. During the session, the Ang Pangako statue, which now lies in front of the POGS building, was launched.



The POGS members enjoyed 2 nights of Fellowship activities. During the first night, "Hiraya", all presentations were purely virtual which featured the talents of the POGS members from the different regions. The POGS Board of Trustees, Regional Directors, Past Presidents, CREED, PBOG, the Organizing Committee and some other guests were able to enjoy watching the presentations over a dinner gathering at the PICC Banquet Hall. The second night, "Luwalhati" was even more exciting, as about 300 POGS members were able to attend the activity face-to-face, singing and dancing with the Side A and Sabor-Latino. The POGS Board of Trustees, Organizing Committee and Socials Committee also entertained the crowd with their dance number.



Highlights of the

# POGS 2022 Annual Convention and 76<sup>th</sup> Anniversary Celebration

The POGS 2022 Annual Convention and 76th Anniversary Celebration ended with the Closing Ceremonies last November 11, 2022, at 5 PM at the PICC Reception Hall. The first part of the program included the Valedictory Speech of the outgoing POGS President, Dr. Marlene T. Dee, the Keynote Speech of the Inducting, Dr. Gerardo D. Legaspi, the induction of the 2023 Board of Trustees, the Presidential Turnover, and the Inauguration Address of incoming POGS President, Dr. Efren J. Domingo. During the second part of the program, the 161 POGS Fellows were inducted. The candle light ceremony was led by Dr. Susan Palea-Nagtalon.

The Organizing Committee considered this year's annual convention as a success being able to rise up to the challenge of a hybrid set-up with more participants physically present in the social events. This year's convention definitely was a big step towards normalization of its members' lives since the pandemic.



# POGS goes PINK

By The Ad Hoc Committee on Breast Health and Breast Cancer Awareness

Composed of passionate and driven obstetrician and gynecologists, the committee aims to promote this advocacy through education among peers especially to the young residents in training and to the Filipina patient.

The committee dares to triumph over breast cancer by decreasing deaths from this dreaded disease through early detection via proper screening.

Being a new committee, the members wanted to start its advocacy by raising awareness amongst its colleagues.

Hence, last June 24, 2022, the committee conducted their first ever webinar entitled: "Back to BREASTsics". The objective of the webinar was to be able to refresh the basic knowledge regarding breast health focusing on breast cancer especially on how to properly screen and evaluate our women amongst colleagues around the country. Furthermore, the committee wanted to use this event to touch base with the POGS members and make it an avenue for self-care. It was attended by around \_\_\_\_\_ OBGYNs. The response was overwhelming.



Soon after the webinar, in order to strengthen further the advocacy, the committee translated the points raised during the webinar into infographics which were released from July to September.

**High-risk for Breast Cancer**

- Known BRCA1 or BRCA2 gene mutation
- Untested women with first-degree relative with a BRCA1 or BRCA2 gene mutation
- History of chest radiation before the age of 30
- Li-Fraumeni syndrome, Cowden syndrome, or Bannayan-Riley-Ruvalcaba syndrome, or have a first-degree relatives with one of these syndromes
- Lifetime risk of 20% or greater, based on family history risk assessment tools

**Average Risk:** asymptomatic general population

**Screening Method for HIGH RISK Women:**  
Breast MRI and Mammography every year, typically starting at age 30

**Screening Method for AVERAGE RISK Women:**  
MAMMOGRAPHY  
(Primary Breast Cancer Screening Modality with reported Sensitivity of 77-95% & Specificity of 94-97%)

AGE	PHEX	PSQS	ACOG	ACS	POGS
40-44 y/o	No data	No current screening guidelines. Organize education on this subject.	Optional Annual or Biennial Mammography Annual CBE	Optional Annual Mammography	
45-49 y/o			Recommended Annual or Biennial Mammography Annual CBE (50-69 y/o)	Recommended Annual Mammography	Annual Mammography
50-74 y/o			Decision to stop screening should be based on a shared decision-making process & should include the woman's health status and longevity.	Continue screening with mammography as long as their overall health is good and they have a life expectancy of 10 years or more.	[POGS Full Text & Consensus History 2015]
75 y/o & above	No data	No data			

Philippines has the highest breast cancer incidence among Asian nations and the highest increase (589% among 187 countries) from 1980 to 2010

Philippine Breast Cancer Network (PBCN, 2014); Philippine Society of Medical Oncology (PSMO, 2015)

**WHAT DO WE ADVISE FOR FILIPINAS?**

Consensus guidelines in breast cancer screening is yet to be established (POGS with the DOH, PSQS, PBS).

For Filipinas, given the incidence and the cost, you have the option to recommend screening with **Annual Mammography at 40 years old** as long as women are well-advised regarding this.

**PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY**  
AD HOC COMMITTEE ON BREAST HEALTH AND BREAST CANCER AWARENESS

**Panata ng POGS laban sa Breast Cancer**

Ako, si \_\_\_\_\_ (pangalan), isang miyembro ng *Philippine Obstetrical and Gynecological Society Foundation Inc.*, ay nangangakong itaguyod, sa lahat ng pagkakataon, ang aking tungkulin bilang isang dalubhasa sa Obstetrics and Gynecology, upang maging kapaki-pakinabang na tagapagsulong ng adboaksiya na naglalayong maiwasan, maagapan, maagang matuklas at masugpo ang BREAST CANCER at maligtas ang mga kababaihan biktima nito.

Ako ay nangangakong aking pag-iibayuhin ang pagpapalawig ng kaalaman hinggil sa karamdamang ito at lagi nang magsisikap upang maging kaagapay ng POGS na mapalawak ang kamalayan, di lamang ng kababaihan, kundi ng sinumang may kinalaman at may pagpapahalaga sa kalusugan ng mga kababaihan.

Ako ay naniniwala na sa pamamagitan ng epektibong pagpapalaganap ng tamang impormasyon at sa tulong ng tama, napapanahon at maagap na pagsusuri, maraming babae ang malingit sa banta ng KANSER SA SUSO.

Kabalikat ang POGS, ako ay magiging matibay na tagapagtaguyod ng isang tulung-tulong at sama-samang adhikain para masugpo ang BREAST CANCER.

Kasihan nawa ako ng Poong Maykapal.

Tagapagtaguyod/Pangalan / Lagda/ Petsa \_\_\_\_\_

Saksi/Pangalan/Lagda/Petsa \_\_\_\_\_



**Regional Champions**

Write name of region and the region rep \_\_\_\_\_

Come 2023, the focus of the committee is to increase awareness through patient education and engagement. As the regions pledged their commitment to this worthy endeavor, the members of the committee believe that we are a step closer to decreasing deaths brought about by breast cancer.

If we are able to save even one Filipina from breast cancer, wouldn't you think it would be worth the fight?

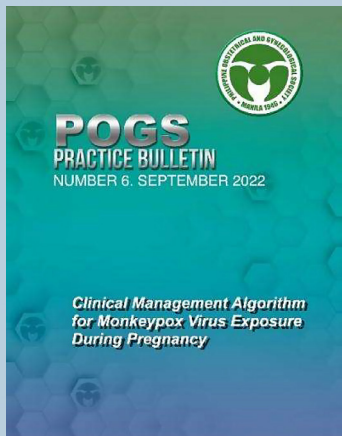
So join us in this advocacy, as ONE POGS let us fight this disease.

# Ad Hoc Committee on Clinical Consensus

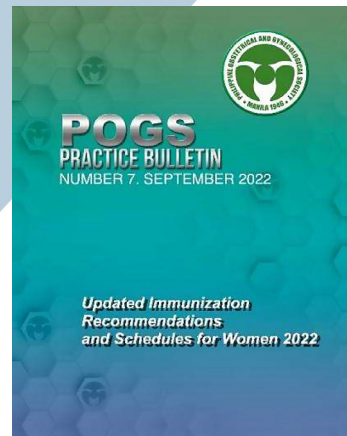


POGS Practice Bulletins are available at [www.pogsinc.org/practice-bulletins/](http://www.pogsinc.org/practice-bulletins/)

The Philippine Infectious Diseases Society for Obstetrics and Gynecology, Inc. (PIDSOG) headed by Dr. Sybil Lizanne R. Bravo work on Practice Bulletin 6 and 7

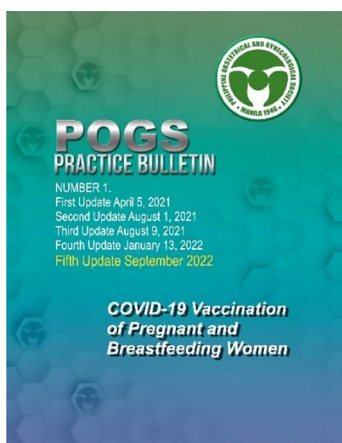


POGS Practice Bulletin 6  
Number 6, September 2022  
"Clinical Management Algorithm for Monkeypox Virus Exposure During Pregnancy"



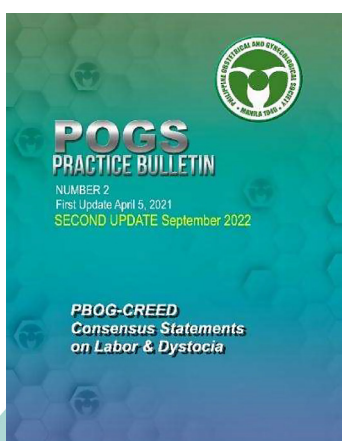
POGS Practice Bulletin 7  
Number 7, September 2022  
"Updated Immunization Recommendations and Schedules for Women 2022"

Practice Bulletin 1 on "COVID-19 Vaccination of Pregnant and Breastfeeding Women" has just released its 5th update. It elucidates issues regarding boosters following completion of primary vaccination.



POGS Practice Bulletin 1  
Number 1, Fifth Update  
September 28, 2022

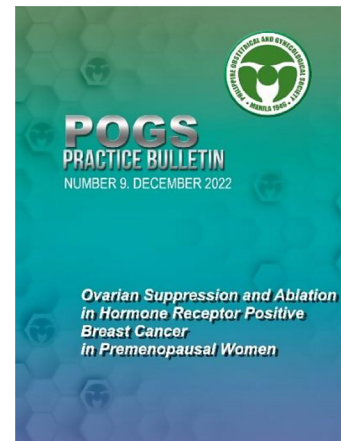
Practice Bulletin 2 on "PBOG-CREED Consensus Statements on Labor & Dystocia", was initially released in 2021. This practice bulletin provided guidance for POGS members and trainees. This year, a clarification was made on the Prolonged Deceleration Phase, which necessitated the update.



POGS Practice Bulletin 2  
Number 2, First Update  
September 28, 2022

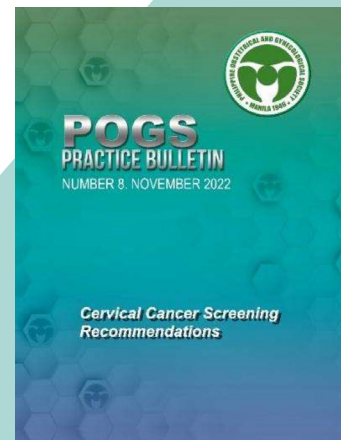
Practice Bulletin 8 on "Cervical Cancer Screening Recommendations" is a collaboration with the Philippine Society for Cervical Pathology and Colposcopy (PSCPC), and includes the Periodic

Health Examination (PHEX) task force guidelines. The PHEX task force was a DOH commission that investigated guidelines on screening for neoplasms including cervical cancer, which covers the age, method, and interval of screening. PSCPC recently finished its Clinical Practice Guidelines (CPG) on Cervical Cancer Screening, which elucidates on the management of atypical squamous cells, and HPV DNA tests positive for HPV16/18 and other high-risk types.



POGS Practice Bulletin 8  
Number 8, November 2022

Practice Bulletin 9 on "Ovarian Suppression and Ablation in Hormone Receptor Positive Breast Cancer among Premenopausal Women" aims to provide guidance in managing women with breast cancer, and answers the question regarding the need for ovarian ablation. This is a joint undertaking with the Philippine Society of Medical Oncology, Surgical Oncology Society of the Philippines (SOSP), Society of Gynecologic Oncology of the Philippines (SGOP) and Philippine Society of Reproductive Medicine (PSRM).

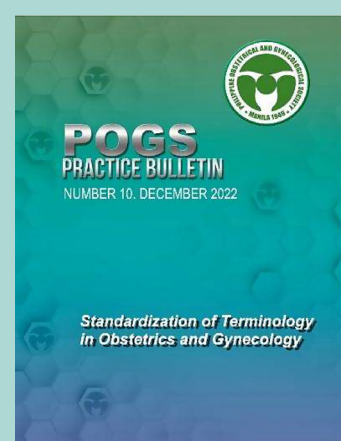


POGS Practice Bulletin 9  
Number 9, December 2022

Practice Bulletin 10 on "Standardization of Terminology in Obstetrics and Gynecology" is a collaboration of the Philippine Board of Obstetrics and Gynecology (PBOG) and the Council for Residents' Education, Enhancement and Development (CREED). The technical working group started with a survey on Obstetric and Gynecologic Diagnostic Terminology, wherein accredited residency training programs (ARTPs) and hospitals accredited for service participated. The result of the survey was presented last September during the CREED Training of Trainors (TOT).

The Adhoc committee plans to update the work of Dr. Jocelyn Z. Mariano with PBOG and CREED in 2015, the "Obstetric and Gynecologic Diagnostic Nomenclature". The presidential project of Dr. Ma. Corazon Zaida N. Gamilla in 2008, "Terms and Terminologies in Obstetrics" published in PJOG (Volume 32 Supplement 2008) will also be used.

The practice bulletin aims to cover the necessary components of the admitting and final obstetric diagnosis aligned with ICD-11 and Philhealth requirements. A uniform template which will be based on the PBOG-CREED consensus will be proposed. The goal of the committee is to provide updated guidelines based on evidence and consensus, to help the residency and fellowship trainees, diplomate exam candidates, clinicians and patients.



POGS Practice Bulletin 10  
Number 10, December 2022

# AD HOC COMMITTEE ON MANILA DECLARATION:

Call to Action Against Cervical Cancer tries to Operationalize the WHO Cervical Cancer Prevention Goals for the POGS membership

By Jean Anne B. Toral, MD, MSc

At the start of the year, the Committee, composed of 11 members representing different affiliate societies of the POGS who have a mission of cervical cancer prevention and control, revisited its goals. The goal was streamlining the efforts towards a common goal and collaborate with nationwide agencies with the same goals. The goal centered on operationalizing the 90-70-90 WHO target for 2030. Much of the efforts this year went to the 70 part, that is, cervical cancer screening with a high performance HPV test.

Consultative meetings were done with the POGS regional directors which served as crude assessment of the status of cervical cancer prevention in the various regions. Meetings with chairs and training officers of the various POGS-accredited institutions were also conducted. Again, these meetings gave another perspective of the cervical cancer prevention efforts in various places in the country. The attendees were reminded not to lose sight of the 90-70-90 targets.

As the government efforts on transitioning to HPV testing is still in the works, POGS, through the committee, reached out to private companies providing HPV DNA testing, in the hope of making the test more available for the POGS members to offer to their patients. Meetings were held specifically with Hi-Precision Diagnostics and Macare Philippines, Inc. Through these small steps, awareness of the new recommendations and actual uptake of the test were seen.

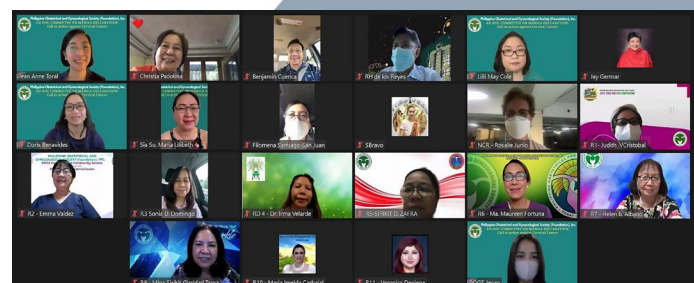
Last August 30, the Committee partnered with the the AOFQG and the DOH to bring the 11th HPV Summit – a walk through on how to achieve a Philippines free of HPV and HPV-related cancers. With Dr. Christia S. Padolina as convener and Dr. Jean Anne B. Toral as co-convener, the awareness campaign for 90-70-90 was further heightened with more than 1,700 Zoom attendees and close to 2,000 Facebook viewers tuning in to the 3-hour program. Likewise, the commitment of POGS to the cause of cervical cancer was elaborated by POGS President Marlyn T. Dee.

As part of the community efforts of the Committee, the “Adopt a Community for Women’s Healthcare and Capacity Building” with the province of Agusan del Sur has started. The 3-year Memorandum of Agreement stands and has started with increasing health literacy of the people in the community through the lay videos prepared by the committee. The actual visit to the site for training of healthcare providers on HPV DNA testing will hopefully materialize next year.

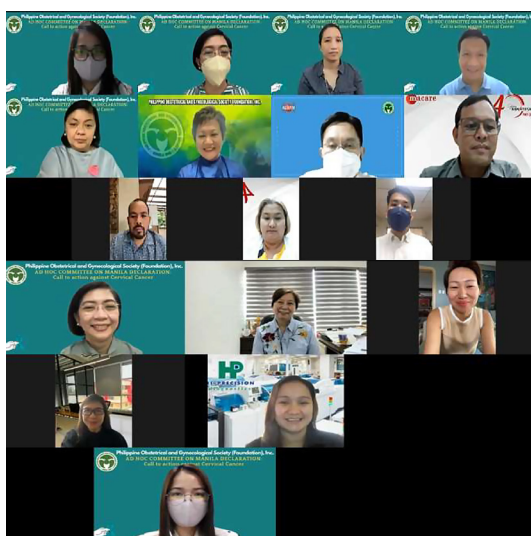
As we end the year, coming up with an e-primer on HPV testing for POGS members is in the works. As continuing cooperation with other POGS committees (PHIC and HMO), the Ad Hoc Committee on Manila Declaration will plan for 2023 the nomination of HPV DNA testing as part of preventive and promotive services for public funding to the Health Technology Assessment Council of the Department of Health.

In POGS, women’s healthcare is always a priority and that includes women free of the threats of cervical cancer and HPV-related diseases. We continue to keep sight of our targets.

Meetings with POGS RDs and Department chairs



Meetings with private companies providing HPV DNA testing for efforts on the latter’s accessibility for the POGS members



Panelists and organizers of the 11th HPV Summit



Collaborators and partners of the HPV Summit series



AOFQG President Prof. Pisake Lumbiganon delivering the welcome remarks



Department of Health Officer-in-Charge Dr. Maria Rosario Vergeire delivering a keynote address on the Philippines’ roadmap towards cervical cancer elimination by 2030

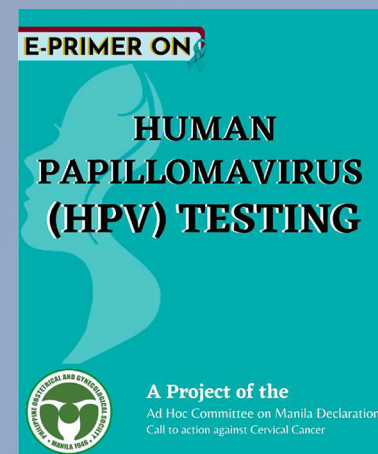


Dr. Marlyn Dee, President of the Philippine Obstetrical and Gynecological Society, giving the response to the call to action

Adopted a Community for Women’s Healthcare and Capacity Building for the province of “AGUSAN DEL SUR”.



E-primer for POGS members on HPV DNA testing in the works



# 2022 MIDYEAR CONVENTION HIGHLIGHTS VIDEO





Official Logo of the POGS 2022 Midyear Convention with theme "Shine Bright Manang"



VIP Guests in Bojeador Lighthouse during Tour of Ilocos



Welcoming the arrival of VIP guests POGS officers, board of trustees and regional directors in Laoag International Airport for the taping of key events last April 26, 2022



Official Logo of the POGS 2022 Midyear Convention with theme "Shine Bright Manang"

## POGS Northwestern Luzon Chapter

# First POGS Hybrid Midyear Convention

By Ryan Joseph

LAOAG CITY, ILOCOS NORTE - The Philippine Obstetrical and Gynecological Society (POGS) Northwestern Luzon Chapter (NWL) hosted the first hybrid Phygital (Physical-Digital) POGS Midyear Convention broadcast last July 15-17, 2022 with the theme "Shine Bright: Manang"

### The preparation

Preparations for the event started as early as February 2018. A courtesy visit to the then governor of the province of Ilocos Norte, Hon. Matthew Marcos Manotoc and Laoag city Mayor Hon. Michael Marcos Keon was done to discuss convention matters and details. During the meeting, over-all chair Dr. Richard Ronald Cacho verbalized how big an honor it will be for Laoag to host the event for the first time. Governor Manotoc and Mayor Keon expressed their gratitude and offered assistance to guarantee its success.

Unfortunately due to the catastrophic COVID-19 Pandemic, the event was postponed and rescheduled for the year 2022. The shift from the usual in-person midyear convention to digital hybrid posed a large challenge to the local organizing committee as it was never done before. With the go-signal from POGS National, the organizing committee boldly accepted the challenge and started with a series of meetings that began November of 2021 to make the first POGS Hybrid Midyear Convention happen.

### The Organizing Committee

Leading the organizing committee as the overall chair and honorary chair was Dr. Richard Ronald B. Cacho and Dr. Betha Fe M. Castillo respectively. Dr. Ruth Judith Gay Cristobal served as the Overall co-chair and Regional Director to POGS NWL. Wrapping up the executive committee is Dr. Ryan Joseph B. Lirazan who served as the convention secretary and Dr. Dianne A. Manzano as the convention treasurer.

POGS President Dr. Marlyn T. Dee, Vice-President Dr. Efren J.

Domingo, Secretary Dr. Leilani C. Coloma, Treasurer Dr. Erwin R. De Mesa and PRO Dr. Ma. Socorro C. Bernardino together with the 10 POGS Board of Trustees and 11 regional directors visited Laoag last April 26-29, 2022 to physically attend the recording of key events. They were greeted warmly by the midyear convention organizing committee from the Laoag International Airport and treated to a welcome lunch at La Presiosa Restaurant at Laoag, Ilocos Norte. A welcome dinner over cocktails and music were enjoyed at The Bellagio in full tie-dye theme. Guests also enjoyed a quick tour of the Ilocos Region with partner Travel Ilocandia to Burgos Cape Bojeador lighthouse, Saud Beach Resort, Bangui Windmills, Pagudpud, and Patapat viaduct. Their visit ended with a culminating mini-fellowship party held over sunset at Azaricha Resort Pasuquin Ilocos Norte before leaving back to Manila and respective regions the following morning.

With the help of broadcasting partner Creative Synergy Inc. and website developer Quattro Cantos, broadcast of recorded and live events happened from July 15 to 17, 2022 via the official website [www.pogs2022midyear.com](http://www.pogs2022midyear.com). The website featured sections that had full panoramic views of key landmarks found in the Ilocos Region and a full 360 virtual exhibit booths of major partners and sponsors. A total of 1,526 registered attendees logged-in and enjoyed the festivities under the official hashtags #ShrineBrightManang, #Myc2022, and #FirstPhygitalMYC.

First to be featured was the sports activity called "Kammayet" that had members of the organizing committee do Pound Fitness, Yoga and Wellness program lead by fitness instructors Zin Nenuca Frances Corpuz II and Ms. Andrea Pera-Intalan.

### Opening Ceremonies

The opening ceremonies named "Panagdayaw" were held in the Sierra Madre Ballroom of Fort Ilocandia where attendees enjoyed the event in full Ilocano Inabel regala. The event was hosted by the convention secretary Dr. Ryan Joseph Lirazan. Key messages from honorary chair Dr. Betha Fe Castillo, Regional director to POGS NWL



Promotional pictures of the 2020 organizing committee before postponement due to COVID-19 Pandemic



Convention venue Fort Ilocandia Resort and Hotel



Meeting with Hon. Marcos Manotoc and Laoag city Mayor Hon. Michael Marcos Keon as early as 2018 in preparation for the postponed 2020 Midyear Convention



POGS 2022 Midyear Organizing Committee final ocular inspection of arrival of Guest POGS Officers, Board of trustees and regional directors



POGS Regional Directors in Filipiniana in the Closing Ceremonies "Pinagyanan"



Welcome cocktail dinner and live band music at Bellagio in tie-dye theme



Hosts Dr. Richard Ronald Cacho and Dr. Yvonne Soriano at the "Ramrambak: IloCANNES Film Festival" Part 1



POGS Officers and board of trustees in full Inabel Regala during recording of the Opening Ceremonies "Panagdayaw"



POGS Regional Directors in Inabel Weave in the Opening Ceremonies "Panagdayaw"



POGS 2022 Midyear Convention Organizing Committee on Inabel Weave during recording of Opening Ceremonies "Panagdayaw"

# Chapter successfully hosted the Midyear Convention

Dr. B. Lirazan, MD

Dr. Ruth Judith Gay Cristobal, Overall Midyear convention chair Dr. Richard Ronald Cacho and POGS Continuing Medical Education chair Dr. Milagros T. Jocson was delivered. The event was formally opened with POGS President Dr. Marlyn T. Dee. A cultural performance was also shown by local dance contest champions "Tan-OK Dancers". The guest speaker, Ms. Jessica Soho delivered a keynote speech and inspired attendees about the importance of being true to oneself and achieving dreams. The event was wrapped by a speech by POGS vice president, Dr. Efren J. Domingo.

"Sursuro", an event that featured scientific lectures from Dr. Jericho Thaddeus Luna, Dr. Iris Thiel Isip-Tan, Dr. Walfrido W. Sumpaico, Dr. Jacqueline Dominguez, Atty. Antonio Rebosa and Professor Michael Sy followed to satisfy an interactive and receptive audience. Industry sponsored lectures from Dr. Lyra Ruth Clemente-Chua, Dr. Debby Songco, Dr. Richard Jodias, Dr. Sherri Ann Suplido, Dr. Eileen Manalo, Dr. Joseph Adrian Buensalido, Dr. Maria Cristina Marañon, Ms. Kathleen Cruzada and Mr. Michael Hsu were also given.

Cultural featurettes creatively named "IstOURyahan" were shown in the afternoon and in it are segments that featured distinctly Ilocano specialties like Ilocano empanada (Gan-duh, empana-duh), Bagnet (I-bet Bagnet!), Inabel weaving (Keribell Inabel) and timely and engaging how-to topics about Instagram (Instagrammable You) and Vlogging (Vlog ka-Vlog). The segments were produced to approximate the experiential feel given by the usual in person POGS Midyear convention. These were hosted by our very own Dr. Richard Ronald Cacho, Miss Angel Lao of Travel Ilocandia, famous Tiktoker Dr. Winston Kilimanguru and Direk VJ Catacutan.

A fully realized 2-night a film festival "Ramrambak" named IlocANNES: Film Festival took the place of the usual fellowship night hosted by Dr. Richard Ronald Cacho and Dr. Yvonne Soriano. Short featurettes or infomercials produced by each participating POGS regional chapter was screened each featuring key POGS topics like miscarriage, ovarian and cervical cancer, COVID-19 pandemic, HIV, nutritional anemia, pre-eclampsia, family planning, gestational

diabetes, abnormal uterine bleeding and prenatal care. Winners Dr. Chris Ryan Jordan from Javier, Leyte and Dr. Trician Jan Tacuba from Tuguegarao City, Cagayan emerged as best actor and actress respectively. The best film/infomercial award was given to POGS North Eastern Luzon (Region 2) for their exemplary depiction of miscarriage entitled "Liwang sa Dilim". The award was accepted by their regional director Dr. Emma Valdez. The event concluded with a musical number prepared by the members of POGS NWL chapter dancing to the official theme song "Shine Bright Manang" written and composed by Ms. Myra "Skarlet" Ruaro of Put3ska.

## Residents' Interesting Case Contest

Residents' interesting case contest was held on the last day hosted by the POGS committee on Scientific Works. The research entitled "Performance of Four Ovarian Malignancy Prediction Risk Models in Differentiating Benign and Malignant Ovarian Masses in a Tertiary Hospital" by Dr. Mea Janelle F. Sarmiento-Babiera from Manila Doctors Hospital and the interesting case article entitled "Double Trouble: A case of Synchronous High Grade Serous Carcinoma of the Fallopian Tube and Borderline Mucinous Tumor of the Ovary" by Dr. Christopher John Jerico Balicanta from UP-Philippine General Hospital won best in their respective categories.

## Closing Ceremonies

Closing ceremonies named "Panagyaman" wrapped the entire event with a highlights reel featuring scenes from the midyear convention. Turnover ceremonies and an acceptance video featuring the Sarimanok was shown from the next host region of POGS Northern Mindanao (Region 10) represented by regional director Dr. Ma. Imelda P. Carbajal.

Participation in the POGS 2022 Midyear Convention guaranteed each attendee 8.5 PMA and 5.5 PRC CPD units. The first 1000 registered participants will also very soon receive physical kits and souvenir programs in the mail through their registered address.



POGS President Dr. Marlyn Dee giving her message during the Opening Ceremonies "Panagdayaw"



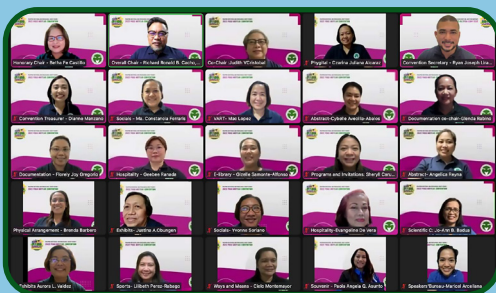
Turnover ceremonies by POGS Northwester Luzon Regional Director Dr. Judith Gay Cristobal to next host POGS Northern Mindanao Regional Director with their regional director Dr. Ma. Imelda Carbajal during closing ceremonies "Panagyamanan"

## POGS 2022 Midyear Convention Organizing Committee

<i>Chair</i>	Richard Ronald Cacho
<i>Hon Chair</i>	Betha Fe Castillo
<i>Co-chair</i>	Ruth Judith Gay Cristobal
<i>Liaison to R1</i>	Czarina Juliana Alcaraz
<i>Secretary</i>	Ryan Joseph Lirazan
<i>Treasurer</i>	Dianne Manzano
<b>Abstract</b>	Angelica Castillo-Reyna Cybelle Luz Avecilla- Abalos
<b>Documentation</b>	Florely Joy Gregorio Glenda Rabino
<b>E-Library</b>	Kathleen Gizelle Samonte-Alfonso Rina Reburiano-Ramiro
<b>Exhibits</b>	Aurora Valdez Justina Obungen
<b>Hospitality/ VIP Tours</b>	Evangeline De Vera Gee Bee Ranada
<b>Phygital Live Arrangements</b>	Czarina Juliana Alcaraz Brenda Barbero
<b>Programs Invitation</b>	Sheryll Beltran-Carullo Marie Quilala
<b>Registration</b>	Ruth Judith Gay Cristobal Shara Antonette Canero
<b>Scientific Program</b>	Betha Fe Castillo Jo-Ann Badua
<b>Socials</b>	Maria Constanca Celina Ferraris Yvonne Soriano
<b>Souvenir</b>	Paola Asunto Michelle Cababa
<b>Speaker's Bureau</b>	Maricel Arcellana Carolyn Balangay
<b>Sports</b>	Lilibeth Rabago Adolavni Damiana Magpily
<b>VART</b>	Maricel Lopez Angelica Sabado
<b>Ways and Means</b>	Ma. Cielo Montemayor



Inspection prior to the convention



Meetings were held virtually due to the COVID-19 pandemic



Members of POGS Northwestern Luzon enjoy sports activities and do Pound Fitness and Yoga



POGS North Eastern Luzon Regional Director Dr. Emma Valdez receives the award for Best Infomercial in "Liwang sa Dilim" for their depiction of miscarriage with Dr. Richard Ronald Cacho, Dr. Yvonne Soriano, Dr. Betha Fe Castillo and Dr. Judith Gay Cristobal



Mini-fellowship night at Pasuquin Ilocos Norte

# 2023 MIDYEAR CONVENTION TEASER VIDEO





# 2023 POGS MIDYEAR CONVENTION

Soar High, Sarimanok  
EMPOWERED WOMEN AT THE FOREFRONT

**MAY 17-19, 2023**

Cagayan de Oro City



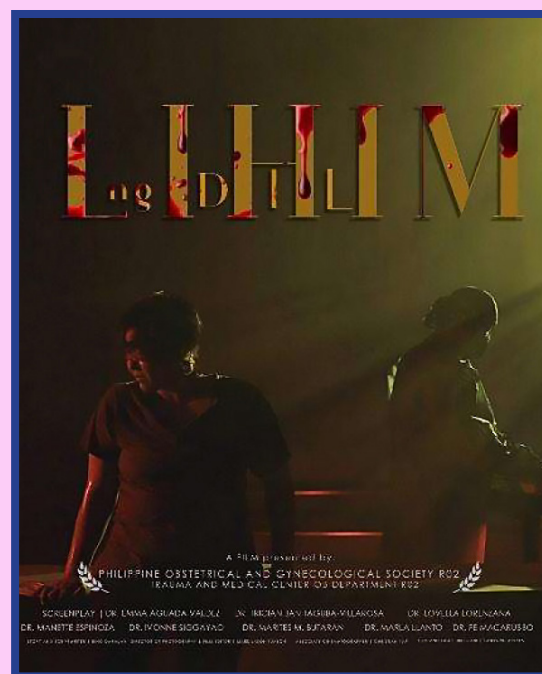
Website Launching  
January 1, 2023

Registration starts  
January 11, 2023

**HOST: NORTHERN MINDANAO CHAPTER**

# POGS Northeastern Luzon Chapter (Region II)

By Emma Aguada-Valdez, MD, FPOGS, MMHoA - Regional Director  
and Angeli Merci Mejia-Porto, MD, FPOGS



The year is about to end; 2022 is yet another chapter about moving further up. The society's activities and advocacies are continuously being undertaken in innovative ways since the pandemic. Hybrid type of conventions and now face-to-face activities have been jumpstarted.

For one, the POGS Midyear Convention themed "Shine Bright Manang" hosted by Region I last July 15 to 17, 2022 was a success. The Northeastern Luzon chapter presented an infomercial on abortion entitled "Lihim ng Dilim". It was a dramatic screenplay on the status of abortion in the Philippines that won the region the Best Picture and Best Actress (Dr. Trician Jan Villarosa) in the Ilocannes Film Festival.

On June 8, 2022, the Task force on Preparatory Reproductive Health Education Priming Young Adults for Responsible Engagement (PREPARE), headed by Dr. Anna Belen Alenzuela and Northeastern Luzon Chapter was able to execute the first nationwide cascade on the Comprehensive Sexual Education module to the adopted school. The Nueva Vizcaya General Comprehensive High School was receptive of the engagement and was participated by 80 students, 20+ parents and teachers. These students aged 10 to 19 years old were particularly attentive and interested in the topics of sexually transmitted infections, relationships and the SOGIE.



Headed by POGS NEL President, Dr. Marites Butaran, the training of adolescent trainers on Adolescence Health Issues and Perspectives (AHIP) at Jones Rural School materialized last in the month of September. High school students from five schools in Jones, Isabela participated

with a return demonstration. This has enhanced and built their leadership skills and thus encouraged them to be good influencers to their peers and colleagues



Reproductive and Developmental Environmental Health (RDEH) activities lead by Dr. Nini Lasam and Dr. K.L. Fontanilla were started as lectures via Zoom platform on topics like endocrine disrupting chemicals and teratogenic effects of environmental pollution. Informative leaflets and posters regarding RDEH and its relevance to women's lives were distributed and videos on RDEH were displayed at OPD and rural health units. This RDEH also reached its limelight at the BOMBO Radyo Tuguegarao for broadcasting and advancing the importance of safe environment. Region 2 RDEH was called as a finalist in the Call to Action: 2021 Presentation of Action Plan Outcomes last August. Thanks to all the earth-friendly POGS Region 2 members, trees were then planted around our riverbanks and mountains. That for every tree planted, we secure a bright future for every newborn delivered.

When a flashflood hit Banaue, Ifugao | July 7, 2022 the POGS Climate Change, Disaster and Women's Reproductive Health Region 2 Northeastern Luzon chapter donated shovels and bottled water.



# Region 5

# BICOL, INC.



By Ina Roa-Tabara, MD

November marks the 76th Anniversary Celebration of the Philippine Obstetrical and Gynecological Society with its theme: "POGS Kabalik at sa Pagsulong ng Kalusugan at Karapatan ng Kababaihan". "Katipunan", officially known as, "Samahang Kataastaasan, Kagalangalang Katipunan ng mga Anak ng Bayan" or KKK for short, that we all know way back in our Philippine History class, literally means "association" from the root word "tipon" which means "gather together" or "society". POGS, like KKK, is an organization with established rules and regulations that members are required and expected to abide. Members pass through crucial steps to become a member of the society just like KKK aspirant members who undergo standard initiation rites those days. Similarly, KKK had its own publication, "Kalayaan", an exhibit of its revolutionary ideas and activities.



The Covid-19 pandemic, now on its 2nd year and 8 months, has kept members in their safe abodes, whether it be in the clinic or hospital or only at home, and paved way for a revolutionary-sort of "gathering together". POGS Region 5 Bicol members, the "modern-day Katipuneros", is now ready to showcase its luxuriant revolutionary undertakings here in the "modern-day Kalayaan", the POGS Newsletter focused on "Women Matters", during this "modern-day Katipunan" or POGS Annual Convention.

In less than a month after the new set of officers were inducted, POGS Region 5 Bicol had its 2nd hybrid Buntis Week Celebration held in the provinces of Camarines Norte, Albay, and Camarines Sur. The Camarines Norte group's activity was focused on strengthening covid 19 vaccination drive for pregnant and lactating women held at SM Daet on March 1, 2022, while Albay group rendered free prenatal services including free ultrasound and laboratory workup at the Legazpi City Hospital on March 9, 2022. Camarines Sur group held their activity at the Robinson's Place Naga Activity Center with lectures on the importance of maintaining pregnant women's health in times of pandemic. Pregnant moms with dynamic personalities were given the opportunity to shine during the selection of Bb. Buntis.



The Interactive Virtual National POGS Buntis Day Celebration with the theme: "Pagmamahal at Pagaalaga kay Pregnant Mommy para sa Masaya at Malusog na Baby" was held on March 10, 2022, via zoom and FB Live. It was participated by physicians, nurses, midwives, and of course pregnant women nationwide. Aside from the lecture on "Pagbubuntis Mahalin, Hypertension Alamin", there were also exciting games for the pregnant mummies as well as raffle prizes for everyone.

In addition to the pandemic, the Bicolanos, particularly those in Sorsogon, survived another resiliency test in battling the

aftermath of Bulusan volcano eruption. In response, younger brood representatives of POGS Albay and Sorsogon adjoined in alleviating the encumbrance brought about by said eruption to pregnant mothers with free prenatal check-up, "Alay Para sa Buntis ng Bulusan" on July 2, 2022, at Bacolod Elementary School, Juban, Sorsogon. Maternal kits containing multivitamins & minerals, milk for pregnant moms, masks, alcohol, towel, hand soap, and hand sanitizer were also distributed.

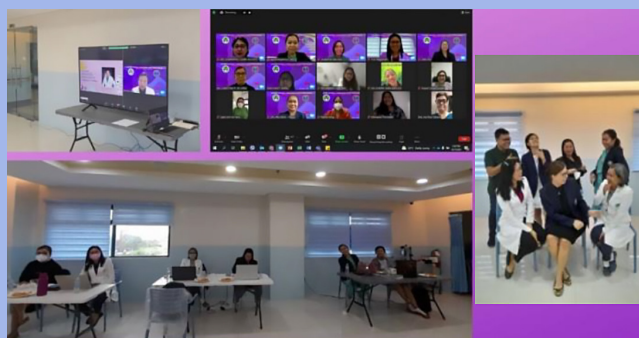


POGS Bicol's contribution to restore the beauty of our planet for a clean and green environment, and healthy community was the Tree Planting held last July 9, 2022, at the Butterfly Girls/Nelinda's Farm, Pang Pang Pilar Sorsogon. It was indeed a relaxing and promising engagement with nature garnering a sense of fulfillment for an accomplished mission to save and protect mother earth for the benefit of the community. The tree planting activity ended with a sumptuous lunch with bountiful organic foods and invigorating fruit juices, all fresh farm produce prepared by the owner who is also a member of POGS Albay.



October was a busy month for POGS Bicol because of its Annual Postgraduate course and the provincial Adolescent Health Issues and Perspectives.

The 17th Annual Postgraduate Course: "Embracing the New Normal in Ob-Gyn Practice" was a well-attended whole day webinar/zoom event hosted by the Province of Sorsogon. It was a successful performance of relentless and unified efforts of POGS Bicol officers and members from the host province, under the Chairman, Dr. Christine Perdigon-De Vera.



Enlightening and enticing lectures shared by local and national POGS members sufficiently thrilled the inquisitive minds of the audience, participants coming not only from the Bicol Region but from other regions as well.

The AHIP activities were held on various dates starting late September with the Rinconada group (Sept. 27, 2022, at La Purisima National High School) and in October, the provinces of Camarines Norte (October 4, 2022, at La Consolacion College,

Daet Camarines Norte), Masbate (October 14, 2022, at Ikthus Christian School, Inc.), Albay (October 18, 2022, at Divine Word College North Campus, Legazpi City), and Sorsogon (October 20, 2022, at Sorsogon State University). The Camarines Sur group will be having its AHIP activity on November 8, 2022, at King Thomas School in Sipocot, Camarines Sur.

Students listened attentively to the lecturers and given the chance to raise questions and speak out and express their ideas. What made the event more exciting was the trivia ice breakers in between the modules coupled with lots of surprise prizes.



For several years now, AHIP activity has tickled the minds of adolescents and has been a lead project of interest to many members. Furthermore, AHIP activities, initially held in public schools, are now embraced in Catholic schools in the advancing years, therefore an ostentatious manifestation of a revolution in adolescent health education.



Henceforth, be it known in this "Kalayaan" POGS Newsletter, November issue, that POGS Region 5 Bicol shares the mission and vision, as well as the core values of integrity, competence, accountability, compassion, and innovation with its mother society.

It is one in celebrating its annual "Katipunan", the 76th POGS Anniversary. Women Matters... a lot... not only in every Filipino home but also in the community and society! POGS focuses on women's health and rights of every woman as depicted in this year's theme: "POGS Kabalik at sa Pagsulong ng Kalusugan at Karapatan ng Kababaihan". KKK, the once male-dominated society (in other countries there are more male obstetrician gynecologists) is now overrun by empowered women who take nonpareil revolutionary steps in strengthening its ideals and reaching out to women of all ages in desolation especially due to the pandemic, devoid of equal rights to excellent women's health services. Note that during the revolution, women, particularly Gregoria de Jesus and Benita Rodriguez played a very significant part in the creation of the KKK flag. POGS Region 5 Bicol 2022 Officers, under the leadership of its President, Dr. Melinda Cacawa-Rada and its Regional Director, Dr. Sirikit Dames-Zafra, will leave victorious footprints emanating from superior teamwork performance, all for the love of the society for the benefit of every Filipino woman... a challenge that will leave the 2023 new set of officers in awe!



# POGS PANAY: PADAYON (CARRY ON)

By Ma. Maureen F. Fortuna, MD  
RV Celeste B. Abellon, MD

Two years into the pandemic and POGS Region VI, Panay Chapter, eased back into doing what it does best, community service. Under the leadership of the 2022 POGS Panay Chapter president, Dr. Ruth Jink Aposaga, the year kicked off with several donation drives to extend help to the community when several typhoons hit the locality.



With more activities lined up for the rest of the year, member's wellness became a priority. In support of Iloilo City's bid to be the biking capital of the Philippines, POGS Panay Chapter organized a fundraising campaign "FUN RIDE" last May 29, 2022. This was participated by over 300 biking enthusiasts including POGS Panay members.



The annual community service activity was resumed this year in Mambusao, Capiz through the efforts of POGS Panay Chapter and the office of the Western Visayas regional director, Dr. Ma. Maureen F. Fortuna. Members of POGS Capiz, headed by Dr. Irish Y. Bulquiren helped facilitate the different



activities. This comprised of a surgical mission wherein six gynecological patients underwent free surgery. A lecture for the midwives of Mambusao was also organized. The topics were Obstetric Emergencies, Obstetric Hemorrhage and Reproductive Effects of Toxic Chemicals (Endocrine Disrupting Chemicals) lectured by Dr. Ma. Maureen Fortuna, Dr. Eileen Granada and Dr. Sharon Faith Pagunsan. Another simultaneous lecture with the barangay health workers of the locality was also conducted through the efforts of POGS Panay subcommittee on Disaster Risk Preparedness and Climate Change. Mr. John Paul Lasubia, a local MDRRMO officer conducted a lecture on disaster preparedness while Dr. Melany Fantillo gave a talk on "Obstetric Outcomes of Women Exposed to Disaster. The POGS Panay Committee on Reproductive Developmental and Environmental also conducted a tree planting activity at the riverbanks of Brgy. Caidquid, Mambusao, Capiz.

PREPARE (Preparatory Reproductive Health Education Priming Young Adults for Responsible Engagement), a project of the POGS Committee on Reproductive Health,



and locally headed by POGS Panay President, Dr. Ruth Jink Aposaga, recruited POGS Panay Members to be PREPARE warriors. Last July 30, 2022, the PREPARE Modules were cascaded to 9 additional PREPARE warriors. Dr. Ana Belen I. Alensuela, the Chair of Project PREPARE met with the different stakeholders in Iloilo City in a collaborative meeting held last August 3, 2022. The project was well received by the several government and non-profit organizations in attendance.

A pilot run of PREPARE was conducted with youth group leaders organized by the Family

Planning Organization of the Philippines last August 19, 2022. A lecture was also conducted last August 27, 2022 at Cabatuan National High School in a town 40 minutes from the City.

The committee on Adolescent Health Issues and Perspectives (AHIP), headed by POGS Panay Chapter Vice President Dr. Maria Geraldine Gubatina, conducted a lecture on August 5, 2022 at MH. Del Pilar, Jaro, Iloilo City. This was attended by youth leaders and members of the Sanggunian Kabataan (SK) of Iloilo City. AHIP was also invited to Buhang National Highschool, in Hamtic Antique, a town 88 kilometers from Iloilo City. This lecture was attended by grade 8 students as well as their teachers.



The Reproductive Developmental and Environmental Health Committee of POGS Panay, headed by Dr. Venus Toledo, initiated an Organic Gardening Livelihood Project for pregnant women in Iloilo City. Participants were given a lecture on organic gardening as well as Starter Kits which included seed and soil. They were encouraged to document their progress on social media. Last September 30, 2022, the participant with the best garden and the most harvest was given a prize of a brand new crib.



The Committee on Disaster Preparedness and Climate Change of POGS Panay Chapter, headed by Dr. Marie Charyl Jamolo conducted several outreach activities this year. These included a Fire Prevention and Safety Forum in several fire prone communities in Iloilo City. A lecture on Disaster Risk preparedness and Effects of Toxic chemicals on Reproductive Health was also conducted last September 30, 2022 for the barangay health workers of New Lucena, a town in the central part of the Iloilo Province. A memorandum of agreement was signed between the local government unit of New Lucena headed by Hon. Mayor Liecel

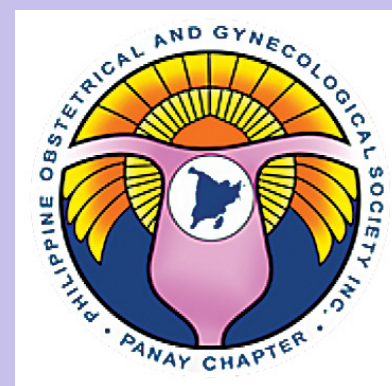
Mondejar-Seville, wherein POGS Panay Chapter will be the lead organization responsible for the overall planning, implementation and project management on the Community Based Disaster Risk Reduction Education/ Seminar/Training focused for women's welfare and well-being in the community.



On September 20, 2022, POGS Panay Chapter conducted a Test Question Construction Workshop with Dr. Agnes Estrella. This was attended by the chairmen, training officers and members of the training committee of the different training hospitals in Iloilo City.

The last General Assembly and Election of Officers will be held on December 16, 2022. The new set of POGS Panay officers will be inducted on January 19, 2022.

Padayon is a Hiligaynon term meaning to carry on; to continue; to persist; to resume. Much has happened in the past year that has threatened our lives, our beliefs and our future. But in each of us, the spirit of the Dinagyang warrior endures. Magapadayon kita.



# STREAMLINING POGS REGION 8 ACTIVITIES 2022

**Mina Asirit-Tagra, MD - Regional Director, POGS R8**  
**Christine M. De Guzman, MD - President, POGS R8**  
**January Y. Ducducan, MD - nSecretary, POGS R8**

The Philippine Obstetrical and Gynecological Society (POGS) Region 8 Chapter Officers and Members remain steadfast in participating in all National POGS activities despite many challenges that we faced. There's the threat of the deadly virus COVID-19 in our lives as we continue to render quality medical care to our patients, there are unpredictable natural calamities - like the Typhoon Odette that hit Southern Leyte hard, claimed many lives and destroyed many properties and infrastructures, there were landslides everywhere, recently happened in Abuyog, Leyte wherein many died including pregnant women.

But despite all adversities, POGS Region 8 Officers and its members remain to be innovative, hopeful, courageous, enthusiastic and cheerful in serving our dear Region 8 women. We, the Resilient Waray, is worthy to be called . . . the Modern Pinay.



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Oplan Linis was part of our Reproductive Development and Environmental Health Community service done in the shoreline of Tolosa, Leyte. Region 8 officers and members helped in cleaning and clearing of the Tolosa Beach shoreline



Mothers' class in Barangay 106 of Tacloban City forms one of the activities aligned to the RDEH program of POGS



Mothers' class about water and sanitation with Dr. Antoinette Cinco



The POGS National Buntis Day was a collaboration with the Public and Private facilities. It was a successful activity since we were able to invite a number of pregnant mothers all over the region to listen to the online lectures despite their challenges such as slow in internet connection, lack of smart cellphones, or no load, etc. However, despite all, we were able to gather pregnant ladies to attend the online lectures. Here, innovation made us able to connect with these mothers and encourage them to join the activity



Reproductive Development and Environmental Health activities. Mangrove Tree Planting conducted in San Jose, Tacloban



The culmination activity of POGS Region 8 for the POGS National Buntis Day was held at the Summit Hotel, Tacloban City. Here, POGS Region 8 gives importance to camaraderie and fellowship



PREPARE activity conducted in San Jose High School in Tacloban City



The Buwis-Buhay Region 8 entry for 2022 POGS Midyear Convention Short Film Festival was a huge success. It is being shown here the endurance and cheerfulness of every member despite being exposed to the scorching heat of the sun

# Philippine Obstetrical and Gynecological Society Western Mindanao Chapter (POGS Region IX)

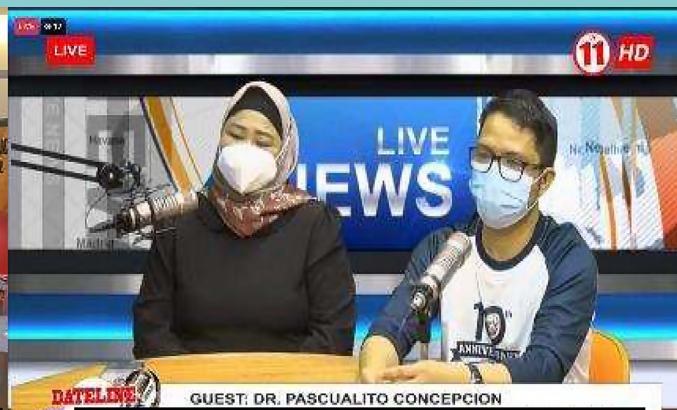
By Jackielou Asio, MD



For the past years, we are struggling to fight the COVID-19 pandemic. It has caused an unprecedented disruption in medical education. The pandemic presented challenges for the continuing medical education. These include delivering lectures safely at the same ensuring the integrity and continuity of the medical process. Also, it has an indirect impact on essential health services worldwide. But the Philippine Obstetrical and Gynecological Society Western Mindanao Chapter (POGS Region IX) were working together in partnership with Zamboanga City Medical Center Department of Obstetrics and Gynecology, City Health Office and USAid, successfully held a community outreach program in various places around the region. Here are some of the highlights of POGS Region IX activities for the year 2022.



Covid 19 Vaccination last January 4, 2022 at Pyciculture Lying-in Maternal Hospital, Zamboanga City with 313 participants



TV Guesting "Reccurent Pregnancy Loss" April 4, 2022



Lecture on Maternal Nutrient Deficiency with 30 participants last May 18, 2022



National Cervical Cancer Screening Day at Ciudad Medical Zamboanga & Bunguiao Zamboanga City with 55 participants last May



Buntis Assembly at Cabaluy National Highschool, Zamboanga City with 100 participants last June 10, 2022



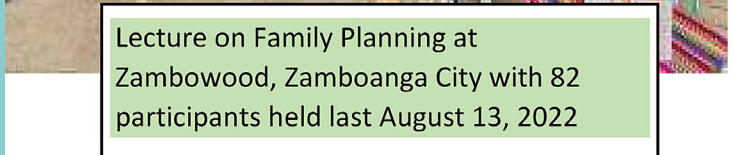
Two day surgical mission at Dipolog and Dapitan with 7 surgical patients done last August 5, 2022



Free consultation and Ultrasound at Cristino Paragas Memorial Hospital with 76 participants held last September 9, 2022



Tawi-Tawi Medical Mission with 600 consults and 60 HPV screening last September 12, 2022



Lecture on Family Planning at Zambowood, Zamboanga City with 82 participants held last August 13, 2022



Tree planting last August 13, 2022 at Capisan Zamboanga City

# Enjoying the Second Half of the Pie for POGS Region 10 in 2022

By Ann Carmel Buaquina, MD  
POGS R10 PRO

The second half of the year was quite a productive one for POGS 10. Aside from being busy with all the necessary preparations for the upcoming Midyear convention in 2023, we still managed to come up with other service-oriented and activities for the love of POGS. The Sarimanok warriors worked hand in hand to make these activities a success.

In June 1, 2022, we were challenged to have our every first hybrid General Membership Meeting which was held in Mulberry Suites, Cagayan de Oro City and also broadcasted live online via Zoom. A total of 162 members attended the event.

Regular Cervical Cancer screening which was also a project in the past years, commenced last June 11, 2022 at Jose R. Borja Hospital in Cagayan de Oro City. The members were divided into different groups and assigned to do the screening regularly every first week of the month.

Last July 10, 2022, POGS 10 celebrated its 32nd Foundation Day via Zoom. This event was headed by Dr. Tricia Sabanal from Ozamiz, Misamis Occidental. The activity was well-attended by a total of 135 POGS 10 members. POGS 10 president, Dr. Quennie S. Quiño opened the event. POGS 10 Regional director, Dr. Ma. Imelda P. Carbajal, gave her welcoming message. We were graced by Dr. Ruth Beltran, who gave an inspirational message to all the participants. A simultaneous tree planting activity composing of the different areas in Region 10 was done a week before in partnership with DENR-CENRO with the theme: "Inang kalikasan ay dapat pangalagaan para sa magandang kinabukasan". An audiovisual presentation of the tree planting activity was shown during the foundation day celebration. The chairman of the RDEH committee, Dr. Lea Louise Vega-Justiniano also gave an enlightening message for everyone.



The different areas also presented interesting numbers which made the event more enjoyable. Virtual games also made the event more exciting. The emcees of the event were Drs. Mohaynisah Salacop and Diane Maurice Flores.

POGS X held conducted its 2nd Mortality and Morbidity Webinar via Zoom last July 30, 2022, with the case entitled, "A Case of CVD Bleed, Stroke in the Young. The case presenter and discussant was Dr. Collen Casinabe-Brobo. Reactors were: Dr. Lorah Abella-Del Rosario (Perinatologist), Dr. Natasha L. Fabiana-Wabe (Neurologist) and Dr. John Daniel Ramos (Cardiologist). Moderators were: Dr. Sharon P. Galagnara (Perinatologist) and Dr. Bea Elise A. Tauli (Perinatologist). The event was attended by 156 participants.

The Mental Health committee of POGS 10 had their activity last August 6, 2022 virtually, which was led by Dr. Marites Zamayla-Natividad and co-chaired by Dr. Eugene Amortizado. During this activity, a mental song entitled, "You are a Survivor" was launched. The song was composed by the daughter of Dr. Zamayla-Natividad and sang by Dr. Marie Kathleen Meso.

On August 23, 2022, POGS/PSUOG 10 members joined the Naawan Buntis Congress where they gave free ultrasound services to pregnant and gyne patients in the area. POGS at the same time PSUOG members present were: Dr. Maria Imelda Carbajal, Dr. Quennie Quiño, Dr. Christine Abuso, Dr. Gemma Serrano, Dr. Loess Bado and Dr. Eleanor Alvarez.



Last August 25, 2022, the RDEH Committee had a virtual webinar regarding Best practices in RDEH Adapt or Adopt. Cebuano and Maranao translation of prenatal environmental exposure was presented by Dr. Sharon Galagnara.

Last August 26, 2022, there was a CME Webinar held in collaboration with POGS 10 and 11 with the following topics: Vasomotor symptoms in the menopause transition: is it a cause of concern; The role of Pap smear in the era of genetic testing; Improving women's lives through immunization.

Last September 9, 2022, was the launching of the 3-year project of POGS 10 PREPARE (Preparatory Reproductive Health Education Priming Young Adults for Responsible Engagement). This was held at Quezon National High School. This activity was attended by 14 POGS 10 members chaired by Dr. Lana Bugarin. There were 26 faculty members, 78 parents and 121 Grade 12 students who attended the event. A series of modules were discussed by POGS 10 speakers to the students. The first module discussed talked about the importance of RH to adolescents and society.

Last September 24, 2022 was a milestone for POGS 10. With the initiative of our very own regional director, Dr. Carbajal together with POGS 10 CME Committee Chairman, Dr. Cyril Anthony Tingne, we had our first Residents' Interesting Case contest via Zoom. This activity was headed by our POGS 10 Vice-president, Dr. Cyril Tingne. We were honored to have excellent judges namely, Dr. Agnes Estrella,

Dr. Helen Madamba and Dr. Niña Dimaano. 7 Contestants joined the event. The winners were: 1st place - Dr. Genie Abadiano with her case entitled "Pregnancy Complicated with a Rare Labioperineal Fusion: A case report"; 2nd place - Dr. Ken Papelleras with her case entitled "Mullerian Adenosarcoma in a 39 year old Woman"; 3rd place - Dr. Marion Celeste G. Ebarle with her case entitled "Acute Fatty Liver of Pregnancy (AFLP)".

Last October 22, 2022 was the launching and lecture of Modules 1 and 2 of AHIP (Adolescence Health Issues and Perspectives) RELOAD. This was brought about by the collaboration of the different members of the POGS 10, Bukidnon Medical Society, Bukidnon State University, BukSU-Secondary School Laboratory, SSL-GPTA, Grade 7 and 8 students with their parents. This activity was headed by Dr. Lora Del Rosario, co-chaired by Dr. Janice Alcobilla. We are grateful for our local speakers, Dr. Sheila Gay Bragat, Dr. Rikka Macariola.

## ACCREDITATION

We are truly grateful for POGS CHAS, which has been approved by POGS Board of Trustees, for giving accreditation to CARAGA Regional Hospital to Level IIB, starting January 2023 to December 2025. Also, accreditation for Mindanao Sanitarium and Hospital in Iligan City, Lanao del Norte and Mayor Hilarion A. Ramiro Sr. Medical Center in Ozamis City, Misamis Occidental was truly a blessing.

We continue to rise as one with POGS National as we give service to our fellow members and to the women in our region. Even with the existing pandemic, the Sarimanok continues to soar high as we fulfill our dreams and aspirations as one team in our region. May the powerful force of our God Almighty sustain us as we continue to give back glory to Him through our works here in our land full of promise.





# A fruitful year for the Philippine Society for Gynecologic Endoscopy

By Maria Antonia E. Habana, MD

2022 proved to be an exciting year for the Philippine Society for Gynecologic Endoscopy. It started with the first of five Grand Rounds scheduled for the year, with the Philippine General Hospital kicking off the year's activities with a case of "Laparoscopic Approach in the Management of Interstitial Pregnancy". It is the first time that PGH joined the Grand Rounds of the PSGE. This activity was initiated by Dr. Maria Antonia Habana when she assumed office as President of the society in January 2020. The Grand Rounds aimed to encourage an exchange of ideas and sharing of experiences and practices among MIGS training centers.

The Grand Rounds initially involved the three training institution of PSGE namely, East Avenue Medical Center, Quirino Memorial Medical Center, and Southern Philippines Medical Center. This year, 2 more hospitals joined this activity, namely, St. Luke's Medical Center and the Philippine General Hospital. Here are the presented cases of the five hospitals in this year's Grand Rounds:

Date	Title	Kind of event
February 9, 2022	Laparoscopic Approach in the Management of Interstitial Pregnancy	Grand Rounds: UP-PGH
March 16, 2022	Laparoscopic Management of Chronic Uterine Inversion: Our Learnings	Grand Rounds: East Avenue Medical Center
May 18, 2022	Laparoscopic Approach to a huge Pelvo-Abdominal Mass	Grand Rounds: Quirino Memorial Medical Center
August 17, 2022	Isthmoplasty: The Rendez-Vous Technique	Grand Rounds: St. Luke's Medical Center
November 16, 2022	The Role of Endoscopy in the Diagnosis and Treatment of Mullerian Anomalies	Grand Rounds: Southern Philippines Medical Center
December 5, 2022	CS Scar Sequela: Issues and Concerns	3 <sup>rd</sup> Tricenter Webinar

Alternating monthly with the grand rounds was the CME webinar of the different regions. We had a total of 8 webinars hosted by different regions:

Date	Title	Kind of event
February 23, 2022	All About Myomas	CME Regional Webinar: NCR
March 30, 2022	Laparoscopy in Pregnancy	CME Webinar
April 20, 2022	MIGS ABC: Learning Basic Laparoscopy thru Modules 1,2 and 3	CME Regional Webinar: Luzon
June 15, 2022	Hysteroscopy in Infertility	CME Regional Webinar: Mindanao
June 22, 2022	Endometriosis: Conservative Surgery and Recurrence	CME Webinar
August 31, 2022	Surgery for Endometriosis	CME Webinar
September 14, 2022	Dealing with Myomas the MIGS Way	CME Webinar
September 21, 2022	This Challenging Adenomyoma	CME Regional Webinar: Visayas

The Annual Congress and 18th Anniversary Celebration of PSGE entitled "Expanding Horizons in MIGS", was held virtually last July 13-14, 2022 with Dr. Regina Paz Tan-Espiritu as Over-all Chair, and Dr. Regta Pichay as Head of the Scientific Committee. The faculty consisted of international guests: Dr. Mauricio Abrao, Dr. Rudy Leon de Wilde, Dr. Rajesh Devassy, Dr. Chi-Long Lee and Dr. Rosanne Kho. It also showcased stellar local faculty namely, Dr. Delfin Tan, Dr. Maria Antonia Habana, Dr. Angela Aguilar, Dr. Prudence Aquino, Dr. Ma. Jesusa Banal-Silao and Dr. Arby Jane Iqualada. The congress highlights featured a session in collaboration with the European Society for Gynaecological Endoscopy (ESGE) and a Presidents' Hour Session with both presidents of the American Association of Gynecologic Endoscopy (AAGL) and the PSGE. The congress also collaborated with the Young APAGE Group in its premier run of the PSGE-YAG session, with Dr. Renee Sicam, Dr. Chutatip Poonsatt, and Dr. Aizura Aidan as guest panelists.

During this Annual Congress, the SCOPE: Surgical Competency on Pelvic Endoscopy was also launched. SCOPE is an online self-paced program available in the PSGE website for free. It hopes to supplement the resident learning experience. The course is available until December 2024 and is based on the approved residency curriculum for MIGS. This is in line with the CREED and PBOG recommendation of implementation of the integration of Minimally Invasive Gynecologic Surgery (MIGS) in residency starting 2021(CREED-PBOG resolution 2021-001). The Board of Trustees, both past and present, served as faculty in SCOPE. This can be accessed thru this site: <http://www.psge-migs.org/scope-overview.php>

The Society participated in the Asia Pacific Association for Gynecologic Endoscopy (APAGE) and Taiwan Association for Minimally Invasive Gynecology (TAMIG) Annual Congress with

our very own president, Dr. Maria Antonia Habana delivering her keynote speech on "Hysteroscopy Among Infertile Women" last Sep 30-Oct 2, 2022 in Taipei, Taiwan. Dr Prudence Aquino, PSGE immediate past president, also delivered her lecture on "Hybrid Basic Hysteroscopy Workshop: The PSGE Experience".



Finally, after two years of the pandemic, the PSGE was again ably represented a face to face international congress this year. Dr. Habana gave a speech about "Enhancing Gynecologic Residency Training with the Introduction of Minimally Invasive Gynecologic Surgery" in the European Society for Gynecologic Endoscopy (ESGE) 31st Annual Congress in Lisbon, Portugal. Several papers were submitted and presented in ESGE this year from our fellows and fellows-in-training from East Avenue Medical Center, UP Manila College of Medicine, Southern Philippines Medical Center, PGH, St. Luke's Medical Center Quezon City and Quirino Memorial Medical Center.



PSGE also participated in this year's POGS Annual Convention Pre congress with a webinar entitled "New Directions in Hysteroscopy" with Dr. Regta Pichay, Dr. Bao-Liang Lin, Dr. Paula Cynthia Cruz-Limlengco, Dr. Regina Paz tan-Espiritu, Dr. Angela Aguilar and Dr. Zoraida Umipig-Guevara as speakers.

A fruitful year for PSGE indeed!

# PHILIPPINE SOCIETY OF MATERNAL FETAL MEDICINE

By Maria Estrella Y. Flores, MD

2022 has been quite a busy year for the society in terms of training and ultrasound advancement of the members and education of the primary health care providers. Most webinars were still conducted virtually but we have boldly embarked some face-to-face activities.

Regional webinars in coordination with the regional directors

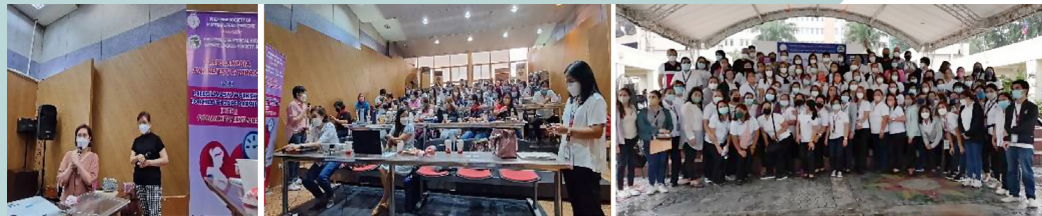
were conducted for Maternal and Fetal Medicine updates on topics like Clinical Implications and Management of Maternal Nutrition, Prenatal Screening and Evaluation for Congenital Anomalies and Surgical Complications in Pregnancy. There were 5 fellows fora hosted by the training institutions, Cardinal Santos Medical Center – Fetal Intestinal Malrotation and Volvulus, Dr. Jose Fabella Memorial Hospital – Preterm Birth Prevention:

Experience on the use of Cervical Pessary, The Medical City – Dravet Syndrome in the family: Concern on prenatal diagnosis and genetic counseling, Philippine Children’s Medical Center – Cardiac switch: A case of an antenatally diagnosed fetal transportation of the great arteries and Southern Philippines Medical Center – EXIT with pacemaker placement: Beating the beats of autoimmune congenital heart block.



The society conducted a series of face-to-face lectures on Preeclampsia Risk Assessment and Screening among the primary health care providers on June – July in Quezon City and on September – October in Regions 1 and 2 as part of our advocacy for preventive and promotive health care in preparation for the implementation of the Universal Health Care. There was a total of 138 participants among the 75 rural health centers and government lying-ins in Quezon City. In Region I, there were 60 participants in Vigan and 51 in La Union. In Region II, there were 48 primary health care providers from Tuguegarao City, 105 participants from 29 health centers in Lamut, Ifugao, 50 participants in 4 health centers and district hospital in Maddela, Quirino, 73 participants from 45 health centers in Jones, Isabela. All participants were evaluated through quiz and return demonstration and were given Certificates of Proficiency in Preeclampsia Screening and Assessment.

## Quezon City



## Region 1



## Region 2



The Special Interest Group on Fetal Therapy chaired by Dr. Clarissa Velayo, had a 2-day virtual webinar in July with 4 foreign speakers and local speakers. Topics included Current State of Fetal Therapy (Dr. TY Leung of Hongkong and Dr. Clarissa Velayo), Fetal Blood Transfusion (Dr. Walter Ventura of Peru and Dr. Ramon Reyes), Fetal Therapy for Twin-to-Twin Transfusion Syndrome and Twin Complications (Dr. Ozhan Turan of USA and Dr. Karen Torredes), Fetal Cardiac Surgery for Critical Aortic Stenosis (Dr. Jesus Rodriguez Calvo of Madrid) and Ex-utero Intrapartum Management (Dr. Maria Estrella Flores). Hands-on workshop on fetal therapy is lined up for next year.



Advancement in Obstetric Ultrasound were conducted by the different Special Interest Groups. The Special Interest Group on Fetal Heart, chaired by Dr. Angelita Teotico conducted a series of lectures on Fetal Echocardiography and hands-on workshops from February – October in the different accredited training institutions and in Region I. The other faculty members are Drs. Beverly Balita, Gumersinda Javier, Valerie Guinto, Ma. Cathleen Santiago and Grace Cayabyab. Certification on Fetal Echocardiography will be done in the coming months.



The Special Interest Group on Intrapartum Ultrasound, spearheaded by Dr. Leah Rivera had a workshop with Professor Tullio Ghi of Pharma, Italy on October 29-31. Professor Ghi initially trained the faculty members (Drs. Leah Rivera, Gumersinda Javier, Angelita Teotico, Marjorie Santos, Cara Madrigal-Dy and Maria Estrella Flores) with lectures and directly on parturients in East Avenue Medical Center. 12 representatives from the different training institutions participated on Day 3 with didactics and hands-on training mentored by Prof. Ghi and the faculty members. Future plans for intrapartum workshops will be carried out next year.



# Philippine Society of Reproductive Medicine

By Maria Isidora Margarita Yap-Garcia, MD  
P.R.O.

True to its mandate of providing cutting edge information in the field of Reproductive Medicine, the PSRM recently concluded its Virtual Annual Convention last Sept 8-9, 2022. It was a well-attended event which garnered 713 individual participants. Aply entitled "Present and Future Horizons in Reproductive Medicine", the international and local luminaries in the field tackled subjects in the modern landscape of reproductive endocrinology and infertility.

**PHILIPPINE SOCIETY FOR REPRODUCTIVE MEDICINE, INC.**  
**PSRM VIRTUAL ANNUAL CONVENTION**  
**PRESENT AND FUTURE HORIZONS IN REPRODUCTIVE MEDICINE**  
**8 & 9 SEPTEMBER 2022 | 8AM - 5PM**

**INTERNATIONAL GUEST SPEAKERS**

- ABNORMAL UTERINE BLEEDING IN THE YOUNG**  
Dr. Judith S. Simms-Candau  
UNITED STATES OF AMERICA
- MANAGEMENT STRATEGIES FOR POOR OVARIAN RESERVE: A CLOSER LOOK AT SEVERE PSH AND ON BRUCENCY**  
Prof. Nikolaos P. Polyzos  
GREECE
- VENEA AND ENDOMETRIOSIS**  
Dr. Pedro Antonio Ragidor  
CUBA
- MANAGING ABNORMAL UTERINE BLEEDING IN POLYCYSTIC OVARY SYNDROME**  
Dr. Laurie Henry  
IRELAND
- INDIVIDUALIZING MONOPHASIC HORMONAL THERAPY**  
Prof. Tommaso Simoncini  
ITALY
- OPTIMIZING OVARIAN STIMULATION OUTCOME: FROM EVIDENCE TO CONFIDENCE**  
Prof. Michel De Vos  
BELGIUM

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<https://app.xperio.ph/event/psrmanual2022>

Understanding the need for quality medical education, PSRM will stay true to its mandate to provide updates in reproductive medicine. Banking on PSRM's strong group of experts, next year, the society will continue providing high quality education via its Online Thursdays platform. PSRM will likewise ramp up its engagement with a different, but equally important set of stakeholders – the lay community. Partnering with our patients through lay fora will certainly add to the awareness of infertility, endometriosis, polycystic ovary syndrome, contraception, and other important issues in the field.



**ACE 2023**  
MANILA | SEPTEMBER 25-26

**11TH ASIAN CONGRESS ON ENDOMETRIOSIS**  
**TRANSFORMING LESIONS TO LESSONS**  
**The Multidimensional Care in Endometriosis**

In collaboration with Asian Society of Endometriosis & Adenomyosis (ASEA)

In the realm of research, PSRM is slated to share its output on various topics initiated in 2020. Among the papers to watch out for are "The establishment of ethical guidelines on the provision and practice of Advanced Reproductive Technology and Intrauterine Insemination using online Delphi technique", and "Pharmacologic management of Endometriosis in Asian women: a Systematic Review and Meta-Analysis".

**Philippine Society for Reproductive Medicine**  
**Committee on Ethics 2020**  
**Research Committee, SIG Infertility**

**PLENARY DISCUSSION**

"The establishment of ethical guidelines on the Provision and Practice of Advanced Reproductive Technology and Intrauterine Insemination using Online Delphi Technique"

- ATTY. ELIZABETH PANGALANGAN**  
Legal Perspective
- PATRICK MORAL MD**  
Medical Ethics Perspective
- CHRISTINA ASTORGA, PHD**  
Theological Perspective
- ALFRED "AME" LOPEZ, MD**  
LGBTQ Perspective

**FEB 17 • 6:00 PM**

Join at:  
<https://bit.ly/psrm2022feb17>

Meeting ID: 891 5989 0718  
Passcode: psrm2022

On May 11 – 12, 2023, PSRM will have its first face to face mid-year convention in Clark, Pampanga. Please stay tuned for updates on this momentous event as we prepare to celebrate the end of the pandemic with 2 days of education and fellowship.

2023 appears to be an auspicious year for PSRM as it gears up to spearhead an international event. The Asian Society on Endometriosis and Adenomyosis has handpicked Manila to host the 11th Asian Congress on Endometriosis: Transforming Lesions to Lessons, The Multidimensional Care of Endometriosis. Bringing together the world's thought leaders in the clinical practice and research of endometriosis is the team of Dr. Angela Aguilar, President of the Congress. On the local front, PSRM will be led by Dr. Debby Pacquing-Songco, Chair of the Organizing Committee. Please mark your calendars on September 25-26, 2023, as we discover what's in the horizon for Endometriosis management here and in the international arena.

# PSSTD: A Vicennium of Progress, Skills and Service

By Agnes L. Soriano-Estrella, MD, MHPEd, FPOGS, FPSSTD

The Philippine Society for the Study of Trophoblastic Diseases was established in 2002. Since then, the officers and members of the Society has remained steadfast in their commitment to deliver the best health care to women afflicted with gestational trophoblastic disease (GTD).

Acknowledging the fact that most women are first seen and managed by general obstetrician-gynecologists, the Society has embarked on various scientific activities to share basic concepts and latest trends in the diagnosis and management of GTDs. The pandemic paved the way to reach out to more colleagues through the online platform. This year, the Society was able to conduct two virtual tumor conferences. The first, which was held on March 18, 2022, discussed the recognition and management of Invasive Hydatidiform Mole while the second focused on Management Options For The Control Of Hemorrhage From Vaginal Metastasis and was held on July 8, 2022.

Recognizing the importance of our patient's awareness of GTDs, the Society held its first lay forum. This activity focused on the types, risk factors, diagnosis and management of hydatidiform mole. This was held via zoom teleconference and was also broadcast through Facebook live to reach a wider audience.

In support of the activities of the Philippine Obstetrical and Gynecological Society (POGS), PSSTD held a preconvention webinar on October 8, 2022. This was a very interesting panel discussion that looked into the genetic and molecular basis of the Familial Recurrent Hydatidiform Mole vis a vis the bioethical issues surrounding the condition. The Society also had a simultaneous session during the POGS Annual Convention. Three topics were discussed, namely medical complications of hydatidiform mole, management of hemorrhage in gestational trophoblastic neoplasia and psychosocial effects of GTDs.

The highlight of this year's CME activities is the Society's fourth postgraduate course held on November 4-5, 2022. To commemorate its 20th founding anniversary, the organizing committee planned a comprehensive scientific program featuring world renowned authorities as well as local experts in trophoblastic diseases.

Since 2006, the Society has been publishing clinical practice guidelines (CPG) on the diagnosis and management of gestational trophoblastic diseases in order to standardize care, improve cure rates and ensure uniformity of case reporting. This year, we shall release two clinical practice guidelines, one

for hydatidiform mole and another for gestational trophoblastic neoplasia. The guideline development process employed by our task force followed the recommendations of the Department of Health, which utilized the GRADE approach. Both CPGs tackle selected critical issues on diagnosis and management of these conditions. The CPG on hydatidiform mole provides 20 recommendations while the CPG on gestational trophoblastic neoplasia presents 23 recommendations.

The second edition of the Handbook for the Trophoblastic Disease Specialist was released this year. This handbook was made specifically for the members of the Society to help us stay abreast with new guidelines and standardize our management of GTN patients.

For three consecutive years (2020-2022) the Society has partnered with the Philippine Journal of Obstetrics and Gynecology for the publication of a special issue containing various interesting case presentations and researches on gestational trophoblastic diseases. Being one of the countries with the highest prevalence of GTD, we hope to continue with this endeavor to give our colleagues a more in depth understanding of the cases we handle and in the process give them a glimpse on the proper diagnosis and management of GTDs.

Due to an increasing number of projects and activities, the Society's Board of Trustees found it necessary to produce the first edition of the PSSTD Administrative Manual. The Society's past presidents were tapped to draft this very important document, which would serve as a guide for its future officers and members in the performance of their duties and responsibilities and in the conduct of the Society's various activities.

Indeed, 2022 has proven to be another busy and fruitful year for the Society. As we slowly continue to grow in number, the Philippine Society for the Study of Trophoblastic Diseases shall continue to carry out worthwhile projects and activities that will help ensure delivery of quality care for our patients.

# A busy year for PSURPS

By Maria Teresa C. Luna, MD, MBAH

2022 has been another busy year for the Philippine Society for Urogynecology and Reconstructive Pelvic Surgery (PSURPS). Our (OASIS) Workshops continued online. We have had two already, on August 13 and September 10. However, the participants for the forthcoming workshops on November 12, 2022, and January 2023 will be in for a treat: these will be held face-to-face at the Aesculap Academy in Sun Life Center, Bonifacio Global City, Taguig City.

In addition, we also mounted engaging case series webinars. The cases included were genitourinary syndrome of menopause, obstructed labor complex, and recurrent obstetric anal sphincter injury.

As one of our Society's objectives is to increase awareness of common urogynecological conditions, we conducted a series of regional lay fora via FB live. Dr. Jennifer Marie Jose of the National Capital Region discussed overactive bladder; Dr. Mary Rani Cadiz of Region IV-A (Southern Luzon), pelvic organ prolapse. Dr. Ryan Lirazan took up recurrent urinary tract infections for Region I (Northern Luzon) and Dr. Geoffrey Que, urinary problems in menopause for Region XI (Southern Mindanao).

The PSURPS' preconvention webinar on Pelvic Floor Power last October 6 drew 1412 registrants. The discussion included the principle behind the pelvic floor muscle exercise; treatment modalities such as biofeedback, electrical stimulation, and laser therapy; and the role of alternative medicine for the pelvic floor.

Telekonsulta, a collaborative project between the Information Communication and Technology (ICT) of POGS and PSURPS, produced a 7-minute video entitled Telekonsulta para sa Buwa. The video guides patients on what to expect in teleconsultation for the problem.

In the forthcoming POGS Annual Convention, the PSURPS' part of simultaneous sessions on November 10 will focus on

pelvic organ prolapse and pelvic floor rehabilitation. First, Dr. Lisa Prodigalidad-Jabson will explain the different surgical techniques for prolapse surgery. Next, pregnancy and childbirth after prolapse surgery will be explored by Dr. May Anne Tabaquero. Finally, I will take up pelvic floor rehabilitation.

Indeed 2022 has been a very productive year for PSURPS. As of this writing, we are already conceptualizing a lineup of more engaging activities for the coming year. We will go out of our comfort zones to reach a bigger audience. So, watch out everyone.

