

## REGISTRATION FEES

	PRE-REGISTRATION BEFORE MAY 18, 2018	ON-SITE
Member	PHP 1,700	PHP 2,200
Non-Member	PHP 2,700	PHP 3,200
Resident	PHP 1,500	PHP 1,700
Allied Medical Professional	PHP 1,500	PHP 1,700

\*Annual dues of members who are in good standing will be waived if they register for both the Midyear and Annual Conventions.

### PAYMENT DETAILS:

- 1 You may pay at the PSCM office or
- 2 Send cheque payment via courier to PSCM Office or
- 3 Deposit payment to the PSCM Security Bank account **0281-024165-001\*\***

\*\*Please send a copy of the deposit slip via fax, email or viber and include your name and contact number

### FOR INQUIRIES, PLEASE CONTACT:

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WEBSITE [www.pscminc.org](http://www.pscminc.org)



PHILIPPINE SOCIETY OF CLIMACTERIC MEDICINE

in cooperation with the

PHILIPPINE OBSTETRICAL AND GYNECOLOGICAL SOCIETY  
REGION I CHAPTER



INVITES YOU TO ITS

## 16TH MIDYEAR CONVENTION

THE NEWTOWN PLAZA HOTEL, BAGUIO CITY • FRIDAY, 25 MAY 2018, 7AM - 4PM

### THE WOMAN IN MENOPAUSE:

*Alert, Smart AND Healthy*



PRC CPD AND PMA CME UNITS TO FOLLOW

## PSCM BOARD OF DIRECTORS 2017-2018

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Dr. Lyra Ruth C. Chua

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Dr. Maria Jesusa B. Banal-Silao

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Dr. Susana S. Lao

Dr. Julie DR. Lim

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Dr. Marinela Agnes G. Abat

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Dr. Stephanie Cherryl H. Supan

### DOCUMENTATION

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Dr. Michelle E. Gamboa

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Dr. Gladys G. Tanangonan

Dr. Leonila E. Casanova

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## 2018 POGS REGION 1 CHAPTER OFFICERS

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Dr. Kathleen Gizelle J. Samonte-Alfonso

### REGIONAL DIRECTOR

Dr. Jo-Ann B. Badua



## SCIENTIFIC PROGRAM

### AM SESSION

#### MODERATOR

Dr. Maria Jesusa B. Banal-Silao

#### 8:30 - 9:00

Opening Ceremonies  
Invocation, National Anthem, POGS Hymn

Welcome Remarks

Dr. Jo-Ann B. Badua  
POGS Region 1 Director

Opening Remarks

Dr. Lourdes B. Capito  
PSCM President

Overview of the Scientific Program

Dr. Lilia P. Luna  
Chair, Scientific Program

#### 9:00 - 9:30

Is my Memory Failing Me?  
Dr. Corazon Mercado Danguilan

#### 9:30 - 10:00

Mental Health and Brain Exercises  
Dr. Joan Tan-Garcia

#### 10:00 - 10:30

Mental Health and Physical Exercises  
Dr. Lyra Ruth C. Chua

#### 10:30 - 11:00

Perimenopausal Depression  
Dr. Betha Fe M. Castillo

#### 11:00 - 11:30

Open Forum

#### 11:30 - 12:00

Industry-Sponsored Symposia:  
Biofemme

### PM SESSION

#### 12:00 - 1:00

Lunch and Visit Exhibits

#### MODERATOR

Dr. Ma. Corazon Zaida N. Gamilla

#### 1:00 - 1:30

Industry-Sponsored Symposia: Biofemme

#### 1:30 - 2:00

Preventive Strategies for Osteoporosis  
Dr. Jean Pierre F. Leung

#### 2:00 - 2:30

Making Choices in MHT for Mental Health  
Dr. Lilia P. Luna

#### 2:30 - 3:00

Sexuality in Menopause  
(A Layman's Perspective)  
Judge Mia Joy Oallares-Cawed

#### 3:00 - 4:00

Personal Empowerment:  
An Approach to Healthy Menopause

- Dressing Up In Style For Age  
Ms. Anna Lorraine Kier-Tabora
- Looking Pretty In Menopause  
Dr. Faith B. Kishi-Generao

#### 4:00 - 4:30

Open Forum

#### 4:30

Closing Remarks  
Dr. Ruth Judith Gay V. Cristobal  
POGS Region 1 President

Dr. Jericho Thaddeus P. Luna  
PSCM Vice President

#### 6:00

Fellowship Night