



# POGS 2011

## MIDYEAR CONVENTION

HOST: POGS NORTHERN MINDANAO CHAPTER – REGION 10

Atrium, Limketkai Center  
Cagayan de Oro City  
April 26-28, 2011



### Welcome Message

*The Philippine Obstetrics and Gynecological Society (POGS), Northern Mindanao Chapter is privileged to host the 2011 POGS midyear convention, on April 26-28, 2011 at the Atrium of Limketkai Center, Cagayan de Oro City. The theme, "POGS Transcending Culture and Tradition," enunciates the POGS Northern Mindanao Chapter's conviction to make the Convention a venue for unity and acceptance of a common cause.*

*The organizing committee has meticulously designed and crafted a program that will ensure vigorous deliberations and consensus in effectively confronting current issues in women's reproductive health. It is envisioned that the Convention will generate increased awareness among obstetricians and gynecologists of the present status of the reproductive health in the Philippines, and thus, find means in providing appropriate solutions to these problems. We also want you to journey through the diverse but rich culture of Mindanao so as to see beyond the issues of conflict and beliefs that divide our country.*

*At the same time, an exciting moment is awaiting the delegates, as this will be an opportunity to experience the distinct culture and physical beauty of Mindanao. As part of the event, the members of POGS Northern Mindanao Chapter-Region 10 will offer our colleagues from other regions the much needed respite from the stress of the practice and lead to unparalleled adventure which will keep delegates in tune with nature.*

*In behalf of the organizing committee, it is our honor and privilege to welcome all delegates to this momentous and exhilarating occasion in Cagayan de Oro City and at the same time invite you to witness our contribution to the ongoing efforts to promote women's reproductive health.*

**REYNALDO CHU, MD. FPOGS**  
Overall Chair  
Organizing Committee  
POGS 2011 Midyear Convention

**JANA JOY RIVERA-TUSALEM, M.D., FPOGS**  
POGS Regional Director  
POGS Region 10

*"POGS Transcending Culture & Tradition"*

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## SCHEDULE OF ACTIVITIES

### DAY 0: 25 April 2011 (Monday)

8:00AM-5:00PM	Arrival of Delegates and Dignitaries
	Motorcade from the airport to Malberry Hotel
6:30 PM	<b>BOT-RD MEETING</b> <b>Venue: Xavier Estates</b>

### DAY 1: 26 April 2011 (Tuesday)

8:00AM-5:00PM	Registration of Delegates POGS Amazing Race
8:00AM	POGS BOT, Regional Directors' Meeting Venue: Malberry Suites
1:00 PM	Opening of Exhibits
5:30 PM	<b>OPENING CEREMONIES</b>
7:00 PM	<b>WELCOME RECEPTION</b>

### DAY 2: 27 April 2011 (Wednesday)

#### Session I: CHALLENGES IN THE OB-GYN PRACTICE

Chairperson: Dr. Cynthia Baconga

Co-Chair

8:30 – 9:00 AM	Endometriosis – An Angiogenic Disease, Can We Treat? Dr. Clement Chan
9:00-9:30AM	Dermatologic Lesions in Pregnancy
9:30-10:00AM	SCIENTIFIC LECTURE
10:00-10:15 AM	Open Forum/Coffee Break/ Summary

## SCHEDULE OF ACTIVITIES

### Session II: PERINATOLOGY

10:15-10:45AM	Should One Screen For Thyroid Dysfunction In Pregnancy?
10:45-11:15 AM	Prenatal Counseling of Mothers with Cardiac Neonates
11:15-11:45 AM	Fetal Cardiac Dysrhythmia, what a Clinician can do
11:45-12 NN	Open Forum / Summary
12 NN-1:00 PM	HPV Disease and Prevention: Cervical Cancer and Beyond Speaker: Dr. Ricardo Manalastas Moderator: Dr. Cristina Ditas Decena
	<b>INDUSTRY SPONSORED LUNCHEON SYMPOSIUM</b> Merck Sharp and Dohme Corp. (MSD)
1:00-3:00 PM	Interesting Case Presentation Contest Chairman: Dr. Virgilio Castro
1:00-5:00PM	White Water Rafting
5:30-9:00PM	<b>FELLOWSHIP NIGHT</b>

### DAY 3: 28 April 2011 (Thursday)

#### Session III: KALEIDOSCOPE for the OBSTETRICIAN

8:30-9:00 AM	Air Travel in Pregnancy
9:00-9:30 AM	LECTURE
9:30-10:00 AM	LECTURE
10:00-10:15 AM	Open Forum
10:15-10:45 AM	SCIENTIFIC LECTURE
10:45-11:15 AM	SCIENTIFIC LECTURE
11:15-11:45 AM	CIRCLE – “Creating Involvement and Response for Cervical Cancer Eradication” Speaker: Dr. Benjamin Cuenca
	<b>INDUSTRY SPONSORED LUNCHEON SYMPOSIUM – GLAXO</b>
11:45-12:15 AM	Open Forum
12:15-1:00PM	<b>CLOSING CEREMONIES and GRAND FAREWELL</b>
1:00-5:00PM	White Water Rafting

**REGISTRATION PROCESS**

- 1) Go to our website: [pogs2011midyearcon.weebly.com](http://pogs2011midyearcon.weebly.com)
- 2) Click on REGISTRATION. Find the rates of registration fees and the registration forms.  
*Option 1 -Two options:*  
 Download the form. Fill it up and fax it to Dr. Ma. Orpha V. Alonsabe at 088-8574717 or scan the form and send it to this email address: [moa0607@gmail.com](mailto:moa0607@gmail.com).  
*Option 2 - Register on line by filling the spaces provided in the on-line registration form.*  
*NOTE: Residents and fellows on training MUST fax or email a certificate stating that they are so.*
3. Pay the corresponding amount according to your category to:  
**POGS Northern Mindanao Chapter, Region 10**  
 BPI-Div, Cagayan de Oro City - Account Number **2041-0416-36**
4. Fax deposit slip form to 088-8574717 OR scan deposit slip and send it to this email address: [moa0607@gmail.com](mailto:moa0607@gmail.com)
5. You will receive a confirmation of your registration after we received the deposit slip.

**Very Important: DON'T FORGET TO BRING DEPOSIT SLIP TO THE CONVENTION SITE FOR FINAL VALIDATION.**

**CONVENTION INFO "LAHUTAY Kagay-an"**  
**2011 POGS Midyear Amazing Race**

The game, "Lahutay Kagay-an" (A Pharex Cefuroxine Challenge) is a unique combination of the popular reality TV shows "Amazing Race" & "Survivors". This race is one of the highlights of the upcoming 2011 Midyear Convention at Cagayan de Oro.

The game is open to all bonafide members of the society. There will be 10 teams comprising of 2 members competing in this event. Prizes at stake will be P20,000 for the grand winner and P10,000 for the second prize. Those who are interested to join may fill up the registration & waiver form from their respective Regional Director. The said event will be on April 26, 2011, from 7 am – 12 noon. Proclamation and awarding of winners will be during the Fellowship night on April 27, 2011. For more information visit our website at <http://pogs2011midyearcon.weebly.com>

**MECHANICS:**

1. This is a 5-hour series of activities within Cagayan de Oro City.
2. All regions are invited to join this competition. Each team must have two members.
3. There will be 8 control points representing 8 different challenges to overcome.
4. Non-completion of any task has a demerit of 10 mins.
5. The first and second-prize winners will be proclaimed based on shortest time activity completion.
6. All participants are to use outdoor attire with rubber shoes or sandals with back-straps.
7. They must be prepared to get totally wet.
8. The marshal's decision is final and non-appealable.

**TOURS:****WHITEWATER RAFTING**

Everyone who visits Cagayan de Oro City always look forward to experience its famous Whitewater Rafting adventure. Thus, POGS Region 10 offers a convention price of P 800.00 /person (excluding meals).

*Reservations may be through:*

Our website at <http://pogs2011midyearcon.weebly.com>

Click on tours. Then, fill up the reservation form completely. Don't forget to write your email address.

Payments may be deposited directly to **BPI-Divisoria Branch, Cagayan de Oro** Account No **2041-0416-36**.

Email scanned copy of your bank transaction slip to [pogsxwhitewaterafting@yahoo.com](mailto:pogsxwhitewaterafting@yahoo.com).

Then we will email your control number and show this number to the Whitewater rafting booth at the convention site to claim your tickets. Tickets are color-coded for a specific schedule.

Medical Representatives in your area who will coordinate with their counterparts in Cagayan de Oro. They can get reservation forms directly from the Committee on Tours. Payment may either be directly to us or through POGS X bank account. Then, we will email your control number.

Whitewater rafting booth at the convention site.

There will be NO whitewater rafting schedules during scientific sessions.

You may wear any light and comfortable outdoor attire with rubber shoes or sandals with back straps.

Brief orientation on safety measures will be given during the luncheon symposium before going to the site for April 27 & 28 schedules. For the April 26 & 29 schedules, orientation will be at the site already.

Pick-up and drop-off place will be at the parking area of Grand Caprice, Limketkai at 7 am for morning schedules and 1pm for afternoon schedules.



**DAHILAYAN (ZIPLINE) ADVENTURE PARK**

If you want to conquer your fear and experience a different adrenaline rush, zoom through Asia's longest dual ziplines at Dahilayan Adventure Park.

Rate is at P600/person (exclusive of food and transportation).

Vans with 10 person capacity are available at P2,500 roundtrip.

For reservations contact Mr. Geronimo M. Garcia through email : [a\\_detour97@yahoo.com](mailto:a_detour97@yahoo.com) or visit their booth at the convention site.

Pick-up and drop-off place will be at the parking area of Grand Caprice, Lim Ketkai at 7 am for morning schedules and 1pm for afternoon schedules.

There will be NO zipline schedules during scientific sessions.

**CAMIGUIN ISLAND TOUR:**

After having drained your energy from the different breathtaking adventures in the city, get ready to fall under the spell of the island of your imagination, Camiguin. Enjoy the wonderful natural resources and peaceful atmosphere.

For reservations email: [info@funtripstravelandtours.com](mailto:info@funtripstravelandtours.com)  
There will only be two side trip schedules. April 25-26, 2011 and April 29-30, 2011 respectively.

Package tour A is inclusive of fastcraft round trip transfer, around Camiguin van transport, lunch for day 1 and breakfast for day2, entrance fees/ picnic sheds and tour guide.

Package tour B, same with A but with no meals.  
There will be no scheduled tours for April 27 & 28 2011.

**HOTEL ACCOMODATION**

Please refer to list of Hotels and Rates (insert)  
Contact Person: **Dr. Carlos Benedict Tan**  
Cel. No.: Globe: 09177181998 Sun: 09228631998  
Email Address: [doderlein@gmail.com](mailto:doderlein@gmail.com)

# Tour Cagayan

*The City of golden Friendship is located along Macajalar bay in the Central Coast of Northern Mindanao. It is the regional centre of Region X with a total land area of 48, 885.83 hectares. It is considered as the gateway to Northern Mindanao.*

*If you're in for an exciting and unforgettable experience, come and feel the captivating lure of nature's bounty, making Cagayan de Oro the perfect place to kick-off an eco adventure.*

*There is so much mystery, fun and adventure to be discovered all over the place.*



**WHITE WATER RAFTING**

↗ The rafting trip stretched from Barangay Dansolihon to the city which provides beautiful panoramic view of the river rocky walls, untouched vegetation and the sight of the resting heaven of monkeys. Its breathtaking rapids with intervals of 10 to 15 minutes will give you the memorable experience. This makes Cagayan de Oro the White Water Rafting Capital of the Philippines!

**DIVINE MERCY HILLS**



This pear-shaped volcanic island lies 10 kilometers off the coast of Misamis Oriental. Getting there is already hassle-free for a fast craft which brings tourists daily to the island in just 2 hours. The island is blessed with many forests, volcanic grandeur, hot and cold springs, two small islands with white beaches, and majestic waterfalls. Church ruins, life-size station of the cross at the Walkway and Sunken Cemetery speaks of Camiguin's glorious past. The truth is, CAMIGUIN is best experienced than described as one gets enchanted by her mystical charm. It really has amazing natural resources and peaceful atmosphere that stir and baffle the minds of everyone. ↘

↖ Nestled on tranquil hills in El Salvador, Misamis Oriental, the Divine Mercy Shrine has a 50 foot statue of the Divine Mercy Christ so far the tallest in the world. The place is fast becoming a pilgrim destination for the devotees of the Divine Mercy in Mindanao.



**CAMIGUIN ISLAND**



**DAHILAYAN ADVENTURE PARK**

↑ Conquer your fear! Dahilayan Adventure Park boasts to be Asia's longest ziplines at 840 meters. Zipriders zoom through the rainforest canopy at 60 – 80 kph. A 320-meter and 150-meter training ziplines are also available for the family. The place is only 30 minutes away from the city proper. So come and experience adrenalin rush as you fly by wire!



**MAPAWA NATURE PARK**

↑ This park is located in Malasag Barangay Cugman just 12 kms. from Cagayan de Oro City. Exciting activities awaits you! Zipline suspended over the forest with 6 stage course including monkey bridge and finish with a rapel. Get to ride like a cowboy and do cattle herding in their horseback riding package. Or you may trek the river at the park and get to go through 5 waterfall challenges. So have fun and adventure in the park.

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