

# AOFOG NEWSLETTER

## Reproductive Endocrinology Infertility Committee



# REI COMMITTEE

Budi Wiweko (Indonesia) - **Chairman**

Nandita Palshetkar (India) - **Co-chair**

Miyuki Harada (Japan)

Ho Manh Tuong (Vietnam)

Nusrat Mahmud (Bangladesh)

Somjate Manipalviratn (Thailand)

Ben Mol (Australia)

Mei Jou Chen (Taiwan)

Mukhri Hamdan (Malaysia)

Virgilio Noverro (Philippines)

Jennifer KO (Hong Kong)

Tachibana Masahito (Japan)



# 1

## **WELCOME MESSAGE**



ASIA & OCEANIA FEDERATION  
OF OBSTETRICS & GYNAECOLOGY

# FOREWORD



Dear Colleagues and Friends,

It is my great pleasure to present this issue of the AOFOG Newsletter, highlighting our recent milestones and collaborative efforts in advancing reproductive endocrinology and infertility (REI) across the Asia-Oceania region.

Over the past months, the REI Committee has been actively engaged in high-impact educational programs, including our participation at the 27th PIT POGI 2024 in Indonesia, where science and culture harmoniously blended to foster stronger regional ties. Our ongoing projects—such as the development of the AOFOG PCOS Consensus Statement, the upcoming REI Fellowship in Taiwan, and the AOFOG Campus series—are a testament to our shared vision of equitable, evidence-based reproductive care.

We believe that through collaboration, innovation, and capacity building, we can close the gaps in reproductive health services, particularly in underserved areas. I extend my sincere appreciation to all committee members, speakers, partners, and institutions for their unwavering dedication and support.

Let us continue this journey together—with purpose, passion, and unity.

# 2

## EVENTS AND ACTIVITIES



ASIA & OCEANIA FEDERATION  
OF OBSTETRICS & GYNAECOLOGY

# AOFOG CAMPUS 1

## WEBINAR, SEPT 12<sup>TH</sup> 2024

On the 12<sup>th</sup> of September 2024, the AOFOG REI Committee held the AOFOG Campus 1 webinar with the topic of **Ovarian Aging**. The webinar was conducted through the Zoom Webinar platform with **225 participants**.

Topics include:

**CONCEPT OF OVARIAN AGING**

**TREATMENT OPTIONS**

**EVIDENCE-BASED MANAGEMENT**

The overall **impression** of the event from the attendees scored excellent score, and an **overall score of 93%** for all three speakers.



# AOFOG CAMPUS 1

## WEBINAR, SEPT 12<sup>TH</sup> 2024



REI Committee of AOFOG presents

## AOFOG CAMPUS 1: OVARIAN AGING



**Rohana  
Haththotuwa**  
(Sri Lanka)  
"Introduction  
by AOFOG"



**Nandita  
Palshetkar**  
(India)  
Chairman  
of session



**Budi Wiweko**  
(Indonesia)

"Concept of  
Ovarian Aging"



**Miyuki Harada**  
(Japan)

"Treatment of  
Ovarian Aging"



**Ben Mol**  
(Australia)

"Evidence on Ovarian  
Aging Management"



12 September 2024  
01.00 - 03.00 pm  
(GMT +7)



Zoom Webinar

Access this link for registration:

[bit.ly/AOFOGcampus-1](https://bit.ly/AOFOGcampus-1)

or scan the QR code



CLICK HERE



ASIA & OCEANIA FEDERATION  
OF OBSTETRICS & GYNAECOLOGY

# AOFOG CAMPUS 2

## WEBINAR, DEC 16<sup>TH</sup> 2024

The next agenda on the REI Committee timeline is the AOFOG Campus 2 with the topic of **Endometriosis**, in 19 December 2024 through Zoom Webinar.

The topic that has been discussed in this event are:

**THE NEW PATHOGENESIS OF ENDOMETRIOSIS:  
GENETIC AND EPIGENETICS THEORY**

**ENDOMETRIOSIS:  
A DISEASE WITH FEW DIRECT TREATMENT**

**A REVIEW OF THE RECENT EVIDENCE AND  
GUIDELINES OF ENDOMETRIOSIS**

**BEST PRACTICES OF ENDOMETRIOSIS  
TREATMENT IN DEVELOPING COUNTRIES**

REI Committee aims to address and reduce regional disparities in diagnosis and clinical management by organizing this webinar to promote standardized, evidence-based practices across healthcare settings.



# AOFOG CAMPUS 2

## WEBINAR, DEC 16<sup>TH</sup> 2024



**AOFOG**  
ASIA & OCEANIA FEDERATION  
OF OBSTETRICS & GYNAECOLOGY

REI COMMITTEE OF AOFOG  
PRESENTS

# AOFOG CAMPUS 2 ENDOMETRIOSIS

 <b>JOHN TAIT</b> (NEW ZEALAND) OPENING BY AOFOG PRESIDENT	 <b>ROHANA HATHTHOTUWA</b> (SRI LANKA) INTRODUCTION BY AOFOG GENERAL SECRETARY	 <b>BUDI WIWEKO</b> (INDONESIA) INTRODUCTION AOFOG CAMPUS 2 BY REI COMMITTEE CHAIRMAN	 <b>SOMJATE MANIPLAVIRATN</b> (THAILAND) CHAIRMAN OF SESSION
 <b>MEI JOU CHEN</b> (TAIWAN) SPEAKER "THE NEW PATHOGENESIS OF ENDOMETRIOSIS: GENETIC AND EPIGENETICS THEORY"	 <b>MUKHRI HAMDAN</b> (MALAYSIA) SPEAKER "ENDOMETRIOSIS: A DISEASE WITH FEW DIRECT TREATMENT"	 <b>BEN MOL</b> (AUSTRALIA) SPEAKER "A REVIEW OF THE RECENT EVIDENCE AND GUIDELINES OF ENDOMETRIOSIS"	 <b>NUSRAT MAHMUD</b> (BANGLADESH) SPEAKER "BEST PRACTICES OF ENDOMETRIOSIS TREATMENT IN DEVELOPING COUNTRIES"

THURSDAY, 19TH OF DECEMBER 2024  
AT 01.00 - 04.00 PM (GMT +7)

SCAN HERE



ZOOM WEBINAR ID: 860 8842 6683

Register Here  
<https://bit.ly/AOFOGcampus-2>

Our number  
+6281299070772 (Tiara)  
+628119291198 (Sarah)



# AOFOG CAMPUS 3

## JAKARTA, JAN 24-25<sup>TH</sup> 2025

On January 24-25<sup>th</sup> 2025, the AOFOG REI Committee successfully held the first offline meeting for AOFOG Campus 3 in Jakarta, Indonesia. The theme for this PCOS Regional Meeting was **“Polycystic Ovary Syndrome: From Prevention, Diagnosis, and Treatment”**, highlighting the latest advancements, challenges, and best practices in managing one of the most prevalent endocrine disorders affecting women of reproductive age.

The two full days meeting was well-attended, with **over 130 participants** joining the offline sessions, comprising both local and international delegates. This diverse audience included specialists, clinicians, researchers, and healthcare professional, all eager to enhance their knowledge and exchange insights with peers in the field.

The sessions consisted of a series of engaging lectures delivered by the REI Committee members and invited speaker, each of whom shared valuable perspectives drawn from their research and clinical experiences. The presentations were complemented by interactive discussions, allowing attendees to pose questions, share their viewpoint, and engage in meaningful dialogue with panelists and session chairs. These discussions not only deepened participants' understanding of PCOS but also fostered a dynamic exchange of ideas, enriching the overall learning experience.



# AOFOG CAMPUS 3

## JAKARTA, JAN 24-25<sup>TH</sup> 2025



REI COMMITTEE OF AOFOG PRESENTS

# AOFOG CAMPUS 3

## PCOS REGIONAL MEETING

(Polycystic Ovary Syndrome: from Prevention, Diagnosis, and Treatment)

**DAY 1 - 24 JANUARY 2025**

 <p><b>Opening by AOFOG President</b> John Tait (New Zealand)</p>	 <p><b>Introduction by AOFOG General Secretary</b> Rohana Haththotuwa (Sri Lanka)</p>	 <p><b>Basic theory of PCOS pathogenesis</b> Miyuki Harada (Japan)</p>
 <p><b>The phenotype and clinical spectrum of PCOS in Asia</b> Jennifer K.Y. Ko (Hong Kong)</p>	 <p><b>Insulin resistance and metabolic syndrome in PCOS: How was in Asia?</b> Nandita Palshetkar (India)</p>	 <p><b>Genetic and precision medicine in PCOS</b> Mei Jou Chen (Taiwan)</p>
 <p><b>Bioactive fraction of cinnamon and the role of pharmacogenomic in PCOS treatment</b> Raymond R Tjandrawinata (Indonesia)</p>	 <p><b>Management of PCOS: The clinical study of bioactive fraction of cinnamon in Indonesia</b> Budi Wiweko (Indonesia)</p>	 <p><b>Lifestyle and nutrition: A prevention approach and first line on fertility management in PCOS</b> Firoza Begum (Bangladesh)</p>
 <p><b>The role of ovulation induction in PCOS</b> Virgilio Novero (Philippines)</p>	 <p><b>Current approach of IVF management in PCOS patients</b> Mukhri Hamdan (Malaysia)</p>	

**DAY 2 - 25 JANUARY 2025**

 <p><b>The new strategy of IVM in PCOS patients</b> Ho Manh Tuong (Vietnam)</p>	 <p><b>The quality of oocytes in PCOS patients</b> Tachibana Masahito (Japan)</p>	 <p><b>Review of the latest evidence of PCOS management on infertility</b> Ben Mol (Australia)</p>
 <p><b>The new gonadotropin isoform for improving IVF outcome</b> Raymond R Tjandrawinata (Indonesia)</p>	 <p><b>A preliminary for PCOS statement from REI committee AOFOG</b> Nusrat Mahmud (Bangladesh)</p>	 <p><b>The next agenda of REI committee and closing of AOFOG Campus 3</b> Budi Wiweko (Indonesia)</p>



**24 - 25 January 2025**



**Hotel Pullman Thamrin, Jakarta, Indonesia**

**LIMITED TO 100 PARTICIPANTS**

**For more information:**  
+6281299070772 (Tiara)  
+628119291198 (Sarah)



# AOFOG CAMPUS 3

## JAKARTA, JAN 24-25<sup>TH</sup> 2025



# AOFOG CAMPUS 3

## JAKARTA, JAN 24-25<sup>TH</sup> 2025



# AOFOG CAMPUS 4

## WEBINAR, MAY 20<sup>TH</sup> 2025

On 20 May 2025, the AOFOG REI Committee successfully held the online session for AOFOG Campus 4, themed **“Adenomyosis: Latest Insight, Treatment Advances, and Quality of Care”**. The event featured outstanding speakers from the REI Committee and was attended by **100 participants from various countries**.

The presentations were enriched by interactive discussions, providing attendees the opportunity to ask question, share perspective, and engage in insightful dialogue with both the panelists and session chairs.



# AOFOG CAMPUS 4

## WEBINAR, MAY 20<sup>TH</sup> 2025



**AOFOG**  
ASIA & OCEANIA FEDERATION  
OF OBSTETRICS & GYNAECOLOGY

REI Committee of AOFOG presents

# AOFOG CAMPUS 4

## ADENOMYOSIS

Latest Insights, Treatment Advances, and Quality of Care

 <b>John Tait</b> (New Zealand) <i>AOFOG President Remark</i>	 <b>Rohana Haththotuwa</b> (Sri Lanka) <i>Introduction about AOFOG</i>	 <b>Nandita Palshetkar</b> (India) <i>Opening Remarks</i>	 <b>Mukhri Hamdan</b> (Malaysia) <i>Chairperson</i>
 <b>Ben Mol</b> (Australia) <i>Speaker</i> Epidemiology and Emerging Trends in Adenomyosis: Global Perspective	 <b>Jennifer K.Y. Ko</b> (Hongkong) <i>Speaker</i> Advanced Imaging Techniques: Revolutionizing Adenomyosis Diagnosis	 <b>Budi Wiweko</b> (Indonesia) <i>Speaker</i> Innovative Treatment Strategies: Bridging the Gap Between Research and Practice	

SCAN HERE



Zoom Webinar ID  
814 3820 3048



**Tuesday, 20 May 2025**  
**2:00 – 4:30 PM (GMT +7)**



More information  
+6281299070772 (Tiara)  
+628119291198 (Sarah)



Register Here  
[bit.ly/CAMPUS4](https://bit.ly/CAMPUS4)



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# AOFOG SESSION II

# AICOG MEETING

The AICOG 2025 was hosted from 8<sup>th</sup> January 2025 to 12<sup>th</sup> January 2025 at Jio World Convention Centre, Bandra Kurla Complex, Bandra East, Mumbai, India.

**Topic of the session:**

## THE CHALLENGES OF REPRODUCTIVE MEDICINE

***The global declining of total fertility rate: How should we address this problem?***

***Endocrine disruptors and reproductive health dysfunction.***

***How technology should bridging the gap the problem in reproductive medicine?***



# AOFOG SESSION II

## 67TH AICOG 2025



# RESEARCH MEETING

## FEB 27<sup>TH</sup> 2025

The AOFOG REI Committee held an online meeting to discuss ongoing and upcoming collaborative initiatives among member countries. One of the main highlights of the session was the proposal to **expand a research study on menopause.**

INITIAL COUNTRY MEMBER:

**HONG KONG**

The study focuses on understanding the experience of women during menopausal transition. Data collection is conducted in primary care settings such as family medicine or general practitioner (GP) clinics, targeting women aged 45-60 years. A total sample size of 500 participants is needed to achieve a suitable error margin. Another agenda item was the AOFOG session in Hong Kong, coordinated by Dr. Jennifer K.Y. Ko. The session will be held as part of a two-day Fertility Preservation Seminar on 12-13 April 2025. **AOFOG statement on PCOS is under discussion**, the committee acknowledged the challenges of redefining PCOS. A standardized approach to treatment and management is also being drafted. The **Fellowship Program in REI** aims to host 2-3 fellows annually for 2 weeks to 1 month of observership.



# **AOFOG SESSION**

## **HONG KONG FERTILITY PRESERVATION**

AOFOG Session (REO Committee, co-organised with Gynaecological Oncology Committee) was held on Sunday, April 13<sup>th</sup> 2025.

**Topic of the session:**

**FERTILITY PRESERVATION IN HONG KONG**

**CHALLENGES AND OPPORTUNITIES  
TO ESTABLISH FERTILITY PRESERVATION IN ASIA**

**QUALITY CONTROL  
IN FERTILITY PRESERVATION PROGRAMME**

**FERTILITY SPARING SURGERY  
IN GYNAECOLOGY ONCOLOGY**



# 3

## **REI COMMITTEE MILESTONES AND PROJECTS**



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# AOFOG CONSENSUS ON REI MANAGEMENT

The AOFOG Consensus Statement initiative is designed to establish standardized, regionally-relevant guidelines for managing key reproductive disorders.

Topics under development include:

## **PCOS MANAGEMENT AND DIAGNOSIS**

In collaboration with the Asian PCOS Society, we are finalizing a unified statement expected by August 2025

## **INFERTILITY IN AGING POPULATIONS**

Grounded in webinars and consensus discussions on ovarian aging and poor ovarian reserve.

## **ENDOMETRIOSIS AND ADENOMYOSIS**

With insights from Campus 2 and 4 events, consensus drafts are being structured for 2026 release.

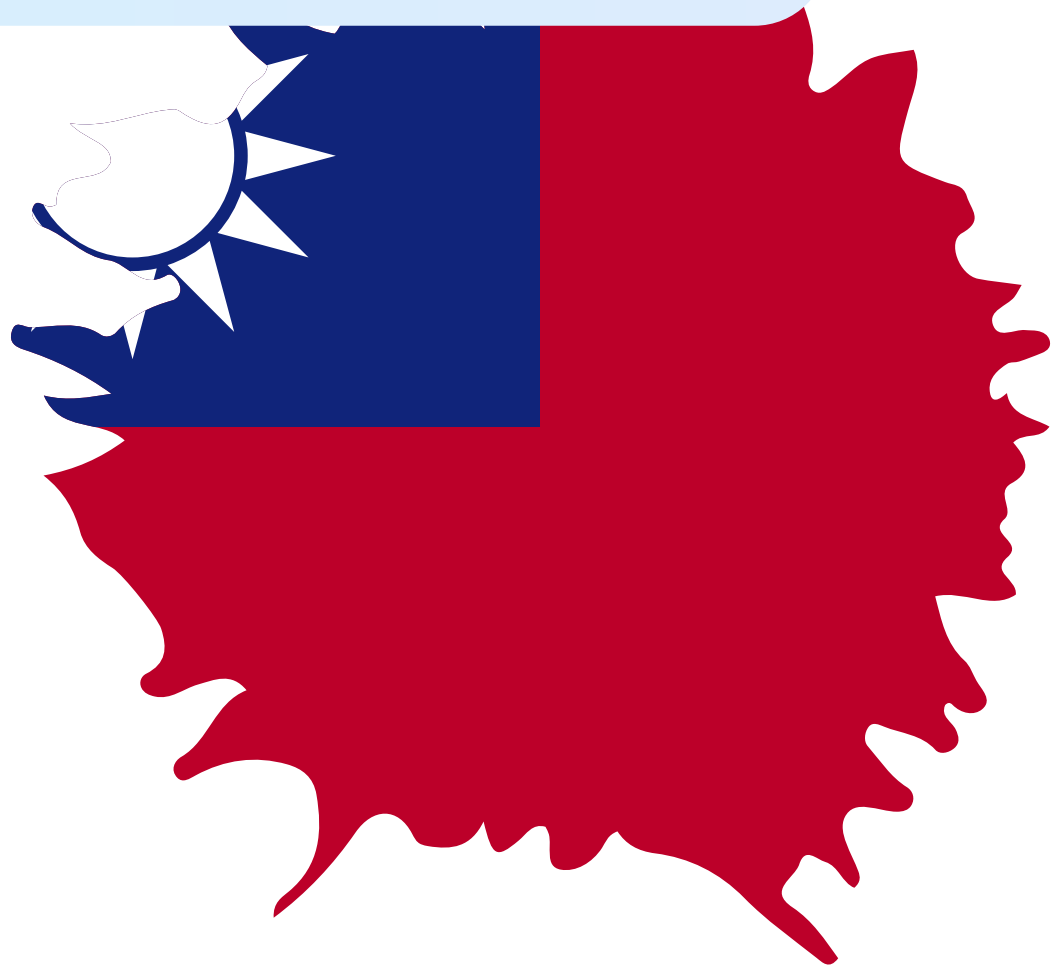


# REI FELLOWSHIP PROGRAM

The AOFOG REI Fellowship program is officially approved and will host **2-3 fellows annually** for **2-week to 1 month** observerships.

FIRST INSTITUTIONAL SITE:

**TAIWAN**



Fellows will gain hands-on exposure to advanced REI Practices and collaborative learning.



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# AOFOG STUDY ON REI

The **Multi-national Menopause Study** is underway!

Gathering **real-world data** from primary care across member countries

## **SAMPLE SIZE**

500 women aged 45-60

## **GOAL**

Understand menopausal transition experiences across cultures

## **OUTPUT**

Joint publication scheduled post-AOFOG Congress 2026



# 4

## **PARTICIPATION IN KEY CONFERENCES**



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# AOFOG AT PIT POGI 2024 KUPANG, INDONESIA

## Strengthening Regional Collaboration Through Science and Culture

**Kupang, July 18–24, 2024** — The 27th Annual Scientific Meeting of the Indonesian Society of Obstetricians and Gynecologists (ISOG/POGI) brought together more than 2,800 participants including students, general practitioners, and OB-GYN specialists from across Indonesia and beyond. Held under the theme **“Culture, Tradition and Digital Challenge in Maternal Care,”** the event served as a powerful platform to exchange ideas in navigating maternal health in the era of digital transformation and cultural diversity.



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# AOFOG AT PIT POGI 2024 KUPANG, INDONESIA

## AOFOG's Significant Presence

AOFOG's involvement in PIT POGI 2024 reflects its continued commitment to regional engagement and capacity-building. The organization was well-represented through the active participation of **Dr. Rohana Nalin Haththotuwa, General Secretary of AOFOG**, who played multiple key roles across the event.

*On July 23, 2024, Dr. Rohana delivered a well-received lecture on "Heavy Menstrual Bleeding – Strategies to Best Cure," emphasizing practical management approaches for developing countries. His talk addressed a common yet often overlooked issue affecting women's quality of life.*



# AOFOG AT PIT POGI 2024 KUPANG, INDONESIA

## Cultural Immersion and Diplomacy

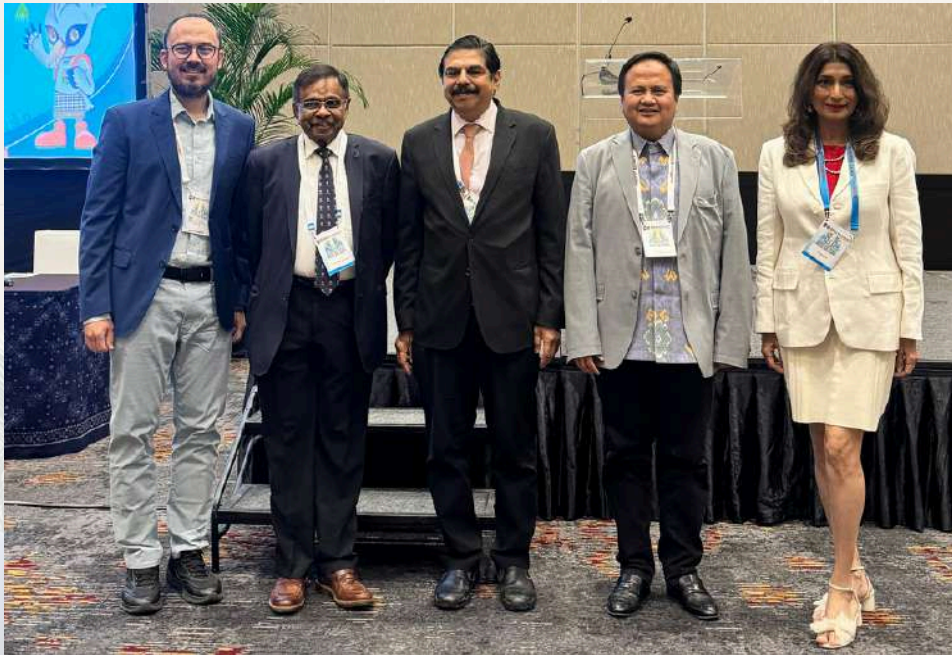
In addition to academic contributions, Dr. Rohana embraced the cultural essence of the event by participating in the ILUNI Night, a social gathering hosted by the Universitas Indonesia alumni association. The evening featured music, dance, and traditional Kupang performances. Dr. Rohana's active involvement added a diplomatic and personal touch to the event, symbolizing the warm ties between AOFOG and ISOG.

During the closing ceremony, Dr. Rohana joined fellow delegates in a traditional Kupang group dance, underscoring AOFOG's respect for local traditions and its role in fostering scientific diplomacy through culture.



# AOFOG AT KOGI XIX 2025 BALI, INDONESIA

## Advancements in Maternal and Reproductive Health Through Technology, Digital Innovations, and Education



**Bali, Indonesia** – July 17–23, 2025 The 19th National Congress of Obstetrics and Gynecology (KOGI XIX) will be held in Bali from July 17 to 23, 2025, bringing together leading minds in maternal and reproductive health. This year's congress is themed **“Advancements in Maternal and Reproductive Health Through Technology, Digital Innovations, and Education,”** emphasizing the urgent need for sustainable and inclusive solutions in women's healthcare.

One of the highly anticipated sessions will spotlight the role of international organizations in shaping global reproductive health policy, with a special focus on the Asia and Oceania Federation of Obstetrics and Gynecology (AOFOG).



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# AOFOG AT KOGI XIX 2025 BALI, INDONESIA

## AOFOG's Commitment to Cervical Cancer Elimination

As cervical cancer continues to claim lives across the Asia-Oceania region, AOFOG reaffirms its dedication to the World Health Organization's global strategy for **cervical cancer elimination**. AOFOG's involvement extends across advocacy, capacity-building, and collaboration with national societies to expand access to screening and vaccination.

In this session, AOFOG representatives will discuss regional efforts, success stories, and challenges in implementing effective cervical cancer prevention programs.



# AOFOG AT KOGI XIX 2025 BALI, INDONESIA

## AOFOG Recommendations on HPV Vaccination Speaker: Dr. Christia Padolina

Dr. Christia Padolina will present **AOFOG's official recommendations on HPV vaccination**, emphasizing the critical role of immunization in preventing cervical cancer. Her talk will cover the latest scientific evidence, best practices for implementing national HPV vaccination programs, and strategies to increase vaccine uptake in underserved populations.

Key highlights include:

- Supporting school-based vaccination programs
- Promoting gender-neutral HPV vaccination
- Advocating for affordable vaccine access across member countries



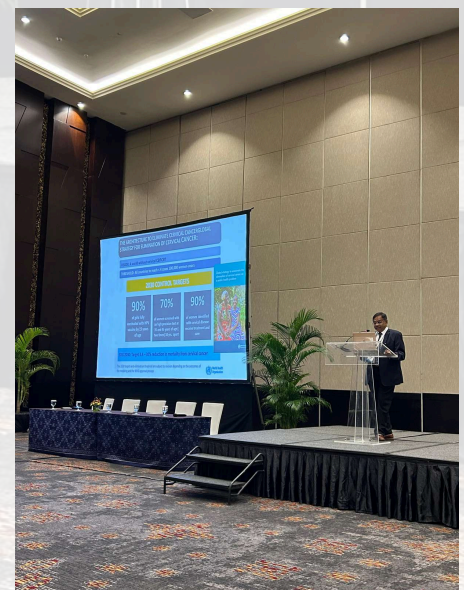
# AOFOG AT KOGI XIX 2025 BALI, INDONESIA

## AOFOG's Perspective on the 90-70-90 Strategy Speaker: Dr. Rohana Haththotuwa

Dr. Rohana Haththotuwa will delve into the **90-70-90** goals set by the WHO:

- 90% of girls fully vaccinated with the HPV vaccine by age 15
- 70% of women screened by age 35 and again by 45
- 90% of women with cervical disease receiving treatment

From AOFOG's standpoint, Dr. Haththotuwa will assess the progress and barriers faced by countries in the Asia-Oceania region in achieving these targets. She will also highlight AOFOG's role in supporting capacity development, clinical guidelines, and intergovernmental cooperation to meet these ambitious goals.



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# 5

## UPCOMING ACTIVITIES



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# UPCOMING ACTIVITIES

## AOFOG CAMPUS 5

Theme: Poor Ovarian Reserve

Date: August 1, 2025

Venue: Mumbai, India

This in-person event will explore the latest strategies for diagnosis and management in poor ovarian reserve, bringing together regional experts and practitioners.

## AOFOG PCOS STATEMENT

Expected release: August 2025

A regionally relevant consensus on the management of polycystic ovary syndrome (PCOS), incorporating insights from Asian PCOS society

## REI FELLOWSHIP TAIWAN

Launching: 2025

The first cohort of fellows will be welcomed this year for observership and hands-on exposure in advanced reproductive endocrinology and infertility centers.

## AOFOG SCIENTIFIC MEETING 2026

Venue: Sydney, Australia

Preparations are underway for this major scientific gathering, aiming to foster knowledge exchange and collaboration across the Asia-Oceania region.



# UPCOMING ACTIVITIES

## AOFOG CAMPUS 5



REI Committee of AOFOG presents

### AOFOG CAMPUS 5 Cutting-Edge Approaches for Poor Responders in Fertility Treatments



#### 📍 MUMBAI

#### More information

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#### SESSION 1

The Role of Ovarian Reserve in Poor Response

#### SESSION 2

Genomics and Epigenetics in Reproductive Health

#### SESSION 3

Novel Stimulation Protocols: The Role of Pre-Cycle Optimization

#### SESSION 4

Artificial Intelligence and Machine Learning in Predicting Outcomes

#### SESSION 5

Developments in Oocyte Competence: The Role of Oocyte Quality

#### SESSION 6

Integrating Mind-Body Approaches in Fertility Care

#### SESSION 7

Emerging Trends in Personalized Medicine for Poor Responders



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# 6

## **FEATURED INSIGHTS: TACKLING REGIONAL REI CHALLENGES**



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The AOFOG Reproductive Endocrinology Infertility (REI) Committee is focused on tackling the challenges related to reproductive endocrinology and infertility, particularly in the context of the population crisis and aging issues affecting the Asia Oceania region. The committee strives to close gaps in knowledge and practice to improve reproductive health outcomes.

To accomplish these objectives, the REI Committee has introduced four major initiatives:

### **1.AOFOG Consensus on REI Management**

This initiative aims to harmonize and promote best practices in reproductive endocrinology and infertility care across the region.

### **2.REI Fellowship Program**

A program designed to provide specialized training and education to the next generation of experts in this field.

### **3.AOFOG Campus on REI**

A collaborative platform dedicated to knowledge-sharing and professional growth.



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## **4.AOFOG Study on REI**

Focused on conducting essential research and collecting data to support evidence-based approaches and policies.

Furthermore, the committee is committed to expanding its influence by building partnerships with other organizations, academic institutions, and pharmaceutical companies. These collaborations aim to foster resource sharing, drive innovation, and strengthen joint efforts to address the multifaceted issues surrounding reproductive health in the region.



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# 7

## COMMITTEE UPDATE



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OF OBSTETRICS & GYNAECOLOGY

# NEW MEMBERS

The AOFOG REI committee also held a zoom meeting on the 19<sup>th</sup> of November 2024 with the members of the REI committee in order to discuss feedbacks from the previous webinar event, possible improvement for future events, and strategies for the upcoming agenda. All of the committee members were present in the zoom meeting.

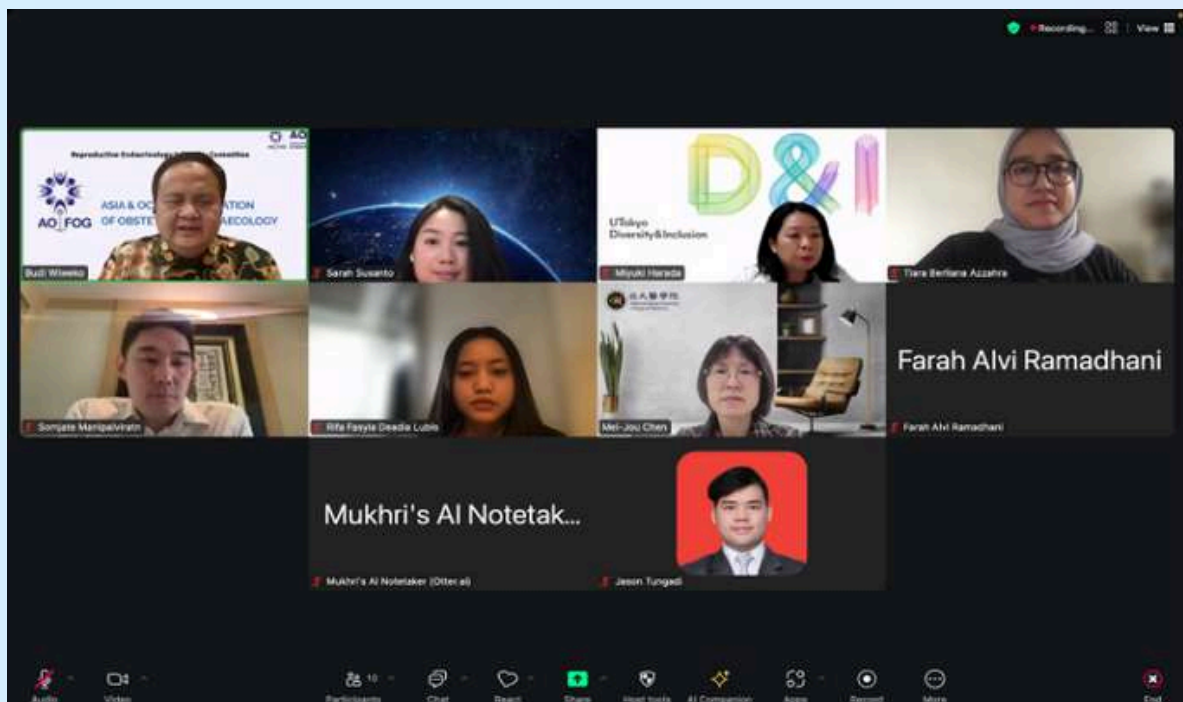
Through the meeting two new members of the AOFOG REI committee were introduced:



Masahito  
Tachibana



Jennifer  
KY KO



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# CLOSING NOTE

As we reflect on the remarkable achievements and collaborative spirit showcased in this issue, we extend our heartfelt gratitude to all contributors, speakers, and organizers whose dedication made these milestones possible. Your commitment to advancing reproductive health continues to inspire and empower our community across the Asia-Oceania region.

We welcome your thoughts, feedback, and contributions for future editions of the AOFOG Newsletter. Whether it's sharing event updates, research highlights, or insightful commentary, your voice plays a vital role in shaping a stronger, more connected REI community.

Let us continue to grow together—through shared knowledge, meaningful partnerships, and collective action.

Warm regards,

**The AOFOG REI Committee**



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