

SGOP in Action: Service, Healing, and Reclaiming Balance in the First Quarter of 2026

From January to April 2026, the Society of Gynecologic Oncologists of the Philippines (SGOP) exemplified its enduring mission of service, education, leadership, and physician wellness through a dynamic series of initiatives that strengthened both its professional community and its impact on women's healthcare across the country.

The year opened with SGOP's steadfast commitment to community service through outreach activities that brought specialized gynecologic oncology care closer to underserved regions. Building on its tradition of nationwide service, SGOP's Community Service Committee continued its work in extending expertise beyond major urban centers. In February, surgical missions and community service activities at Southern Isabel Medical Center in Santiago City, underscored the society's dedication to expanding access to gynecologic oncology care through direct patient service and collaboration with regional institutions.

This spirit of outreach was powerfully reaffirmed during SGOP's April 7–9, 2026 surgical mission at Sultan Kudarat Provincial Hospital in Isulan, Sultan Kudarat. Led by Dr. Melchor de la Cruz, in cooperation with local OB-GYNs led by Department Chair, Dr. Sittie Sandra Nakan Pandaog, and with local government support, the mission provided life-changing surgical interventions for women facing gynecologic malignancies and complex reproductive health conditions, including cases of endometrial carcinoma, ovarian malignancies, and abnormal uterine bleeding. Through these surgeries, SGOP brought advanced oncologic expertise to women who might otherwise have limited access to specialized treatment. Complementing the surgical mission was a Continuing Medical Education (CME) program covering essential topics such as ovarian cancer tumor markers, gynecologic malignancy screening, abnormal uterine bleeding, and cervical cancer screening navigation—demonstrating SGOP's integrated approach of service and professional capacity-building.

Following this impactful mission, SGOP members traveled to General Santos City for the SGOP Midyear Convention from April 9–11, 2026 at the Grand Summit Hotel, centered on the meaningful theme "Reclaiming Balance." Recognizing that excellence in medicine requires not only clinical skill but also personal well-being, the convention focused on restoring the physical, emotional, and mental balance of physicians.

The convention's academic sessions featured transformative lectures designed to address physician burnout and cultivate resilience. Laureen Conanan, MD delivered "The Science of Burnout: Recognizing, Preventing, and Reversing Physician Burnout," equipping members with evidence-based strategies to confront one of modern medicine's most pressing challenges. Jean Alcover-Banal, MD followed with "Self-Compassion in Medicine," encouraging physicians to nurture themselves with the same compassion they provide to patients. Lance Isidore Catedral, MD then

led “Writing Your Way Back to Balance,” a guided reflective journaling session that invited members to process their experiences and reconnect with purpose through writing.

SGOP’s commitment to balance extended beyond lectures into immersive fellowship and cultural enrichment. Members spent a memorable evening under the stars and bougainvilleas of Sarangani Highlands, strengthening bonds in a setting of natural beauty. The next day offered restorative adventures: some welcomed sunrise at Lake Sebu, paddled among water lotuses, soared above the Seven Falls, and cruised the lake while learning about the T’boli people’s heritage. Others journeyed into B’laan communities through Salcedo Farms on Mt. Matutum’s slopes, where they experienced indigenous coffee cultivation, roasting, and brewing while supporting a social enterprise empowering local communities. Through beading, weaving, and cultural exchange, SGOP members embraced the multicultural richness of Mindanao while reconnecting with the deeper human dimensions of healing.

The Midyear Convention also served as an important governance milestone, as SGOP leaders convened to discuss by-law amendments, committee development, and organizational strategies aimed at strengthening the society’s future.

From its community outreach missions to its educational and wellness-centered convention, SGOP’s activities in the first months of 2026 demonstrated a holistic vision of leadership in gynecologic oncology—one that balances surgical excellence with service, professional growth with personal renewal, and scientific advancement with cultural humility. SGOP continues to prove that healing extends not only to patients and communities, but also to the physicians who dedicate their lives to this noble calling.









