

28. Katsa/canvas bag with colored print of PCGH Organ Donation contact details, at least 10x12in

Layout:



29. Menopause Advocacy bag tag (PVC material, at least 2.18x3.47in)

Layout:

Menopause bag tag

**FRONT**

**PASIG MENOPAUSE**  
**"ANG MGA PANANDALIANG EPEKTO AT PANG-MATAGALANG PANGANIB"**

|  |  |
|--|--|
| <p><b>ANO ANG MENOPAUSE?</b></p> <p>Ito ay ang permanenteng pagtigil ng buwanang dalaw ng isang babae, ang katapusan ng kanyang "reproductive year". Nangyayari ito sa mga may edad na 45-54 taong gulang.</p> | <p><b>ANO ANG SANHI NG MENOPAUSE?</b></p> <p>Ito ay dahil sa permanenteng paghinto ng mga obanyo sa pag-gawa ng estrogen at progesterone na dahilan ng buwanang dalaw ng isang babae.</p> <p><b>DAPAT BANG IKABAHALA ANG MENOPAUSE?</b></p> <p>Ang menopause ay isang natural na proseso sa katawan ng isang babae. Walang dapat ikabahala rito ngunit kung magkaroon ng abnormal na pagdurugo matapos mag menopause ay katanggap-kumonsulta agad sa doktor.</p> |
|--|--|

**BACK**

|  |  |
|--|--|
| <p><b>ANO ANG MGA DAPAT SAWIN UPANG MAIBSAN ANG MGA PANANDALIANG EPEKTO NG MENOPAUSE?</b></p> <p>Matutong ng sapat sa oras upang makapagpapahinga nang wasto at maiwasan ang panghina ng katawan.</p> <p>Ugaling mag-ehersisyo 2-3 beses sa isang linggo at kumain nang wasto dahil ito ay nakapagpapalakas ng resistensya ng katawan laban sa iba't ibang uri ng sakit.</p> | <p><b>ANO ANG MGA PANANDALIANG EPEKTO NG MENOPAUSE?</b></p> <p>Maaaring makaranas ng "hot flashes" o biglaang pag-init ng pakiramdam, pagpapawis at pantatamag, hirap sa pagtulog, panunuyo o pangangat ng ari, paghata ng sexual drive o kagustuhang makipagtalik, pagkayamutin o pagbagsak ng emosyon, panunuyo ng balat, pansakit ng ulo, at paghina ng memorya at konsentrasyon.</p> |
| <p><b>ANO ANG MGA PANGANIB NA MAAARING DULOT NG MENOPAUSE?</b></p> <p>Ilan sa mga maaaring dulot ng paghata ng estrogen sa katawan ng isang babae ay ang osteoporosis o pagrupok ng mga buto, sakit sa puso, pagtaas ng kolesterol at paghahara ng mga ugat dahil sa mataas na kolesterol.</p>   | <p><b>KUMONSULTA SA DOKTOR</b></p> <p>Ugaling kumonsulta agad sa doktor kung nakaranas ng pagkakit ng keso-kasuan, pansikip ng dibdib, panghina, abnormal na pagdurugo, pangangat, o makabagong discharge mula sa ari.</p>   |

30. Poster (B3 size, colored print, glossy, 170gsm)  
 A. PCGH Organ Donation and Sharing= 25pcs  
 Layout:



31. Poster (colored, glossy, 23x18 in, 170gsm)  
 A. Family Planning= 50pcs  
 Layout:





32. Tarpaulin (5ftx4ft, 8oz, colored print)

A. Teen Parent= 15pcs

Layout:

**PASIG** **TEENAGE PREGNANCY**

**SANHI**  
pagbubuntis ng mga kabataang may edad na 19 pababa

**EPEKTO**  
Kakulangan sa impormasyon  
Kakulangan ng edukasyon ukol sa pagtatalik  
Kakulangan ng patnubay ng magulang  
Peer pressure at curiosity  
Pangagahasa  
Paghirap  
Komplikasyon sa kalusugan  
Kakulang ng oportunidad sa buhay  
Negatibong epekto sa pamilya  
Pagpapalaganap ng maling paniniwala  
Postpartum depression

**PAANO ITO MAIIWASAN?**

sex education  
parental guidance  
birth control methods

B. Workshop on Brain Death Assessment= 2pcs

Layout 1:

*You're born with the ability to change someone's life. DON'T EVER WASTE IT.*

**YOU COULD BE SOMEONE'S MISSING PIECE  
SAVE LIVES  
AS AN  
ORGAN DONOR**

LET'S HELP SPREAD AWARENESS ON THIS LIFE-SAVING PRACTICE

SCAN TO REGISTER

*Life is a gift, pass it on.*

For inquiries, feel free to ask the **POSH Organ Donation and Sharing Team**  
☎ +63 917 152 8105  
✉ [poghodonate@gmail.com](mailto:poghodonate@gmail.com)  
📍 PCGH DENAC

**PASIG** **POSH** **PDS**

Layout 2:

# I SUPPORT ORGAN & TISSUE DONATION



C. Bato Bato Pick= 1pc

Layout:

The poster features a central image of two hands holding a red kidney. To the right is a QR code with the text "Scan to Register" below it. The text "You could be someone's missing piece" is written in a cursive font. Below that, it says "Save lives as an ORGAN DONOR" in bold, with "ORGAN DONOR" in a larger, red font. Underneath, it reads "Let's help spread awareness on this life-saving practice". At the bottom, it says "Life is a gift, pass it on." and shows illustrations of a heart, a liver, and a kidney. The bottom right corner contains contact information for PCOH Organ Donation and Sharing Team, including a phone number (+63 927 22 36 700), an email address (pcghorganate@gmail.com), and the PCGH DEMAC logo.

**Scan to Register**

*You could be someone's missing piece*

**Save lives as an  
ORGAN DONOR**

Let's help spread awareness on this life-saving practice

*Life is a gift, pass it on.*

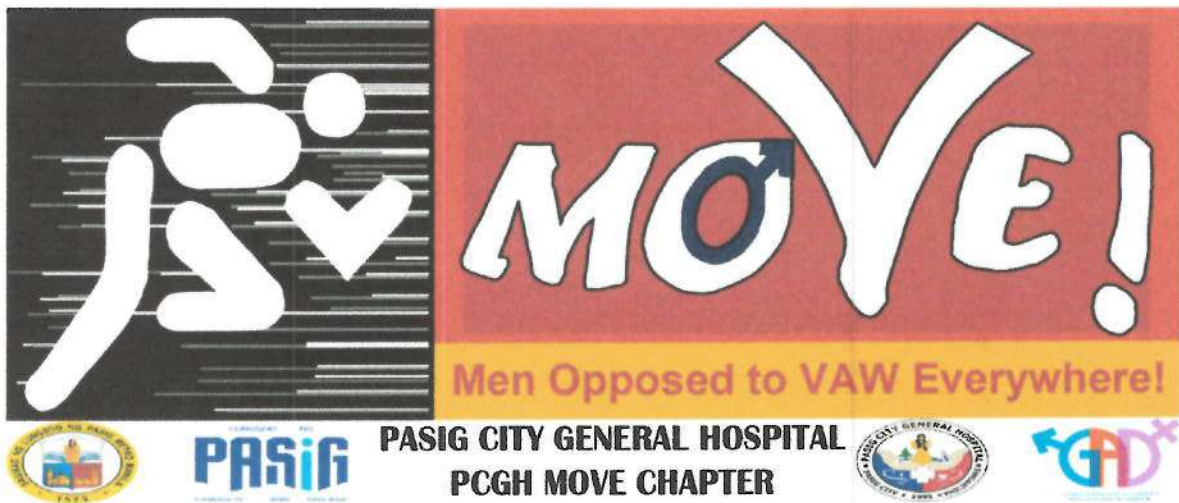
For inquiries, feel free to join the  
**PCOH Organ Donation and Sharing Team**  
☎ +63 927 22 36 700  
✉ pcghorganate@gmail.com  
📍 PCGH DEMAC



Tarpaulin (4ftx5ft, 8oz, various designs/layout, colored print)

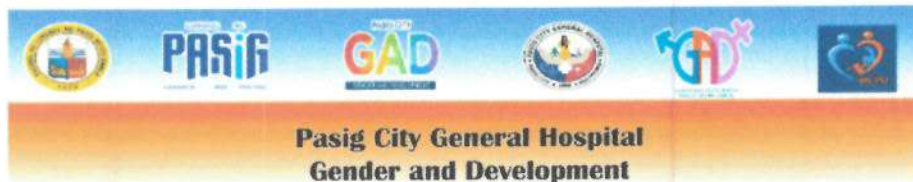
A. Men Opposed to Violence Everywhere (MOVE)= 1pc

Layout:



B. Women and Children Protection Unit (WCPU) Debriefing Seminar= 1pc

Layout:



**Women and Children Protection Unit  
(WCPU)  
Debriefing Seminar**

Date: \_\_\_\_\_

Venue: \_\_\_\_\_

C. Milk Letting= 2pcs

Layout:

Pasig City General Hospital  
Human Milk Bank  
sa pakikipagtulungan sa  
Gender and Development, Pasig City Health Office, Pasig City Nutrition Committee

*A Milk Letting Activity*

**"Handog Mong Gatas,  
Makapagsasagip ng  
Buhay"**

Barangay: \_\_\_\_\_  
Petsa: \_\_\_\_\_

Malaking Tulong ang gatas ng Ina para sa mga Sanggol na kulang sa buwan at may sakit.  
Maraming Salamat po!

D. Breastfeeding Month= 2pcs

Layout:



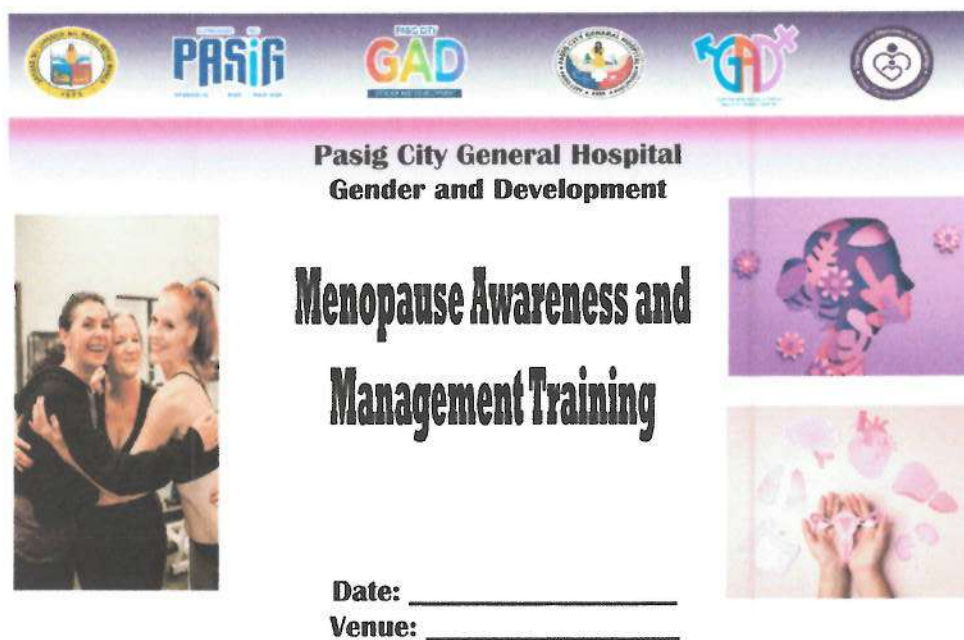
E. Lactation Management Training (LMT)= 2pcs

Layout:



F. Menopause Awareness and Management Training= 1pc

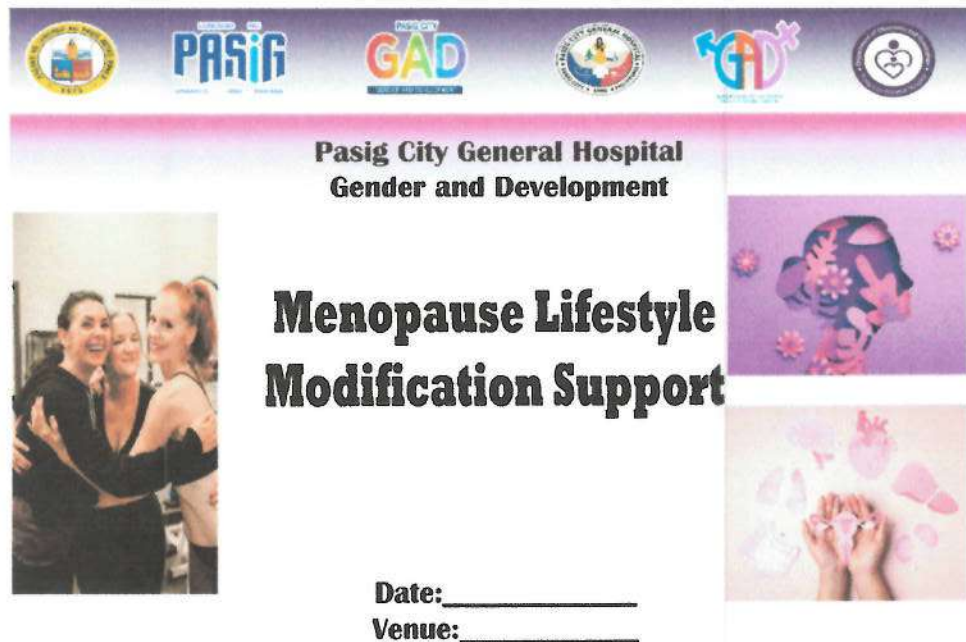
Layout:





G. Menopause Lifestyle Modification Support Training= 1pc

Layout:



The brochure cover features a purple and pink gradient header with logos for Pasig City General Hospital, PASiG, Pasig City GAD, and the Pasig City GAD Office. Below the header, the text reads "Pasig City General Hospital Gender and Development". The main title is "Menopause Lifestyle Modification Support". On the left, there is a photograph of three women embracing. On the right, there are two decorative images: a purple silhouette of a woman's head with pink flowers, and a pair of hands holding pink petals. At the bottom, there are fields for "Date: \_\_\_\_\_" and "Venue: \_\_\_\_\_".

H. GAD Monitoring and Evaluation= 1pc

Layout:



The brochure cover has a blue and yellow gradient header with logos for Pasig City General Hospital, PASiG, Pasig City GAD, and the Pasig City GAD Office. Below the header, the text reads "Pasig City General Hospital Gender and Development". The main title is "PCGH GAD Monitoring and Evaluation Training". The background features a large, stylized graphic of the male and female gender symbols in blue, orange, and purple.

**LOT 4**

67. Dry seal stamp, w/ PCGH GAD logo

Sample:



Note: PCGH GAD logo



96. Health hygiene kit (breastfeeding cover: cotton, at least 100x70cm, pink ecobag with colored print: at least 30x50x14cm, face towel: 100% cotton, at least 28x52cm)

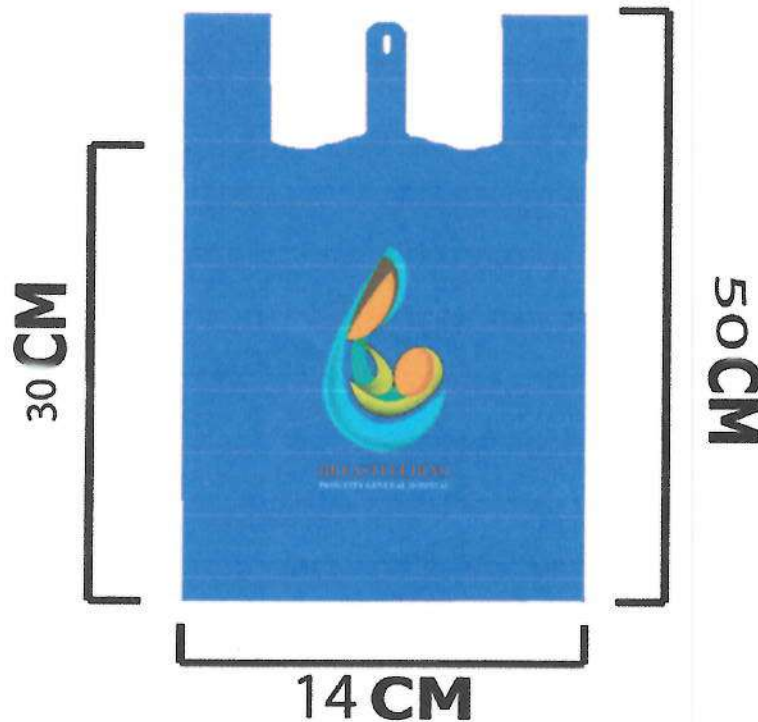
Pink Ecobag Layout:





97. Mother baby health kit (4pcs small diaper for baby, 1pc 50ml alcohol, 1pc 9x9in 100% cotton face towel, 1 pc 100ml baby wash, blue ecobag with colored print: at least 30x50x14cm)

Blue Ecobag Layout:



Delivery terms: 1<sup>st</sup> Delivery 30 days from date of Notice to Proceed (NTP)


2<sup>nd</sup> Delivery 15 days from the date of 1<sup>st</sup> Delivery not beyond December 31, 2023

Deliver to: Pasig City General Hospital (PCGH)

  
Maria Levee Genalin Lim, RN, MAN  
Supervising Administrative Officer


  
Dr. Marilyn Puyot  
Chairperson, PCGH Organ Donation and Sharing

  
Dr. Maria Consuelo Sumayao  
Chairperson, Human Milk Bank

  
Dr. Annie-Lyn Caranzo  
Chairperson, OB-Gyne Department

  
Dr. Carmina Delos Reyes  
Chairperson, HIV AIDS Core Team

  
Dr. Nerissa Sabarre  
Chairperson, Women and Children Protection Unit

  
Dr. Rosario Isada  
Chairperson, Pediatrics Department

Noted by:

  
Paulo Roman Castro Jr., MD, PhD  
Medical Director