



THOUGHT SOLUTIONS

A little bit of - 4 Thought Solutions - can go a long way



## SEXUAL HEALTH NEWSLETTER

**Welcome** to the April edition of the 4TS newsletter about what is going on in the field of sexual health and contraception. We wish you all a happy Easter

**A** drug that could prolong the lives of women with ovarian cancer is being tested by scientists. The development could see the first new treatment for the cancer, a particularly aggressive form which kills 4,500 a year, in more than a decade. The drug, codenamed CNT0328, could be available within five years, according to researchers.

It has been trialed at the Centre for Experimental Cancer Medicine, which is part of Barts and the London School of Medicine and Dentistry. A group of 18 women with the disease, who were expected to live for less than a year, took part in the trial, which began in late 2007. Eight out of the 18 women involved found that their tumours stabilised or shrank while they were taking part. Seven of those eight are still alive. The drug also did not produce the side effects caused by chemotherapy, including hair loss, vomiting and fatigue.

Professor Iain McNeish, a professor of gynaecological oncology at Barts hospital in London and chief investigator of the trial, told The Guardian: "The results are promising ... The hope with this group of patients was to slow down the progress of their ovarian cancer, improve the quality of their life and possibly make them live longer. "We have been quite successful in doing that. If this becomes a treatment, this is a whole new approach to treating ovarian cancer."

<http://www.telegraph.co.uk/health/healthnews/5118068/New-drug-could-prolong-life-of-ovarian-cancer-sufferers.html>

**A** spray that can help to prevent men from peaking too soon during sexual intercourse has been developed by British doctors. The treatment, when used five minutes beforehand, can reportedly extend a man's performance from as little as a matter of

seconds to nearly four minutes.

If the clinical trials lead to the spray being made available on the open market, it could prove a godsend to the 40 per cent of British men thought to suffer from premature ejaculation.

Developed by doctors in Belfast, the spray was tested on 300 European men, all of whom suffered from the same affliction. A total of 90 per cent reported a marked improvement in performance – with most grading the spray as "excellent". Study leader Professor Wallace Dinsmore, of the Royal Victoria Hospital, Belfast, told the Sun: "The spray improved sexual performance and satisfaction and was well tolerated by both patients and their partners, with no systemic side effects." The spray is in its last stage of clinical trials and could be launched in two years.

The development follows a report in the Journal of Urology suggesting thyroid drugs could also help men suffering from premature ejaculation. Scientists in Turkey discovered that men with an overactive thyroid were much more likely to suffer problems in the bedroom. They found that providing men with drug treatment to correct their thyroid problem improved their sexual performance in more than half of cases. The research was the first to link the condition to an underlying clinical complaint.

[http://www.telegraph.co.uk/health/men\\_shealth/5119154/Spray-developed-to-help-men-from-peaking-too-soon.html](http://www.telegraph.co.uk/health/men_shealth/5119154/Spray-developed-to-help-men-from-peaking-too-soon.html)

**Women** living with HIV in the UK would welcome greater provision of integrated sexual and reproductive health care services by their HIV clinics, according to three separate studies presented at the British HIV Association conference in Liverpool this week. There is a particular need for advice on conception and contraception that reflects the specific issues for women living with HIV.

Findings were presented on small studies of women attending HIV clinics in London (69 responses),



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Leicester (114 responses) and Birmingham (59 heterosexual men and women). Around two-thirds of both the Leicester and London samples were sexually active, which indicates a higher abstinence rate than in the general population.

Roger Pebody, Friday, April 03, 2009

<http://www.aidsmap.com/en/news/CCA6B6BF-A482-4B67-9046-DEC6035C0720.asp> The above is an abbreviated version of this article please visit this site for the whole article which contains some interesting statistics concerning patient knowledge.

### **Genetic** clue may bring male Pill By Steve Connor

A contraceptive pill for men might one day be possible following the discovery of a genetic fault that leads to male infertility, scientists said. Attempts to come up with an oral contraceptive for men have so far failed because of the immense numbers of sperm produced each day as part of normal male reproduction. The fault occurs in a gene that should enable the sperm to wriggle through the outer membrane of an unfertilised egg. Scientists hope that by studying the way the gene works they might be able to overcome infertility in some men as well as design a drug that causes a reversible change in the ability of the sperm to fertilise an egg.

Michael Hildebrand of the University of Iowa said that studies of extended families in Iran have identified a gene, CATSPER1, involved in an hereditary form of infertility. Further studies on mice showed the gene to be responsible for controlling the vigorous movements of sperm as they approach and penetrate the unfertilised egg.

The study, published in The American Journal of Human Genetics, provides fresh insight into ways of developing drugs that could interfere with the fertilising ability of sperm, Dr Hildebrand.

<http://www.independent.co.uk/news/science/genetic-clue-may-bring-male-pill-1661101.html>

### **Sex** sells everything – except safe sex itself: by Joan Smith

People aren't going to abstain from sex, no matter what the Pope says. One of the few things I like about supermarkets is the fact that they sell condoms. I never minded asking for them in pharmacies, but I've always wondered how many

unwanted pregnancies have been caused by simple embarrassment. Under current rules, condoms can't be advertised on radio and television before the 9pm watershed (except on Channel 4, for some reason), revealing a vestigial squeamishness about sex. Massive billboards urging men to visit clubs such as Spearmint Rhino are apparently OK, as are adverts for "massage parlours" in local newspapers. But there are tight restrictions on adverts for contraceptives, and the broadcast media aren't allowed to accept adverts for pregnancy advisory services.

Now that may be about to change, following the announcement of a public consultation on the rules. The rethink has been prompted by increases in teenage pregnancies and STDs, including figures which show more than 11,000 under-16s being diagnosed with chlamydia, herpes, gonorrhoea, syphilis or genital warts between 2002 and 2006. The fact that schoolgirls are being infected with the human papilloma virus (which causes genital warts) is alarming because of the link with cervical cancer; sexually active boys and girls who haven't been vaccinated need to use condoms, which also protect against a range of other infections including HIV.

The above is an abbreviated version of this article please visit the web site for the whole article. *It is interesting to note that although links between cervical cancer and the HPV are mentioned there is no comment on the link between HPV and Penile cancer.*

<http://www.independent.co.uk/opinion/commentators/joan-smith/joan-smith-sex-sells-everything-ndash-except-safe-sex-itself-1656659.html>

**The** top gay icons (straight up!) There are some surprisingly heterosexual inclusions in the National Portrait Gallery's new exhibition. Arifa Akbar reports Friday, 27 March 2009

What do the Princess of Wales, Nelson Mandela and Maya Angelou have in common? They are today's greatest gay icons, of course. A panel of high-profile gay figures including Sir Elton John, Billie Jean King, Lord Ali and Sir Ian McKellen have selected 60 of their most inspirational figures, be they openly lesbian, gay, straight, bisexual, repressed or none of the above, to feature in an exhibition opening at the National Portrait Gallery in London in July.



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AFF/Getty Images Nelson Mandela: One of today's greatest gay icons.



<http://www.independent.co.uk/arts-entertainment/art/news/the-top-gay-icons-straight-up-1655362.html>

**Women** told: 'You have dishonoured your family, please kill yourself'. As Turkey cracks down on 'honour killings', women are now told to commit suicide. By Ramita Navai in Batman, Eastern Turkey. Friday, 27 March 2009

This family of sisters said there had been an honour killing in their village, in one of the most patriarchal areas of Kurdish Turkey, and they live in constant fear.



When Elif's father told her she had to kill herself in order to spare him from a prison sentence for her murder, she considered it long and hard. "I loved my father so much, I was ready to commit suicide for him even though I hadn't done anything wrong," the 18-year-old said. "But I just couldn't go through with it. I love life too much."

<http://www.independent.co.uk/news/world/europe/women-told-you-have-dishonoured-your-family-please-kill-yourself-1655373.html>

**All** men over the age of 50 could be tested for prostate cancer after the largest international study ever conducted suggested that screening could save thousands of lives a year in Britain. Health ministers yesterday ordered a review which could pave the way for widespread testing. Using a system similar to that for breast screening, all men above the relevant age would be given a blood test which can show the first signs of the disease.

Controversy currently surrounds such tests as it has been unclear that they save lives. However, the European Randomised Study of Screening for Prostate Cancer, which looked at 182,000 men aged between 50 and 74, found that screening programmes could prevent 20 per cent of deaths, equivalent to saving 2,000 lives a year in Britain.

Announcing the review, Ann Keen, the Health Minister, said the Government was "committed" to a national programme "if and when screening and treatment techniques are sufficiently developed".

<http://www.telegraph.co.uk/news/uknews/5013380/All-men-over-50-could-be-screened-for-prostate-cancer.html>

**A** question that has arisen a few times recently concerns Penile fracture. Is it possible to fracture a penis? Yes it is possible. I have seen this only once in the 15 years I have been working in sexual health.

In January 2009 this type of fracture was part of the plot in an episode of Grey's Anatomy an article which can be found at

[www.medicalnewstoday.com/articles/136705.php](http://www.medicalnewstoday.com/articles/136705.php)

The following website refers to penile fractures, it also has a number of interesting articles relating to other penile issues.

[http://ca.askmen.com/sports/health\\_200/232\\_penis-fracture.html](http://ca.askmen.com/sports/health_200/232_penis-fracture.html)

### **Forthcoming Events**

To book onto these events please use the contact details listed



**Me, You and Us: My voice and my choice** – a vision for young people led services 21 April 2009

London, NCB and a range of other conferences can be found at

<http://www.cypnow.co.uk/events/article/5040/datefrom/20090401/>

### **Previously Listed Events**

**Children & Young People Now Show 2009**

Incorporating the Children's Centre' and Extended Schools Show, Brompton Hall, Earls Court, London.

19 & 20 May 2009 9.30am – 4.30pm This show is free so visit the web site and book your place now

<http://www.cypshow.com/>

**Safeguarding Children Conference**

Monday 20th April 2009 – Central London and the:



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**Early** Intervention for Families At-Risk  
Thursday 30th April 2009 - Central London

For more info on both the above conferences go to:  
<http://www.capitaconferences.co.uk/OurConferences/Health/>



**GENITO-URINARY  
NURSES  
ASSOCIATION**

**The** GUNA Spring Clinical Meeting, which will be a joint event with the University of Stafford, and will be taking place on

Saturday 2<sup>nd</sup> May, at Stafford University, with a theme of female health issues. <http://guna.org.uk/>

**RCN** Sexual Health Forum conference and exhibition - Changing attitudes in sexual health past, present and future Saturday 20 June 2009, Holborn Bars, Holborn, EC1  
[http://www.rcn.org.uk/newsevents/event\\_details/rcn\\_events/rcn\\_sexual\\_health\\_forum\\_conference\\_and\\_exhibition](http://www.rcn.org.uk/newsevents/event_details/rcn_events/rcn_sexual_health_forum_conference_and_exhibition)

**North West** Contraception & Sexual Health Group.

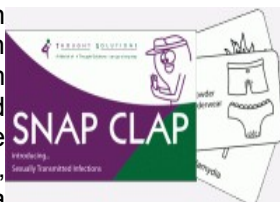
AGM is planned for 24<sup>th</sup> October 2009, at St Josephs Hospice, Thornton, Nr Crosby **Please note change of venue** E mail [nwcash@googlemail.com](mailto:nwcash@googlemail.com)



**Training:**

**Remember** Thought Solutions Ltd provides Bespoke training programmes these range from, workshops, single days or tiered programmes. So please contact us to discuss your organisations sexual health training needs  
[info@4thoughtsolutions.co.uk](mailto:info@4thoughtsolutions.co.uk)

**Sales** of SNAP CLAP a card game to introduce STI's and Co have been brisk and there has even been an enquiry from Canada. This fun and versatile resource is suitable for training workshops, educational settings, with a range of professional and non-professional groups. Check out the website for more information <http://www.4thoughtsolutions.co.uk/pr.html> Special offer buy 5 packs £70 FREE P&P within the UK



**Sexual Health Skills** Helping achieve the Strategies University of Greenwich This course was originally a distance learning course it has been running as a e-learning course for two semesters and has been extremely successful. The next start date of this 13 week 30 credit module is 14 April. Unlike all other 30 credit courses this course cost only £400 **For those who wish to apply for the April intake, as time is running short, could they please fax the application form to:** Eileen Turner, 020 8331 9160 (or post it to her, at the University of Greenwich, School of Health and Social Care Office, Mary Secole Building, Avery Hill (Southwood) Campus, Eltham, London SE9 2UG)

**Core** competencies in sexual health for youth workers Family Planning Association (FPA)/ National Youth Agency (NYA) These eight day courses run on: 21-22 April; 13-14 May; 23-24 June; 15-16 September in London For more information contact Helen Shipley Tel: 0845 122 8661 visit [www.fpa.org.uk/Training](http://www.fpa.org.uk/Training)

**Jobs:** check out the following website  
<http://www.cypnow.co.uk/Careers/>

**This** newsletter is for you if you have any questions, research or audits you would like assistance with or if you would like to contribute news items, event listings, vacant positions, items of interest then please email any contributions directly to the editor at [info@4thoughtsolutions.co.uk](mailto:info@4thoughtsolutions.co.uk)

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