

4^TS SEXUAL HEALTH NEWSLETTER

Welcome to the February edition of 4 Thought Solutions Newsletter about what is going on in the field of sexual health and contraception.

Lifestyle changes and screening have shifted the type of breast cancers women are diagnosed with over the past couple of decades, research suggests. Women are now more likely to have hormone-dependent, slow-growing tumours, a comparison of tissue samples from the 1980s and 1990s shows. The Scottish researchers also found improved survival over time, the British Journal of Cancer



reported.

Breast cancer is the commonest cancer in UK women
<http://news.bbc.co.uk/1/hi/health/7902372.stm>

Building A Breast Cancer Vaccine

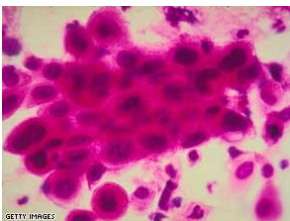
Sandra Gendler, Ph.D., has spent a career studying how one molecule might lead to a breast cancer vaccine. Now those many years of research and a team-science approach are leading to three-site clinical trials within Mayo Clinic – in Minnesota, Florida and Arizona.

<http://discoverysedge.mayo.edu/de08-2-ctsa-gendler/>

A new British study has discovered that the highest rates of cervical cancer are found in some of London's most deprived areas.

Significantly high rates of smoking and teenage pregnancies were also discovered in eight areas of the capital city.

Researchers believed this was mainly fueled by a lower uptake of cervical screening in deprived areas.



Cancer of the uterine cervix, a part of the uterus, can often be prevented through screenings and vaccination

<http://edition.cnn.com/2009/HEALTH/02/20/cervical.cancer/index.html#cnncSTCtext>

A new sexual health centre at the Royal Cornwall Hospital is expected to open next year. Building work is due to start in the spring after the South West Strategic Health Authority (SHA) agreed an outline business case. The current sexual health clinic, which sees about 10,000 patients a year, has been in a temporary building for the last eight years.

<http://news.bbc.co.uk/1/hi/england/cornwall/7832880.stm>

Mersey Region and Lancashire Family Planning Nurses' Group merged in November 2008, to form NWC&SH they are looking to increase membership and have launched a Facebook page "North West Contraception and Sexual Health Group". There is also a new email address

nwcash@googlemail.com

A face-painter is appealing for mums-to-be to offer



their pregnant bumps as blank canvasses for artwork. So a lady who was expecting her second child went to try it out.

<http://news.bbc.co.uk/1/hi/wales/7899618.stm>

NEW DELHI, India (CNN) -- Authorities were carrying out raids at medical stores in India's western Gujarat state for bogus drugs and recycled syringes after a hepatitis B outbreak left 32 people dead, officials said Saturday.

<http://edition.cnn.com/2009/WORLD/asiapcf/02/21/india.hepatitis/index.html> *While this outbreak is not related to sexual activity it is a salutary reminder of the need to vaccinate staff and patients at risk. This report comes after an earlier report this month from: CHICAGO - Patients who got hepatitis from contaminated syringes and medicine vials are joining infection control advocates to warn Americans about a problem they say is more common than people think. A recent federal report suggests they are right. It found more than 60,000 people were exposed to hepatitis, and at least 400 people were infected with it in 33 U.S. outbreaks linked with blatant safety violations.*

<http://www.msnbc.msn.com/id/29038517/>

Kissing: It really is all about chemistry

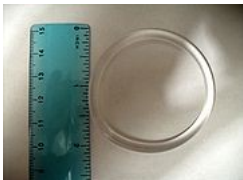
CHICAGO (Reuters) - Valentine Lotharios beware: There's a lot riding on a kiss, new studies on the science of smooching suggest. Researchers said kissing sets off a complex set of chemical reactions, and in some cases, a bad kiss could be the kiss of death for a burgeoning romance. "A kiss is a mechanism for mate assessment," said Helen Fisher of Rutgers University in New Jersey, who is presenting her findings on Saturday at the American Association for the Advancement of Science meeting in Chicago.
<http://uk.reuters.com/article/oddlyEnoughNews/idUKTRE51D1MS20090217>

Sexual frustration plagues prison life Facilities must be provided to enable UK prisoners to enjoy conjugal visits," a landmark [European court](#) ruling concluded this week. By forbidding "sexual relations" between prisoners and their visitors, the court decided that the British government was in breach of article eight of the Human Rights Act: the right to family and private life
<http://www.guardian.co.uk/commentisfree/2009/feb/11/prisonsandprobation-sexual-health>

Sex education films: they don't make them like they used to. In our oversexed age, sex education films from earlier decades still have the power to shock and awe with their freedom and frankness

Peter Bradshaw's worry is: where are the modern sex education films? The latest one here is from 1973. Do we make them any more? Or are we all overwhelmed with irony and self-consciousness the way previous generations were overwhelmed with embarrassment and shame? I don't know. But I think I might have to keep hold of Martin Cole's controversial Growing Up to show my own son when the time comes. Which will be sooner than I think. Posted by Peter Bradshaw
<http://www.guardian.co.uk/film/filmblog/2009/feb/11/sex-education-films>

NuvaRing is a thin, transparent, flexible ring that stays in the vagina, usually around the cervix. The ring is worn continuously for three weeks followed by a week off which triggers menstruation. Whilst the ring has been available since 2001 in other parts of the world it has only been available in the UK since late January 2009.



Acceleration of the HPV vaccination catch-up

campaign Further guidance on the acceleration of the human papillomavirus (HPV) vaccination catch-up campaign was sent to PCT Immunisation Coordinators on 30 January 09. Department of Health is encouraging PCTs to deliver the remainder of the catch-up programme earlier than originally planned.
http://www.dh.gov.uk/en/Publicationsandstatistics/Lettersandcirculars/Dearcolleagueletters/DH_094025

LONDON (Reuters Life!) - A school boy of 13 has become one of Britain's youngest dads, underlining concern about the rate of teenage pregnancies in the country. Four-foot Alfie Patten, who looks considerably younger than his age, was just 12 when his 15-year-old girlfriend Chantelle Steadman conceived after a night of unprotected sex. Former Conservative leader Iain Duncan Smith said the "tragic" case illustrated the country's social decline.
<http://uk.reuters.com/article/lifestyleMolt/idUKTRE51C4JR20090213>

The link between erections and heart disease

The article that ought to put the nail in the coffin of recreational Viagra-use was published this month. Research published in the February 2009 issue of Mayo Clinic Proceedings makes very clear the link between erectile dysfunction (ED) and heart disease. Men with ED are 80% more likely to develop heart disease than men who don't have any erection problems and the risk is even higher if your erection problems start young. Men aged 40-49 who experience have double the risk of heart disease compared to men without ED problems. The research is based not on theory but on actually following real men since the mid 1990s.
http://www.malehealth.co.uk/userpage1.cfm?item_id=2708

Vatican Radio has withdrawn an invitation to the head of Novartis to act as an external commentator after it discovered the Swiss drugmaker made contraceptives, the broadcaster said. "The approach of the Vatican to artificial contraception cannot be subject to the smallest doubt," Vatican Radio said on its web site.

The broadcaster had asked Novartis Chief Executive Daniel Vasella to be its "Commentator of the Week" in February, but said it had now decided to fill the slot internally.
<http://uk.reuters.com/article/lifestyleMolt/idUKTRE5154GJ20090206>

Potential New Herpes Therapy Studied

Science Daily (Feb 4th 2009) – A new therapy being



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developed at University of Florida could, in time, produce a vaccine against Herpes
<http://www.sciencedaily.com/releases/2009/02/090203130706.htm>

New Resources

Hepatitis C: are you at risk? A New leaflet on Hep C
http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_093850

Hepatitis C: quick reference guide for primary care
http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_093851

Available now – 4 Thought Solutions Ltd has developed a card game SNAP CLAP to introduce STI's and Co. This fun innovative 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

Forthcoming Events

To book onto these events please use the contact details listed.



Safeguarding Children Conference

Monday 20th April 2009 – Central London

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/>

GUNA The details of the Spring Clinical Meeting will be coming in the next few weeks, but I am able to relieve at this time that the theme will be based around 'Protecting Women', and will be a joint

meeting with Stafford University, and will be held on Saturday 2nd May, at Stafford University.

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

North West Contraception & Sexual Health Group. AGM is planned for 24th October 2009, at the Ramada Plaza Hotel Southport E mail
nwcash@googlemail.com

Previously Listed Events

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http://www.rcn.org.uk/newsevents/event_details/rcn_events/rcn_sexual_health_forum_conference_and_exhibition

Remember Thought Solutions Ltd provides Bespoke training programmes these range from, workshops, single days or tiered programmes for individual clients. So please contact us to discuss your organisations sexual health training needs
info@4thoughtsolutions.co.uk

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

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