

# **SEXUAL HEALTH NEWSLETTER**

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

**Hopefully** everyone had a good Christmas and New Year and that the New Year Resolutions are not proving too difficult to achieve. The best resolution is not to make a resolution. Simply start the New Year with positive thoughts and avoid focusing on negative aspect.

**4TS** has certainly had a positive start the New Year the Health and Sports project continues to develop and we will regularly be delivering training to clubs across the UK in conjunction with our partners. The training project across the Wirral Region has been fast paced and very rewarding, we have met some wonderful people who are passionate about working with young people. This project will continue during the coming months and the enthusiastic response and requests for more is very encouraging. Our long term partnership with Cheshire Social Service continues with a new group of peer educators due to complete their training in early March. In addition to these projects January saw further discussion in regards to sexual health training provision for a northern based condom company. As you can see it has been a busy New Year which is why this newsletter is a little later than normal. Remember send in your news, events, or job vacancies to share or advertise to our readers.

**Wirral** held a successful sharing good practice day on Monday 26<sup>th</sup> January. A wide range of local Wirral services were represented at this informative event. It demonstrated that there is a broad range of support services in operation across the region working hard to make life better for the young people of the area. The enthusiasm of the workshop presenters when sharing information about the work they do was inspirational and they should be proud of their achievements.

**The** Cheshire and Merseyside Sexual Health Network (CMSHN) has moved to: Suite 1, Riverside Park, 2 Southwood Road Bromborough, CH62 3QX Telephone: 0151 201 4154 Telephone numbers have changed but email addresses remain the same – [terrol.evans@nhs.net](mailto:terrol.evans@nhs.net) and [simon.henning@nhs.net](mailto:simon.henning@nhs.net)

**Pharmacists** are to offer the pill in London pilot scheme. Two primary care trusts in London are to become the first in the United Kingdom to offer the contraceptive pill from pharmacies in a pilot scheme to begin in mid-2009. Lambeth and Southwark Primary Care Trusts are among the country's top five trusts for rates of teenage pregnancy. They have been selected by the Department of Health to run the two year pilot, in which women and girls aged over 16 years will be able to get the pill over the counter. Pharmacists will offer the pill under a "patient group direction," where a doctor authorises other health professionals to supply a product to a certain group of patients.  
[http://www.bmj.com/cgi/content/extract/337/dec16\\_1/a3016](http://www.bmj.com/cgi/content/extract/337/dec16_1/a3016)

**Early** January last year saw a medical alert issued relating to the contraceptive patch and increased risk of DVT. This year there have been no alerts. Fluconazole had its licence reissued in December 2008 for use in treating Candidiasis (Thrush). [www.mhra.gov.uk](http://www.mhra.gov.uk) and you may wish to have a look at a recent article  
<http://www.guardian.co.uk/lifeandstyle/besttreatments/thrush-vagina-treatments>

## **Schering-Plough** / ORGANON

The UK will shortly see the NuvaRing becoming available this product was presented at the Wirral Sharing Good Practice Event for more product information go to [www.nuvaring.co.uk/index.php](http://www.nuvaring.co.uk/index.php) or [www.nuvaring.com/Consumer/index.asp](http://www.nuvaring.com/Consumer/index.asp)

**Do** you have 'man boobs' ('moobs')? The technically correct term for men having 'excess tissue' (boobs/moobs) in the chest area, is gynaecomastia? The Men's Health Forum survey concerning this delicate matter is still open go to: [http://www.malehealth.co.uk/userpage1.cfm?item\\_id=2659](http://www.malehealth.co.uk/userpage1.cfm?item_id=2659)

**HPV** Vaccination Programme - The Department of Health has said that the take-up rate of the cervical cancer vaccine has been greater than initially thought with up to 90 per cent of girls aged 12 to 13 being vaccinated in some areas. During a pilot of the vaccine, one in five parents refused to allow their daughters to have the vaccine. The programme data

now indicates that more than 70 per cent of girls have received the vaccine since its introduction in September 2008.

<http://nds.coi.gov.uk/environment/fullDetail.asp?ReleaseID=388236&NewsAreaID=2&NavigatedFromDepartment=False>

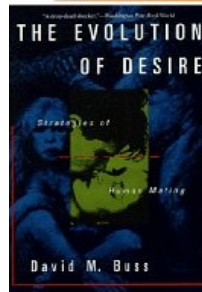
**She** may never get breast cancer - but girl's birth raises new doubts over designer babies - Embryo screened because of family history  
The birth of the first British baby genetically screened before conception to be free of a breast cancer gene was hailed yesterday as a breakthrough by doctors but raised fresh questions about the ethics of creating so-called designer babies.  
<http://www.guardian.co.uk/science/2009/jan/10/pgd-baby-debate-breast-cancer>

**Sexual** Bullying - A BBC Panorama programme entitled "Kids Behaving Badly" has looked at sexual bullying in schools and reported that between 2006 and 2007, 3,500 pupils were excluded from school for sexual misconduct - which included name-calling, explicit graffiti, inappropriate touching and serious sexual attacks. A study by Young Voice, commissioned for the programme, found that one in ten children aged 11 to 19 have been bullied into taking part in sexual acts. A detailed summary of results is available on the BBC.  
[http://news.bbc.co.uk/1/shared/bsp/hi/pdfs/22\\_12\\_08\\_youngvoice.pdf](http://news.bbc.co.uk/1/shared/bsp/hi/pdfs/22_12_08_youngvoice.pdf)

Previous two articles are courtesy of <http://www.ncb.org.uk>.

**Pamela** Stephenson Connolly a clinical psychologist and psychotherapist who specialises in treating sexual disorders has written a series of short articles for the guardian - on Thursday the 22<sup>nd</sup> January she looked at Menopause.  
<http://www.guardian.co.uk/lifeandstyle/2009/jan/22/sexual-healing-menopause> - for further information  
<http://www.menopausematters.co.uk/> Pamela's previous article related to a condition called Vestibulitis. Vestibulitis/Vulvodynia are conditions that are often misunderstood and misdiagnosed.  
<http://www.nva.org/> or read an further article at <http://www.aafp.org/afp/990315ap/1547.html>

**Sexuality** – through the wrong end of the telescope - Yvonne Roberts article Friday 23<sup>rd</sup> January reviews what some scientists say women with wealthy partners have the best time in bed. Really? It's time to think more clearly about female desire  
<http://www.guardian.co.uk/commentisfree/2009/jan/23/sexual-health-women>



The book Yvonne mentions in her article has had a number of positive literature reviews; even the critical reviews are balanced. So this book may be one to add to your library.

**Ban** on US abortion funding lifted as Bush ideology is rolled back - President Barack Obama lifted the ban on US funding for international organisations that offer advice or perform abortions yesterday, as he expanded his project of rolling back George Bush's ideological agenda. Obama quietly signed an executive order late yesterday afternoon repealing the ban, called the "global gag rule" by family planning organisations because it prohibited groups from even discussing abortion. There was no media coverage of the signing, in contrast to the high-profile ceremonies this week when Obama issued his orders on ethics reform and Guantánamo Bay. Instead, he adopted a non-confrontational approach to his repeal of the ban, waiting until after Thursday's anniversary of the Roe v Wade supreme court decision on abortion to avoid antagonising pro-life groups

<http://www.guardian.co.uk/world/2009/jan/24/obama-white-house-abortions> [Suzanne Goldenberg](#), and [Ewen MacAskill](#) in Washington [The Guardian](#), Saturday 24 January 2009

**A** question was posed to Dr Know in the Sunday Times regarding – “*men dying suddenly during intercourse as they grow older*”. The overall response was that there was little to worry about concerning dying while having intercourse see [http://www.timesonline.co.uk/tol/life\\_and\\_style/health/article5574673.ece](http://www.timesonline.co.uk/tol/life_and_style/health/article5574673.ece)  
For more information on men and heart disease there are a number of websites to visit  
<http://www.bhf.org.uk/> or  
[http://www.askmenhealth.org/\\_sex\\_hormones\\_make\\_men\\_more\\_prone\\_to\\_heart\\_disease.php](http://www.askmenhealth.org/_sex_hormones_make_men_more_prone_to_heart_disease.php) or  
<http://www.eatatease.com/healthyheart.html>



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Consultancy & Training Services

**Cancer** survivors Harris and Duke lead battle between lions and tigers - Millwall's record goalscorer Neil Harris is looking forward to playing fellow testicular cancer survivor and Hull goalkeeper Matt Duke in the FA Cup



Matt Duke, one from right, and Neil Harris, far right, after the Keep Your Eye on the Ball 5km run. Photograph: Public Domain

<http://www.guardian.co.uk/football/blog/2009/jan/23/cancer-neil-harris-matt-duke-hull-millwall>

### Big Lottery Funding



Wellbeing of Women has been awarded funding of £158,541 by the Big Lottery for a research project to investigate proteins in women's blood which could help to predict pre-term labour. <http://www.wellbeingofwomen.org.uk/>

### New Resources

**Available** now – 4 Thought Solutions Ltd has developed a card game to introduce STI's to a range of professional and non-professional groups. This fun innovative and versatile resource is suitable for training workshops, educational settings. Check out the website for more information [www.4thoughtsolutions.co.uk](http://www.4thoughtsolutions.co.uk)

### Forthcoming Events

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



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)

Details of a number of events can be found at <http://www.hsj.co.uk/conferences/index.html> unfortunately non related to sexual health.

### Previously Listed Events

#### Capita's 7th National Conference

Delivering Safe Spaces for Young People Sustainable and Accessible Youth Facilities Wednesday 28th January 2009 – Central London <http://www.capitaconferences.co.uk/OurConferences/LocalGovernment/Youth+Facilities.htm>

#### Developing Learning Disabilities Services

24 February 2009 London CBI Conference Centre <http://www.hsj-learningdisabilities.com> Programme looks good, no specific mention of Sexual Health but if you go you can raise the issue.

If you fancy a little trip away from home check out the following conferences at <http://www.contemporaryforums.com/m411109/bene.asp> the programme is really comprehensive.

#### Contraceptive Technology

March 18-21, 2009 - San Francisco  
April 1-4, 2009 - Washington, DC

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)

**4 Thought Solutions** takes no responsibility for the accuracy of news or information contained in this newsletter about what is happening in relation to sexual health matters especially when sourced from external organisations and news agencies. All opinions expressed are those of the original authors and do not necessarily represent the views of 4 Thought Solutions. The listing of the original sources, when available, will allow you to access the original information or full article.

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