



THOUGHT SOLUTIONS

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



SEXUAL HEALTH NEWSLETTER

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

We hope everyone is organised for the summer months and that you are well armed with sunscreen and umbrella's for the predicted 'heat wave'.....or do I mean 'wet wave'.

The debate over Cervarix and Gardasil continues. An interesting point for all of you who know young women over 18 and under 26, is that Gardasil is apparently available free of charge from GP's here in Cheshire. For the many of you based elsewhere check out if GP's will prescribe the Gardasil.

A recent study has been completed in to the efficacy of Gardasil in the over 26's age group, early indications are that it is 'safe' to use in the older age ranges. Safety, immunogenicity, and efficacy of quadrivalent human papillomavirus (types 6, 11, 16, 18) recombinant vaccine in women aged 24—45 years: a randomised, double-blind trial Findings appear to indicate that the quadrivalent HPV vaccine (Gardasil) is efficacious in women aged 24—45 years not infected with the relevant HPV types at enrolment. See article summary at:[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)60691-7/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)60691-7/abstract)

PATRICIA HPV vaccine trial final report 09 July 2009 : This week The Lancet reports the final results of the worlds largest trial of a cervical cancer vaccine - PApilloma TRIal against Cancer In young Adults (PATRICIA).

The study, involving 18,644 women, confirmed that Cervarix is highly effective at protecting against the two most common cervical cancer-causing HPV types, 16 and 18. The study also showed that the vaccine provides cross-protection against HPV types 31, 33 and 45. and effectively protects against CIN2+ associated with HPV-16/18 and non-vaccine oncogenic HPV types.

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)61248-4/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)61248-4/abstract)

HPV testing combined with LBC in primary cervical screening does not improve detection of CIN. Results from the ARTISTIC trial have shown that over two screening rounds the addition of HPV testing to liquid based cytology does not improve detection rates of high grade CIN. In the first round of screening HPV testing did result in higher detection rates but by the second round there was an unexpected fall in the number of cases of CIN detected.

[http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045\(09\)70156-1/abstract](http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(09)70156-1/abstract)

Young women continue to prefer using the oral contraceptive pill, despite government efforts to increase the use of long-acting reversible contraceptives (LARCs), suggests a UK study. In-depth interviews with 20 young women from the east coast of Scotland found that most used condoms at first, when they started to have sex, but then moved on to the pill.

They were aware of long-acting methods, but had been put off by friends' negative experiences of such methods and the



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expectation of changes in their bleeding patterns, or weight gain.

'Pill use can be unproblematic if managed well and should continue to be promoted as a suitable contraceptive for young women. They could be given more advice and help to remember their pills, perhaps using things like mobile phone alerts,' said study author Dr Lisa Williamson, from the Medical Research Council's social and public health sciences unit in Glasgow.

'Long-acting methods could offer an alternative to women struggling with the pill but efforts to promote LARC have to recognise and address young women's possible distrust and dislike of these,' she added.

LARCs are currently being actively promoted by the Department of Health. NICE guidance published in 2005 recommended that LARCs should be offered to all women as part of their contraceptive choices.

Journal of Family Planning and Reproductive Health Care (2009) 35: 167-172

Potential Failure Of Oral Contraceptives With Obese Women Explained

Science Daily (July 14, 2009) — Researchers have identified a potential biological mechanism that could explain why oral contraceptives may be less effective at preventing pregnancy in obese women, as some epidemiological studies have indicated.

Although conventional oral contraceptives appear to eventually reach the effective blood concentrations needed in the body to prevent conception in obese women, it appears to take twice as long, leaving a "window of opportunity" every month where the contraceptive may not be at a high enough level to prevent a pregnancy.

The findings are of particular importance, researchers noted in their study, because about 30 percent of all adults in the U.S. are obese and the birth control pill is one of the most popular forms of contraception in the nation.

"We don't have enough data yet to recommend that physicians change their clinical practice for use of oral contraceptives with patients who are very overweight," said Ganesh Cherala, an assistant professor in the College of Pharmacy at Oregon State University. "However, until more studies are done, women may wish to consult with their physicians about this issue and consider a backup method of contraception at some times of the month."

The study was published in the journal *Contraception*, by scientists from OSU, Oregon Health and Science University, University of Colorado at Denver, Oregon National Primate Research Center, and the University of Southern California. The research was supported by the National Institutes of Health.

<http://www.sciencedaily.com/releases/2009/07/090714143904.htm>

A government drive to lower the rate of teenage pregnancies has backfired, actually increasing the number of school-age mothers in England, a study confirms today.

The Young People's Development Programme (YPDP) was extended to 27 parts of England between 2004 and 2007 after reports from the United States suggested that it could reduce unplanned pregnancies and alcohol and cannabis misuse among teenagers. It cost £5.9 million.

<http://www.timesonline.co.uk/tol/news/uk/article6662124.ece>

A consultation on draft health protection regulations to be made under the amended Public Health (Control of Disease) Act 1984, to continue the process of modernising health protection legislation in England.

The regulations cover requirements for notification of disease caused by infection or contamination by chemicals or radiation, to allow prompt investigation and response; evidential requirements and safeguards for people who might be subject to a JP order



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under the amended Act; and updated local authority powers to protect public health.

http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH_102134

Healthy Sex Life After A Cardiac Event

An active sex life is an important condition of life, both before and after an acute or chronic disorder, but evidence concerning the sex life, marital life and marital functioning of patients after having suffered a cardiac event is relatively inadequate. More than 50 percent of patients describe a decrease in sexual activity and satisfaction after an MI. The most important reason given is the fear of triggering a (re-)infarction, which creates stress and anxiety in the sex and marital life of a couple.

European cardiovascular nursing researchers (UNITE study group) within the European Society of Cardiology with strong affiliations to the School of Health Sciences have had this as a focal area since 2009. The study group has conducted a European survey regarding cardiovascular nurses' sex information, counselling and attitudes to patients suffering a cardiac event.

<http://www.medicalnewstoday.com/articles/156427.php>

Earlier this year saw a change in the companies from which health services can purchase sexual health goods and services from. Durex and Passante had stiff competition in a recent NHS suppliers contract bid round which saw a fairly new comer on the block LTC Healthcare gain a NHS Suppliers contract. Check out their new Catalogue which was launched last month. www.ltchealthcare.co.uk

Forthcoming Events To book onto these events please use the contact details listed



Women's Health In Primary Care - Accurate Diagnosis, Effective Treatment And Strategic

Management. A One-Day Conference, 17 September 2009, The Midland Hotel, Manchester

www.mimswomenshealthconference.com

NANCSH Conference 6th November in Newcastle E-mail: nancsh@hotmail.com
www.nancsh.org.uk for further details

Previously Listed Events

North West Contraception & Sexual Health Group. AGM is planned for 24th October 2009, at St Josephs Hospice, Thornton, Nr Crosby Please note change of venue E mail nwcash@googlegmail.com

Training:

Remember 4 Thought Solutions Ltd provides training programmes ranging from, workshops, single days or tiered programmes. 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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