



THOUGHT SOLUTIONS

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



## SEXUAL HEALTH NEWSLETTER

**Welcome** to the March edition of the 4TS newsletter about what is going on in the field of sexual health and contraception.

**Last** month the newsletter contained details of a new British Study about Cervical Cancer which mentioned the difficulty in getting women to have the preventative screening that has been available for years and the need to encourage the latest preventative method of vaccination  
<http://edition.cnn.com/2009/HEALTH/02/20/cervical.cancer/index.html#cnnSTCText>

This month news of a death due to cervical cancer has led to a number of articles about this health topic. For more info go to

[www.cancerbackup.org.uk/Cancertype/Cervix](http://www.cancerbackup.org.uk/Cancertype/Cervix)

**Jade's** memorial is a rise in cervical cancer screening by Jeremy Laurance

No one has done more for cervical cancer prevention than Jade Goody. Requests for screening tests have risen by up to 50 per cent in some areas and 10 days ago the Government announced a review of the age at which screening should start. Cervical cancer, which claims over 750 lives a year in England, has not had as much attention for a generation.

<http://www.independent.co.uk/life-style/health-and-wellbeing/health-news/jeremy-laurance-jades-memorial-is-a-rise-in-cervical-cancer-screening-1651723.html>

**Is** the health system failing children?

Interviews by Owen Bowcott  
The Guardian Saturday 21 March 2009

Katrina Mather, 16, is at college. She is author of the Youth Parliament's report on SRE [Sex and Relationships Education] - Are you getting it?

"[Medical services] for children dealing with sexual health are targeted in the wrong places. There's rising levels of STDs [sexually transmitted diseases]. The services are made available at inconvenient times. "In my town the clinic is open from 5.30pm to 7.30pm, for example. If you go home from school at 3.30pm, you have to make up an excuse to tell your parents why you are going out again. "The problem is that young people are not getting the information they need in schools. It's no coincidence STD rates are rising. One in 10 of those aged 16 to 25 have the infection chlamydia. Young people just want the facts so they can go away and make informed decisions. "From 2011 sexual health will be taught in schools in the context of relationships rather than merely under the heading of reproduction in biology. So things are improving.

<http://www.guardian.co.uk/society/2009/mar/21/health-children>

**The** Brook Awards 2009 – notification of winners  
Young people's sexual health charity Brook held its annual awards dinner on Thursday 5 March at The Brit Oval Conference Centre, London, to celebrate the outstanding work young people and professionals are doing to improve the lives of young people all over the UK.

[http://www.brook.org.uk/content/M7\\_2009\\_AWARDS\\_WINNERS\\_MAR09.asp](http://www.brook.org.uk/content/M7_2009_AWARDS_WINNERS_MAR09.asp)



department for  
**children, schools and families**

Public Health Minister Dawn Primarolo and Young People's Minister Beverley Hughes announced a that an extra 20.5 million would be made available to raise access to contraceptive services and support for teenagers and provide advice regarding unprotected sex



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[http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn\\_id=2009\\_0041](http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0041)

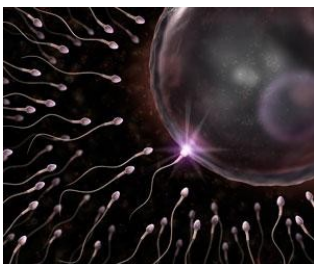
## **Government** to help parents tell children about sex

The government has announced a £530,000 support package to help parents to talk to their children about sex and relationships. The money will be used to expand sexual health charity fpa's 'Speakeasy' project. fpa will train 1,200 parenting professionals over two years, targeting 50 areas where teenage pregnancy rates are a concern and where there is need of further support for parents <http://www.nya.org.uk/information/134168/10mar09/>

**In** mid February *Baroness Gould of Potternewton* asked a question in parliament - How primary care trusts are prioritising sexual health in their strategic plans to implement world class commissioning; and how many have included sexual health in their goals and targets. [HL1112] The Parliamentary Under-Secretary of State, Department of Health (Lord Darzi of Denham) replied that: Primary care trusts (PCTs) have produced five-year strategic plans outlining their priorities for investment in improving the health of their local populations. These strategic plans are being reviewed as part of the annual commissioning assurance process, which was launched last year to assess PCT commissioning capability. PCTs have also chosen 10 local health outcomes against which they will be assessed as part of commissioning assurance. Fifty-three of the 152 PCTs have chosen the under-18 conception rate as one of the 10 measures that they will be assessed against, which puts sexual health in the top 10 of outcome areas chosen as priorities by PCTs.

<http://www.publications.parliament.uk/pa/ld200809/ldhansrd/text/90210w0001.htm>

**The** bloke's guide to contraception Get up to speed on what's available Choosing contraception can be a minefield. With the male pill still years away from landing on pharmacist's shelves, you might think that apart from condoms, it's up to your lady friend to sort out the way in which you're going to avoid becoming a



parent. But with 13 different types of contraception available in the UK, it could be that she's taking the wrong type – and by reading up on what's available, not only could you be making your life easier, you could get a few extra brownie points for 'showing that you care'.

<http://www.menshealth.co.uk/Health/the-blokes-guide-to-contraception/v3>

**Cannabis** doubles testicular cancer risk, says US study Young men who smoke marijuana are more likely to develop an aggressive form of testicular cancer than those who have never tried the drug, a study has found. Smoking the drug at least once a week, or using it regularly from adolescence, doubled the risk of a fast-growing form of the disease called non-seminoma, which tends to strike men in their 20s and 30s, researchers said. The US study is the first to find evidence of a link between cannabis and testicular cancer, which is the most common type of cancer among British men aged 20 to 44. More than 1,900 new cases of the disease are diagnosed in the UK each year, but it responds well to treatment, with nine in 10 men surviving.

<http://www.guardian.co.uk/science/2009/feb/09/testicular-cancer-cannabis-risk>

**Kill** the inflammation, kill the HIV?  
08 March 2009 by Debra MacKenzie  
New Scientist Magazine issue 2698

We don't yet know why HIV spreads to women so much more readily in Africa than elsewhere, but African women desperately need protection from the virus during sex. Now a cheap and relatively safe chemical that damps down vaginal inflammation may do just that.

Ashley Haase and colleagues at the University of Minnesota in Minneapolis have discovered that a few epithelial cells on the cervix of female macaques are the first point of entry for SIV, the monkey equivalent of HIV. Nearby immune cells respond by emitting molecules that trigger inflammation and summon T-cells to the cervix. These would normally destroy invaders but T-cells happen to be the very cells SIV and HIV use to infect their new host.

Studies of toxic shock syndrome, a life-threatening bacterial infection that can affect women using



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tampons, had already identified chemicals that can suppress vaginal inflammation, including glycerol monolaurate, a constituent of vegetable oils used widely in food and deodorants.

<http://www.newscientist.com/article/mg20126984.400-kill-the-inflammation-kill-the-hiv.html?DCMP=OTC-rss&nsref=online-news>

## **Mentally** ill receive little sexual health advice

People with serious mental illnesses receive inadequate advice on maintaining their sexual health scientists have claimed. Professor Richard Gray, from the University of East Anglia's School of Nursing and Midwifery, surveyed 283 mental health workers about their role in promoting sexual health.

The survey, which was carried out in collaboration with researchers at the Institute of Psychiatry, found that 80 per cent felt sexual health promotion was an important part of their role. However, less than a third said that they routinely discussed sexual health issues with their service users.

Commenting on the findings, which are published in the Journal of Clinical Nursing, Professor Gray said: "Mental health workers must be more proactive in promoting the sexual health of patients with mental illness. They are a forgotten high-risk group."

According to the schizophrenia website [oneinonehundred.co.uk](http://oneinonehundred.co.uk), people with schizophrenia may become sexually uninhibited when their symptoms are acute, meaning that they are more likely to take part in risky behaviour.

For this reason, the incidence of sexually transmitted infections is on the increase among people with schizophrenia.

<http://www.privatehealth.co.uk/news/february-2009/mentally-ill-sexual-health-advice-30269/>

## **Ovarian** cancer: key messages for health professionals

Ovarian cancer is the fourth most common cause of death from cancer in women after lung, breast and bowel cancer. In the UK 6,800 women are diagnosed every year but, to put this in perspective, the average GP sees only one case of ovarian cancer every five years.

To view the new documents related to Ovarian cancer that the government issued in February go to:

[http://www.dh.gov.uk/en/Healthcare/NationalServiceFramework/Cancer/DH\\_095624](http://www.dh.gov.uk/en/Healthcare/NationalServiceFramework/Cancer/DH_095624)

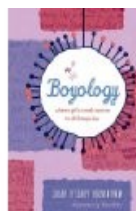
## **Sexual** orientation: A practical guide for the NHS

This document gives practical advice to enable NHS organisations to address their responsibilities relating to sexual orientation and employment or healthcare delivery. It is a document non-NHS organisation need to be aware of.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_095634](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_095634)

## **New Books**

Sexual Health (Essential Skills for Nurses) by Kathy French (paperback due out 9<sup>th</sup> April 2009)



Boyology: A Crash Course in All Things Boy by Sarah O'Leary Burningham and Keri Smith (Paperback - 1 May 2009)

## **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

## **Forthcoming Events**

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

**31<sup>st</sup> March 2009** Sexual bullying



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amongst children and young people: incidence, impact and what can be done to manage it effectively

**Venue:** Old Session House, Clerkenwell, London

**Cost:** £160 + VAT **Contact:** 01243 544 960

[positivelearning.co.uk/training/cse\\_sexual\\_bullying\\_conference.php](http://positivelearning.co.uk/training/cse_sexual_bullying_conference.php)

Core competencies in sexual health for youth workers Family Planning Association (FPA)/ National Youth Agency (NYA)  
Working with the NYA, the FPA has developed a set of core competencies which covers the essential skills, information and values youth workers and people who work with young people need in order to run safe, informed and practical sex and relationship work sessions with young people. This eight day course runs 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 Email: [helens@fpa.org.uk](mailto:helens@fpa.org.uk) or visit [www.fpa.org.uk/Training](http://www.fpa.org.uk/Training)

For other events and courses check out <http://www.cypnow.co.uk/events/article/5040/datefrom/20090401/>

<http://www.beds.ac.uk/courses/bysubject/heacar/credit-consexheaski>

[www.gre.ac.uk/schools/health/programmes/cpd](http://www.gre.ac.uk/schools/health/programmes/cpd)

## **Previously Listed Events**

### **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/>



**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 the Ramada Plaza Hotel Southport E mail [nwcash@googlemail.com](mailto:nwcash@googlemail.com)

### **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](mailto:info@4thoughtsolutions.co.uk)

### **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)

**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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