



THOUGHT SOLUTIONS

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



## SEXUAL HEALTH NEWSLETTER

Welcome to the April edition of 4 Thought Solutions Newsletter. The objective of this newsletter is to provide short abstracts from larger articles about what is going on in the field of sexual health and contraception. We will accept short articles or information on events for advertising giving you the opportunity to share with others what you are doing. Hope you all had an enjoyable Easter break. For our subscribers in the Wirral area, please note that there are a number of 4 Thought Solutions sexual health training courses currently being advertised in your region, to book on to a course contact: [suzannecottrell@wirral.gov.uk](mailto:suzannecottrell@wirral.gov.uk) or [Lynne.Loughran@wirral.nhs.uk](mailto:Lynne.Loughran@wirral.nhs.uk)

**Are you aware? April is STD Awareness Month in the USA.** During this is the month when they are taking an in-depth look at the burden of Sexually Transmitted Diseases in our nation and renew our efforts to reduce that burden. There are several important efforts going on around the country to raise awareness of STDs, increase the dialogue around sexual health, and strengthen the national commitment to detecting, treating, and preventing infections. <http://www.cdc.gov/Features/STDAwareness/> or <http://www.cdc.gov/std/sam/default.htm> or <http://www.stdpreventiononline.org/>

### STI tests now a bigger milestone than meeting the parents



Frank discussions about the importance of being tested for sexually transmitted infections (STIs) such as chlamydia are an important indicator of a lasting relationship, according to a survey released in March. A Populous poll of over 1,000 young adults found that nearly three quarters (70 per cent) rank discussing STI tests together as the most important sign that a new relationship will last. This has overtaken more traditional milestones such as meeting the parents (66 per cent) or friends (40 per cent). The research was conducted on behalf of the *Chlamydia. Worth Talking About* campaign\* which encourages sexually active under-25-year-olds to say 'yes' to chlamydia testing. <http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=46&NewsAreaId=2&ReleaseID=411824&SubjectId=36>

### STI Confidential - STI testing kept in confidence, but some might want to use an alias - by Andrew Paul

Like most things revolving around sexually transmitted infections (STIs) it came out of nowhere. "The information they collect during STD tests isn't kept confidential," a man insisting on remaining anonymous tells me over the phone. "Have you seen the information they collect? Anyone can tell whether you're gay, what drugs you've done, even whether you're a top or bottom. I can't believe this."

Actually yes, I have seen the information they collect during the exam process; I've given up that information. I have made the nerve-wracking first phone call to book an appointment. I have sat waiting for the two weeks leading up to my date with the nurses at the Edmonton STI Clinic. I have completed the personal history inquisition that probed the deepest, darkest depths of my sexual experiences. I've pissed in a cup, and sat splayed open like a Thanksgiving turkey as the nurse delivered the sweet cotton caress of that dastardly swab. Furthermore I've waited that god-awful week after the exam for my results — which came back negative, by the way. That's the testing process in a nutshell, and **it was one of the smartest decisions** of my life. This is why I was a little worried about the anonymous man's warning. <http://www.seemagazine.com/article/news/news-main/sticonfidential-0401/>

**New Study Questions Benefits of Elective Removal of Ovaries During Hysterectomy** – Removal of the ovaries (bilateral oophorectomy) while performing a hysterectomy is common practice to prevent the subsequent development of ovarian cancer. This prophylactic procedure is performed in 55% of all U.S. women having a hysterectomy, or approximately 300,000 times each year. An article in the March/April issue of *The Journal of Minimally Invasive Gynecology* suggests that this procedure may do more harm than good. <http://www.sciencedaily.com/releases/2010/03/100309171427.htm>



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### **HPV-smear screening will not identify cancer risk**

Plans to add a test for the human papillomavirus (HPV) to cervical smears would not help doctors identify women at risk of cancer, experts have claimed. The project, which sees women with “borderline” or mild abnormality sample results - suggesting cervical cells could develop into cancer in the future - also tested for HPV, is being trialled at six laboratories across the UK. But a study by the Medical Research Council found that 70% of women testing positive for HPV after a smear did not develop cancer during a three-year follow-up, casting doubt upon the claim that the extra examination helps reduce cancer risk and helps decide on the best course of treatment. <http://www.nursingtimes.net/5012761.article>

The previous article is linked to: **HPV vaccine will cut cervical cancer cases by two thirds.** The introduction of the HPV vaccine will slash cases of cervical cancer in women under 30 by 63 per cent by 2025, a cancer research study has predicted. 20<sup>th</sup> January 2010 - <http://www.nursingtimes.net/nursing-practice-clinical-research/oncology/hpv-vaccine-will-cut-cervical-cancer-cases-by-two-thirds/5010604.article>

In October 2009 the USA drug agency approved Gardasil for boys and men aged 9 -26 <http://www.dddmag.com/news-Mercks-GARDASIL-Approved-For-Males-101909.aspx> In February Health Canada also approved Gardasil to prevent infection caused by human papilloma virus Types six, 11, 16, and 18 and genital warts caused by HPV types six and 11. <http://www.optionsforsexualhealth.org/news/gardasil-approved-for-males> or <http://www.cbc.ca/health/story/2010/02/23/hpv-gardasil-males.html> *this move appears to be linked to a study discussed in an article - HPV may cause half of penile cancers - A sexually transmitted virus that causes some cervical cancers could also be to blame for half of all cases of cancer of the penis, a new study suggests. Read more: <http://www.cbc.ca/health/story/2009/08/25/cancer-penile-hpv.html>*

### **Smoking Not Only Cause of Oral Cancer; Doctors Studying Link between Diseases of the Mouth and HPV – Article Abstract**

Risk factors for cancers of the mouth and throat now include the STD human papillomavirus (HPV) in addition to tobacco use and alcohol consumption. “Classically, people think of oral cancer as something that occurs in smokers and drinkers and usually among people in their 50s, 60s or even older. But over the last 10 years or so, we have become aware that [HPV] - the same virus that is associated with cervical cancer - has now been strongly associated with certain kinds of head and neck cancer, specifically the tonsil and tongue-based cancers, and that they are becoming more prevalent in people who are younger than the usual cohort,” explained Dr. Joseph Dort, a professor of head and neck surgery at the University of Calgary’s medical school and president of the Canadian Society of Otolaryngology. <http://www.cdcnpin.org/scripts/display/NewsDisplay.asp?NewsNbr=55118>

**Prostate cancer increases blood clot risk** - New research by researchers from Kings College London has shown a man’s chances of suffering blood clots in his legs or lungs can more than double if he has prostate cancer. Blood clots are already a known hazard linked to cancer, but an international team of scientists has found the specific link between clotting and prostate cancer. Writing in the medical journal *The Lancet Oncology*, the team said the greatest risk is when men are undergoing hormone therapy for the disease. The findings were based on tests on more than 76,000 Swedish men who had received curative treatment for the disease, or who were receiving hormone therapy. [http://www.timesonline.co.uk/tol/life\\_and\\_style/health/article7096725.ece](http://www.timesonline.co.uk/tol/life_and_style/health/article7096725.ece)

On behalf of the Prostate Cancer Charity, Sureash Rambaran has been helping to get people talking about the disease in a bid to address the taboos and myths that exist around it. For more information go to [www.hiddencancer.org.uk](http://www.hiddencancer.org.uk)

**Contraception may be provided by maternity departments** - The Department of Health may look at ensuring that contraception advice has to be provided at maternity departments, as it now must be by abortion providers. From April last year the standard NHS contract for abortion services stipulated that providers must offer the full range of contraception services to women undergoing abortion. The DH is now working with commissioners to provide an agreed standard for providing contraception at abortion clinics. <http://www.nursingtimes.net/5012679.article>

Exercise Training in Pregnancy Reduces Offspring Size without Changes in Maternal Insulin Sensitivity.

*Journal of Clinical Endocrinology & Metabolism*, Hopkins SA, Baldi JC, Cutfield WS et

al. <http://jcem.endojournals.org/cgi/content/abstract/jc.2009-2255v1>

[http://www.timesonline.co.uk/tol/life\\_and\\_style/health/article7088416.ece](http://www.timesonline.co.uk/tol/life_and_style/health/article7088416.ece) <http://www.mirror.co.uk/news/top-stories/2010/04/06/exercise-in-pregnancy-cuts-risk-of-obesity-prone-baby-115875-22165189/>



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**Sexualising nurses could lead to attacks on staff, warns Unison** - Portraying nurses in a sexually provocative way could contribute to attacks on nursing staff, Unison head of nursing Gail Adams has warned. A row erupted over a Worcestershire bus company advert featuring a "sexy" nurse wearing a PVC uniform. Ms Adams said: "People are happy to sexualise the image of nursing but are then surprised when nurses are attacked or have lewd or indecent comments made towards them. The profession is not boring or 'stuck in the mud' but portraying nurses in this way is unacceptable." <http://www.nursingtimes.net/5012817.article>

**Schools take pupils on trips to sexual health clinics** - School pupils are being taken on tours of sexual health clinics in an attempt to highlight the perils of unprotected sex. A school trip used to mean a day out at a local museum or nature reserve. But now, classes are making visits to NHS sexually transmitted disease (STD) clinics. The tours are an attempt to "demystify" the consequences of unprotected sex, preparing many children for visits in later life. After each visit, students are sharing their findings with other pupils in school assemblies. Critics fear that the tours are "normalising promiscuity," creating a self-fulfilling prophecy which will further fuel the rise in sexually transmitted diseases. The number of STDs diagnosed in children under 16 has risen by 58 per cent in five years, with chlamydia now the most common infection. <http://www.telegraph.co.uk/news/uknews/7530090/Schools-take-pupils-on-trips-to-sexual-health-clinics.html>

**Gonorrhoea may become antibiotic-resistant, experts warn** - If new methods of treating gonorrhoea are not found quickly there is a danger the sexually transmitted infection could become antibiotic-resistant according to experts. The World Health Organisation (WHO) is to discuss the common sexually transmitted disease that can lead to pelvic inflammatory disease, infertility and ectopic pregnancy if left untreated, at a meeting in the Philippines. It will focus specifically on efforts to stop the infection resisting drugs. <http://www.nursingtimes.net/5013139.article>

**Cancer awareness: the impact of sexual orientation** - This report provides the results from a survey of 1600 heterosexual, gay, lesbian and bisexual respondents, using the CR-UK Cancer Awareness Measure (CAM). It was commissioned by DH from YouGov. The results highlight the differences in cancer awareness between different sexual orientation groups. It appears that there is some relationship between sexual orientation and cancer awareness; however it is likely to be much less important than various other factors such as age and gender. This report will be of interest to people involved in early diagnosis of cancer, researching, commissioning or delivering interventions. Published 6th April 2010 [http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_115237](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_115237)

**Men 'more likely' to have chlamydia** - Men's attitudes to unprotected sex and STI screening are putting their sexual health at risk, a leading pharmacy group has claimed. According to figures released by Lloydspharmacy, 13% of the men who purchased a chlamydia test from its online service tested positive for the infection compared with 6% of women. It also exposed a widespread reluctance to be screened for STIs, with only 28% of men undergoing a sexual health test at a local GUM (genitourinary medicine) clinic compared with 38% of women. The figures also suggested a somewhat relaxed attitude towards safe sex with 13% of men admitting engaging in unprotected sex with more than one partner in the past five years. By comparison, only 7% of women had admitted having unprotected sex with multiple partners. <http://www.nursingtimes.net/5013305.article>

**How A Novel Class Of Antibodies Inhibits HIV Infection** - Scientists at Duke University Medical Center have identified a set of naturally occurring antibodies that can block one of the key ways the AIDS virus gains entry into certain blood cells. They say the discovery, published online in the *Journal of Experimental Medicine*, expands traditional notions about how the immune system fights HIV and offers a potential new strategy for HIV vaccine design. <http://www.medicalnewstoday.com/articles/184549.php>

**District Attorney's Sex Ed Warning Befuddles Wisconsin Teachers** - MAUSTON, Wis. (AP) -- Mike Taake has taught sex education for 30 years, and he says he knows what doesn't work: *just telling kids to wait*. The Mauston High School health teacher has used abstinence-only and comprehensive curriculum, and he said students need all the information they can get about sex to make the best choices. But teaching them about contraceptives could land him and other teachers in court! [http://www.nytimes.com/aponline/2010/04/09/us/AP-US-Sex-Ed-Wisconsin.html?\\_r=1&scp=1&sq=sexual+health+contraception&st=cse](http://www.nytimes.com/aponline/2010/04/09/us/AP-US-Sex-Ed-Wisconsin.html?_r=1&scp=1&sq=sexual+health+contraception&st=cse)



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## Resources

[http://www.healthinsite.gov.au/topics/Sexual\\_Health](http://www.healthinsite.gov.au/topics/Sexual_Health) - This Australian website was reviewed in March and has some excellent topic pages.

**The National Canadian Collaborating Centre** for Infectious Diseases has released a new fact sheet on contraception and HIV positive women. The fact sheet is available through their website at [www.nccid.ca](http://www.nccid.ca).  
[http://www.cfsh.ca/About\\_CFSH/News-and-Events/news02231001.html](http://www.cfsh.ca/About_CFSH/News-and-Events/news02231001.html)

**External visitors** can have a valuable role in enhancing teaching and learning of sex and relationships education (SRE). The new resource explores 'why' and 'how' external visitors can work with schools. The PDF can be downloaded from: [www.sexeducationforum.org.uk](http://www.sexeducationforum.org.uk) and is listed under '**Resources**' - for *Planning and delivering SRE*.



## Forthcoming Events

If you are interested in forthcoming conferences around the world subscribe to <http://www.conferencealerts.com/>

Tackling the Trafficking of Women and Children - Thursday 22nd April 2010

[http://www.capitaconferences.co.uk/fileadmin/user\\_upload/brochures/TSDM\\_Trafficking.pdf](http://www.capitaconferences.co.uk/fileadmin/user_upload/brochures/TSDM_Trafficking.pdf)

**Speaking Up for Children: The Media and LSCBs - On the same side?** 10 May 2010 Birmingham

<http://baspcan.org.uk/>

**2nd National Conference: Current Issues in Sexual Health** London United Kingdom 20<sup>th</sup> - 21<sup>st</sup> May

[http://www.mahealthcarevents.co.uk/cgi-bin/go.pl/conferences/detail.html?conference\\_uid=146](http://www.mahealthcarevents.co.uk/cgi-bin/go.pl/conferences/detail.html?conference_uid=146)

**Children & Young People Now's 5<sup>th</sup> Annual Safeguarding Children Conference**, A One-Day Conference, 29 June 2010, The Ibis, Earl's Court, London. <http://baspcan.org.uk/events.php>

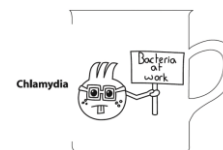
**Sex and the Law - Criminalisation? Protection? Rights?** 23rd September 2010, Sheffield - HIV Centre for HIV & Sexual Health

## Previously Listed Events

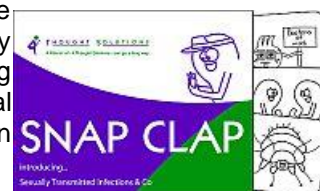
**From April 2010** – In London, Birmingham and Oldham - Sexual health and young people - an introduction, a specially designed one day course for non-specialist staff. . <http://www.durexhcp.co.uk/durex-catalyst/powering-excellence.php>

If you fancy a little trip away from home: **Australasian Sexual Health Conference** to be held from 18 - 20 October 2010 at the Sydney Convention and Exhibition Centre, Sydney, New South Wales.  
<http://www.sexualhealthconference.com.au/>

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



We are expanding our product range. The images from the Snap Clap game have been reproduced on Mugs. These mugs are an easy way to introduce sexually shared infections. Snap Clap a fun and versatile resource 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>



**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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