



THOUGHT SOLUTIONS

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



## SEXUAL HEALTH NEWSLETTER

**Welcome** to the December edition of the 4TS newsletter about what is going on in the field of sexual health and contraception. We wish all our readers a Merry Christmas and a Happy New Year. This year has seen our circulation figures double and we hope this positive trend will continue.

**World Aids Day** events around the country indeed the world appear to once again been enjoyed by many and provided numerous opportunities to highlight sexual health issues, including unfortunately worrying levels of stigma in the 16 – 25 age group. See Red Cross study results <http://www.redcross.org.uk/temp/hivspawareness.pdf>

**New** sexual health centre opened -The purpose-built facility is located at Nithbank and also deals with family planning issues. Ms Robison Health Minister said she was pleased to open facilities which were "delivering the right services, in the right place for the community they serve". [http://news.bbc.co.uk/1/hi/scotland/south\\_of\\_scotland/8411631.stm](http://news.bbc.co.uk/1/hi/scotland/south_of_scotland/8411631.stm)

**Birth Control Concerns (CHICAGO) (WLS)** -- Yaz and Yasmin are the newest generation of oral contraceptives. However, there is growing concern that the popular pills may put women at greater risk for dangerous side effects. While all birth control pills can have side effects, some patients, lawyers and researchers claim Yaz, Yasmin and the generic Ocella are even more likely to cause dangerous problems. *December 10, 2009* [http://abclocal.go.com/wls/story?id=7164838&section=news/special\\_segments](http://abclocal.go.com/wls/story?id=7164838&section=news/special_segments)

**A** new campaign will help young people make more informed choices about contraception, look after their sexual health and avoid unwanted pregnancies. Research shows a lack of knowledge, and misinformation, coupled with poor attitudes and communication is currently hindering their safer sexual behaviour. The first phase of the campaign, *Contraception: Worth Talking About*, will increase young people's awareness of the different types of

contraception and remind them that they won't be protected against sexually transmitted infections unless they use a condom.

<http://www.nhs.uk/worhtalkingabout/Pages/sex-worth-talking-about.aspx> also see <http://www.nhs.uk/sexualhealthprofessional/Pages/index.aspx> and access presentation videos and the campaign strategy documents

**NANCSH** is a charitable organisation established to improve the educational opportunities for nurses working in contraception and sexual health. They have recently updated their web site. There are some new links on the member's pages including details of the new campaign SEX: WORTH TALKING ABOUT If you wish to pay a visit to their revamped website go to [www.nancsh.org.uk](http://www.nancsh.org.uk)

**A** controversial NHS pilot is providing the contraceptive pill to teenage girls without prescription in pharmacies in two London boroughs. Mark Houghton, from the Christian Medical Fellowship and Jo Holmes, from Southwark Primary Care Trust give their views on the scheme in this recorded interview <http://news.bbc.co.uk/1/hi/health/8408931.stm>

**New** contraception help for teens - Primary care professionals are to be given a new toolkit to help them engage better with teenagers about



sexuality and contraception. Engaging Teenagers about Contraception has been developed by a team of sexual health experts who investigated teenagers' attitudes to sexual health and their experiences discussing contraception with healthcare professionals. Dr Paula Briggs, lead clinician at the community sexual health service Improving Sexual health In Sefton, said the resultant toolkit provided a host of practical tips for GPs and sexual health professionals. <http://www.nursinginpractice.com/default.asp?page=article.display&title=Newcontraceptionhelpforteens&article.id=19670> 4th December 2009



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**Help** teens have sex without pregnancy - If we are to lower the abortion rate among young women, we must accept that teenagers will have sex and offer them advice

<http://www.guardian.co.uk/commentisfree/2009/dec/12/abortion-sex-education>

**Check** out recent surveys go to <http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=6988>

**Students** at Cambridge University's Newnham College found pierced condoms, and were put on alert after it was found that it was the work of saboteurs. A third-year student at the university raised the alarm, after holes were discovered in the contraceptives, reports the Daily Star. The condoms had been stored in an unlocked cupboard at the students' union offices.

<http://www.medindia.net/news/Pierced-Condoms-Discovery-in-Cambridge-University-61957-1.htm>

**Half** Of Urban Teens Develop Common STIs Within Two Years Of First Sex - according to a new study published in the Archives of Paediatrics and Adolescent Medicine. Half of female urban teens ages 14 through 17 contracted chlamydia, gonorrhoea or trichomoniasis within two years of having sex for the first time. Researchers followed 386 teen girls for up to eight years. Within one year of having sex for the first time, 25% had their first chlamydia infection. Within six months of being diagnosed, 25% of participants with prior infections were reinfected. According to the study, both the U.S. Preventive Services Task Force and the Centres for Disease Control and Prevention have guidelines for STI screening but "neither group has made evidence-based recommendations on the most appropriate starting age and the most appropriate frequency of screening." The study recommends that young women be screened for STI's within one year of having sex for the first time and that those with infections be re-tested every three to four months.

<http://www.medicalnewstoday.com/articles/173549.php> 13.12.09 an abstract of the study can be found at <http://archpedi.ama-assn.org/cgi/content/abstract/163/12/1106>

**The** American College of Obstetricians and Gynaecologists recently recommended that women begin cervical cancer screening at the age of 21. <http://journals.lww.com/greenjournal/documents/PB1>

[09\\_Cervical\\_Cytology\\_Screening.pdf](http://www.medicalnewstoday.com/articles/172827.php)  
<http://www.medicalnewstoday.com/articles/172827.php> As many of you know the first invitation for screening in England is now at age 25. The age is still 20 in Scotland and Wales and Northern Ireland. The limit in England was 20 and increased to 25 years of age, the change was evidence based, but has been controversial, the annual review conducted in 2008, provides some explanation for the change  
<http://www.cancerscreening.nhs.uk/cervical/publications/cervical-annual-review-2008.pdf>

**Psychological** Impacts Not Found for Casual Sex Among Young Adults — University of Minnesota Project Eating Among Teens (EAT) researchers have found that young adults engaging in casual sexual encounters do not appear to be at increased risk for harmful psychological outcomes as compared to sexually active young adults in more committed relationships. While this study focused on the psychological impact, researcher's caution that the physical risks of casual sex should not be overlooked

<http://www.sciencedaily.com/releases/2009/12/091208132730.htm> Science Daily (Dec. 9, 2009)

**Stem** Cells Can Be Engineered to Kill HIV, Scientists Show - Researchers from the UCLA AIDS Institute and colleagues have for the first time demonstrated that human blood stem cells can be engineered into cells that can target and kill HIV-infected cells -- a process that potentially could be used against a range of chronic viral diseases.  
<http://www.sciencedaily.com/releases/2009/12/091208132732.htm> Science Daily (Dec. 9, 2009)

**New** discoveries about anti-HIV antibodies may bring researchers a step closer to creating an effective HIV vaccine, according to a new paper co-authored by scientists at the Vaccine Research Center of the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health.  
<http://www.sciencedaily.com/releases/2009/11/091119193938.htm> - Science Daily (Nov. 29, 2009)

**Further** Progress towards AIDS Vaccine — Researchers from Thomas Jefferson University are one step closer to developing a vaccine against the



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AIDS disease. Led by Matthias J. Schnell, Ph.D., director of the Jefferson Vaccine Center, the researchers found that a rabies virus-based vaccine administered to monkeys protected against the simian equivalent of the HIV virus (SIV). The data were published in the journal *Vaccine*. <http://www.sciencedaily.com/releases/2009/12/091214121527.htm> Science Daily (Dec. 14, 2009)

**Exercise** 'no aid' for period pain - Exercise does not help to alleviate period pain, despite it being commonly recommended for women with monthly symptoms, say researchers. A study of more than 650 university students reported in *BJOG* found 28% had moderate to severe period pain. But Birmingham University researchers said they found no link with the amount of exercise the participants did. GPs said women should be encouraged to do exercise regardless but drugs are available for those with period pain. The study authors said beliefs about exercise being an effective treatment for bad period pain had persisted for years. <http://news.bbc.co.uk/1/hi/health/8408651.stm>

#### Forthcoming Events

To book onto these events please use the contact details listed

For those of you who live and work in the North West Region you may wish to join the North West Contraceptive and Sexual Health (NWCash) group. If you are interested in joining or would like to meet some of the members then you can come along to the following committee meetings then please contact [nwcash@googlemail.com](mailto:nwcash@googlemail.com)  
Sat 23<sup>rd</sup> Jan 2010 and Sat 15<sup>th</sup> May The Holiday Inn, Haydock. Sat 27<sup>th</sup> March and Sat 24<sup>th</sup> July The Swallow Hotel, Salmsbury.

**BoyGirlManWoman:** Putting gender at the heart of improving sexual health and reducing teenage pregnancy Thursday 4th March 2010 Arsenal Football Club, Emirates Stadium, London N5 For further information contact Sarah Spencer on 020 7324 4359, e-mail [sarah.spencer@neilstewartassociates.co.uk](mailto:sarah.spencer@neilstewartassociates.co.uk)

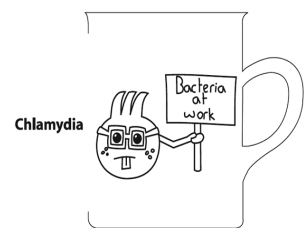
**Westminster Health Forum Keynote Seminar:** 'Teenage Pregnancy Strategy': 2010 and beyond 16th March 2010 Central London <http://www.westminsterforumprojects.co.uk/healthforum/bookpregnancy.html>

#### Previously Listed Events

**Supported Youth Housing and Health Network** Thursday 21st January 2010 This is a unique forum for practitioners and policy makers to share expertise and examples of good practice. This meeting will focus on the importance of positive relationships in promoting the emotional and mental health and well-being of young people in supported accommodation. Email Laura Smith for details: [lsmith@ncb.org.uk](mailto:lsmith@ncb.org.uk)

**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](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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