



THOUGHT SOLUTIONS

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



SEXUAL HEALTH NEWSLETTER

Welcome to the January edition the first edition of 2010. The 4TS newsletter is about what is going on in the field of sexual health and contraception. We are looking forward to an increased circulation to build on last years success. We would like to encourage all readers to send in details of forthcoming events, research or job opportunities or short articles for inclusion in the newsletter.

Late December saw the newspapers reporting concerns that - Hundreds of British schoolgirls are facing the terrifying prospect of female genital mutilation (FGM) over the Christmas holidays as experts warn the practice continues to flourish across the country. Parents typically take their daughters back to their country of origin for FGM during school holidays, but *The Independent on Sunday* has been told that "cutters" are being flown to the UK to carry out the mutilation at "parties" involving up to 20 girls to save money.

<http://www.independent.co.uk/news/uk/home-news/uk-fails-to-halt-female-genital-mutilation-1845731.html>

The Health Protection Agency is undertaking a national research project in collaboration with the Sex Education Forum to establish the information and resource requirements of teachers delivering Sex and Relationships Education at key stages 3 & 4 and we would like to invite you to participate in it. Your thoughts are very valuable in ensuring that future SRE resource and information developments best reflect the needs of teachers in a variety of educational settings.

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1259152285112?p=1231490121562

Research published in BMC Public Health in December looked at two samples of the UK population. For both males and females earlier pubertal onset was associated with poorer parental socio-economic status and was also linked with earlier sexual debut and unprotected sex. For boys, the odds of having had sex or unprotected sex under

16 years were respectively 3.21 and 3.63 times higher in those experiencing puberty earlier.

Abstract - In many countries age at pubertal onset has declined substantially. Relatively little attention has been paid to how this decline may affect adolescent behaviours such as substance use, violence and unprotected sex and consequently impact on public health.

<http://www.biomedcentral.com/content/pdf/1471-2458-9-446.pdf>

A Newcastle mother included kits to test for a sexually transmitted disease in party bags given out at her son's 18th birthday celebrations. She obtained the chlamydia test kits from a local screening programme. She said the decision to hand them out, along with condoms, was welcomed by the party-goers. She said: "I contacted The Northumberland, Tyne and Wear Chlamydia Screening Programme and we collected not only the free tests but also condoms and bags and pens advertising the service.

<http://news.bbc.co.uk/1/hi/england/tyne/8451850.stm>

Talking to children about sex - What do you do if you find a condom wrapper in your 16-year-old daughter's bin? Ignore, lecture or praise? Sex therapist Dr Laura Berman says that it's important to be open about sex, even with the youngest children. Like any good godmother, Laura Berman wants her three-year-old goddaughter to grow up with every advantage she can help bestow. Which is why she knew she had to do something when, on a visit to the child's house a few weeks ago, the babysitter called into the bathroom while Berman bathed the little girl. "She said, 'Make sure you wash her nu-nu or it'll get stinky,'" says Berman. "And I thought, I can't let this go. So I said to both of them: 'There's something I need to tell you. First, it's not a nu-nu – it's a vulva. And second, it's not stinky – it's beautiful.'"

<http://www.guardian.co.uk/lifeandstyle/2009/dec/19/laura-berman-children-sex-education>



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info@4thoughtsolutions.co.uk

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Hazel Barrett's research in the west Midlands with postgraduate student Betselot Mulugeta, talking to groups of immigrant men and women from the Ethiopian and Eritrean communities, has revealed serious misconceptions about the nature of the HIV/Aids epidemic in the UK. Lack of information tailored for different migrant groups, alongside lower awareness of HIV/Aids through media coverage as a whole, is a problem with real consequences. Newly reported cases of HIV in the UK are higher than ever before. Between 1995 and 2006, the rate of HIV infection among black Africans in the west Midlands increased 100-fold, compared to a two-fold increase among white people, a three-fold increase among black Caribbeans and a six-fold increase among other mixed ethnic groups (according to the region's strategic health authority figures).

<http://www.guardian.co.uk/commentisfree/2009/dec/22/hiv-aids-black-african-immigrants-uk> for rate of infection go to http://www.hpa.org.uk/web/HPAweb&HPAwebStandard/HPAweb_C/1203084368853

Free emergency contraception for festive period - Women in Swansea are being offered free emergency contraception during the New Year period to prevent an expected jump in the number of unwanted pregnancies. Abertawe Bro Morgannwg University Health Board has made arrangements with 18 city pharmacies to provide "morning after pills" without charge to all women, including teenagers under 16. It is hoped the move will make it easier for girls to use emergency contraception, but they will be assessed for suitability before the medication is given out. A health board spokesperson said: "At this time of the year when there is a lot of drinking and parties, the demand [for emergency contraception] is a little bit higher. "One of the main targets are girls under the age of 16. Because of their age, they are less likely to go to see their GP or to go to a health clinic." Community pharmacists will give advice before the pills are handed over, the spokesperson added. <http://www.nursingtimes.net/5009956.article>

Emergency Contraception Sales Surge In India - Doctors in India report that the use of emergency contraception is rising rapidly, prompting concern that some women are using EC instead of regular contraception and not taking precautions against sexually transmitted infections. About 200,000 units of the I-pill have been sold monthly in India since its

launch in August 2007. The I-pill can reduce the chances of pregnancy if taken within 72 hours of intercourse. Gynecologists say that many young women report using EC several times monthly instead of using condoms. <http://www.medicalnewstoday.com/articles/175223.php> also see <http://www.washingtonpost.com/wp-dyn/content/article/2010/01/01/AR2010010101969.html?hpid=topnews>

HRA Pharma (www.hra-pharma.com), a privately-held, European pharmaceutical company that designs products, devices and supporting services in reproductive health and endocrinology, announced in October that ellaOne® (ulipristal acetate, 30mg), its new generation emergency contraceptive, had been launched in France, Germany and the United Kingdom via local HRA teams. HRA Pharma will progressively launch ellaOne in all European countries over the coming months. http://www.hrpharma.com/downloads/ellaOne_english.pdf Ellaone (ulipristal) is a new emergency contraceptive that can be used to prevent pregnancy up to 120 hours (5 days) after unprotected intercourse or contraceptive failure. Ulipristal is a selective progesterone receptor modulator.¹ By preventing progesterone from occupying its receptor, ulipristal is thought to inhibit or delay ovulation and possibly also suppress maturation of the endometrium necessary for implantation of the embryo. As ulipristal interferes with the action of progesterone, it can reduce the efficacy of progesterone-containing contraceptives. Concomitant use with levonorgestrel for emergency contraception is not recommended. <http://www.mims.co.uk/news/948196/Ellaone-new-emergency-contraceptive/>



Women At Higher Risk Of Significant Bone Loss On Injectable Birth Control Identified By UTMB Study Nearly half of women using depot medroxyprogesterone acetate (DMPA), commonly known as DEPO will experience high bone mineral density (BMD) loss in the hip or lower spine within two years of beginning the contraceptive, according to researchers at the University of Texas Medical Branch at Galveston. The study, reported in the January 2010 issue of *Obstetrics and Gynecology*, was the first to show that women on DMPA who smoke, have low levels of calcium intake and never



gave birth are at the highest risk for BMD loss. The researchers also found that high risk women continued to experience significant losses in BMD during the third year of DMPA use, especially in the hip - the most common fracture site in elderly women. Bone mineral density loss is not seen as a significant concern for most women who choose DMPA. <http://www.medicalnewstoday.com/articles/174646.php> DMPA is relatively inexpensive compared with some other forms of birth control, has a low failure rate and doesn't need to be administered daily, which contributes to the contraceptive's popularity.

Sexual Function Does Not Continuously Decline After Radiation Therapy Treatments for Prostate Cancer, Study Finds Science Daily (Jan. 6, 2010) — Sexual function in prostate cancer patients receiving external beam radiation therapy (EBRT) decreases within the first two years after treatment but then stabilizes and does not continuously decline as was previously thought, according to a study in the January 1 issue of the *International Journal of Radiation Oncology*Biophysics**, the official journal of the American Society for Radiation Oncology (ASTRO). Prostate cancer is the most common male cancer other than skin cancer. It can be effectively treated using multiple methods, including prostatectomy, brachytherapy and EBRT, so the long-term side effects are often used by patients and doctors as deciding factors when choosing a treatment. Changes in sexual function are some of the more common side effects from prostate cancer treatments, but the degree to which EBRT affects function varies widely, depending on the study.

Restless legs syndrome, erectile dysfunction linked? Two disorders that seem completely unrelated except that each is the focus of massive drug company ad campaigns may actually have something in common: Older men who suffer from restless legs syndrome at night are almost twice as likely to have erectile dysfunction as those without restless legs, researchers report. <http://www.journalsleep.org/ViewAbstract.aspx?pid=27676> or http://news.yahoo.com/s/nm/20100104/hl_nm/us_restless_legs

So the G spot doesn't exist after all? Thank God - It's incredible, isn't it? Scientists can send probes to Mars and build steel towers half a mile high, but are

reduced to bumbling ineptitude when it comes to mapping the intimate anatomy of womankind. Ever since Ernst Gräfenberg claimed to have identified a new erogenous zone in the 1950s, known thereafter as the G spot, biologists and sexologists have been quibbling about whether it exists. Now the author of a King's College, London report studying female twins concludes that "the idea of the G spot is subjective", rather than biological fact. It always seemed that the G spot had been invented solely to terrify women. No competent female could begin to have it all without a G spot. <http://www.telegraph.co.uk/comment/columnists/rowanpelling/6939736/So-the-G-spot-doesnt-exist-after-all-Thank-God.html>

Cervical cancer screenings missed for practical not emotional reasons - Many women who miss cervical cancer screenings may do so for practical reasons, rather than through fear or embarrassment, according to a study the research published in the Journal of Medical Screening found women who said they rarely or never voted in elections were more likely to be overdue for screening and could be simply too busy for either activity. The association was strongest in women aged 26-44, researcher Dr Jo Waller said: "In terms of the correlation between voting and screening attendance, it may be that as both activities require a degree of organisation, women who do not manage to vote because of busy lives may also be unlikely to attend screening. <http://www.nursingtimes.net/5010139.article>

The controversial issue of breast V Bottle was mentioned in a number of papers and journals during the first week of January. A scientist has claimed that "breast milk is no more beneficial for a child's health than formula milk", the study does not appear to substantiate this claim. To read the study go to:

<http://informahealthcare.com/doi/abs/10.3109/00016340903318006>

or
Carlsen SM, Jacobsen G, Vanky E. [Mid-pregnancy androgen levels are negatively associated with breastfeeding](#). Acta Obstetrica et Gynecologica Scandinavica 20

Forthcoming Events



To book onto these events please use the contact details listed

Fancy an educational cruise – Women's Health 14th - 21st June 2010 from Dover
UK. http://www.continuingeducation.net/course/details.php?program_number=779

'RU Ready' Training the trainer courses - Liverpool:
Module One: 21st & 22nd April, Module Two : 5th & 6th May caroline.Swindells@calderdale.gov.uk
London: Module One: 10th & 11th May, Module Two: 3rd & 4th June meg_battersby@hotmail.com

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, mental health and well-being of young people in supported accommodation. Email Laura Smith for details: lsmith@ncb.org.uk

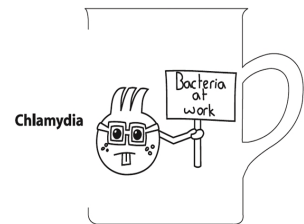
For those of you who live and work in the North West Region you may wish to join the North West Contraceptive and Sexual Health (NWCash) group. If you are interested in joining or would like to meet some of the members then you can come along to the following committee meetings - please contact nwcash@googlemail.com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

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

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

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

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