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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. 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.

Arrived back on Friday from an exciting time in Canada, achieved a great work/life balance. The conference was excellent and really well attended. The scenery as we flew over the countryside was beautiful, all those lakes (small seas some of them), the sailing was great fun.

Conference related news

Teens waiting longer, having safer sex - GUELPH CONFERENCE— Canadian teens are waiting longer and having safer sex than previous generations, an audience at the University of Guelph's 32nd annual Sexuality Conference heard Tuesday morning. The presentation by Elizabeth Saewyc, a researcher at the University of British Columbia, marked the official opening of the conference. Saewyc said the media and many adults perpetuate the idea that wild parties and reckless sex are rampant among Canadian teens.

"When it comes to teen sex, there's a lot of buzz out there," Saewyc said. "But the reality is that most teens today are sexually healthier than teens of a decade ago."

Drawing on national, provincial and municipal surveys of teen sexual behaviour in Canada over the past 18 years, Saewyc said about 25 per cent of adolescents in high school have had sex – down from the 1992 rate and about the same as 1998. Of those teens who are having sex, between 82 and 90 per cent use contraceptives and as many as one third of them combine two different kinds of contraceptives for increased protection against pregnancy and sexually transmitted infections.

<http://news.guelphmercury.com/News/article/651312>

Associated articles - <http://news.guelphmercury.com/Life/article/645745>



Clinic takes aim at infant AIDS - By Ryan Hyland
Rotarian Stephen Nicholas (middle) has implemented programs that aim to eliminate pediatric HIV/AIDS in La Romana, Dominican Republic, where this woman and her four-year-old daughter received treatment. *Photo courtesy of Nicholas*
Rotarian Stephen Nicholas, a pioneering pediatric AIDS specialist who helped drastically reduce infant HIV in New York City, is using Rotary as a catalyst for wiping out mother-to-child HIV transmission in the Dominican Republic. In the early 1990s, New York City had the highest birth rate of HIV-infected children in the United States. Since 2000, only one baby in that city has been born with the virus, says Nicholas, a member of the Rotary Club of

Yonkers. Similar trends are appearing throughout the United States, he adds. This sharp drop in mother-to-child HIV transmission has largely resulted from improvements in drug treatments as well as aggressive intervention during pregnancy through testing and education. Nicholas and his colleagues pioneered this multipronged approach while he was the director of pediatrics at Harlem Hospital Center.
http://www.rotary.org/en/mediaandnews/news/pages/090714_clinicinfantaidsr.aspx

While the issue of child prostitution was being discussed alongside slavery issue in general, other discussions were occurring in regards to the World Cup matches being played in South Africa. Unrelated topics, I came across the following interesting paper that links the two together.
http://www.kas.de/upload/auslandshomepages/namibia/Children_Rights/Children_v.pdf and a few articles related to the topic of Child prostitution and football:



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<http://www.savethechildren.org.uk/en/12043.htm>

<http://www.thesun.co.uk/sol/homepage/features/2736480/Brutal-reality-of-South-Africa-child-prostitutes.html>

<http://www.mirrorfootball.co.uk/news/Chelsea-target-Franck-Ribery-questioned-in-child-prostitution-scandal-article397627.html>



Anti-Slavery International states that: "Trafficking in human beings is a serious human rights violation". People trafficked into forced labour or sexual exploitation are subjected to abuse, exploitation, physical and psychological violence, forced to work long hours with little or no pay, under inhuman working and living conditions. According to international human rights treaties, countries have an obligation to ensure effective remedies for the harm done to trafficked people. The COMP.ACT campaign was formally launched on Friday 2 July 2010 at Hotel Yasmin, Politických veznu 913/12 in Prague, Czech Republic. http://www.antislavery.org/english/slavery_today/default.aspx

Bar coding with a difference, this pictures appears to show a human in chains with a bar code attachment

Associate articles: http://www.antislavery.org/english/campaigns/take_action_trafficking_in_the_uk.aspx

News on Men's Health



A 10K for Men is organised by Men's Health Forum Scotland (MHFS) and their partners, every year on the last day of National Men's Health Week, which is also Fathers Day. This years event was held at Bellahouston Park, Glasgow and was a great success, check out the results, pictures and video's at:

http://www.mhfs.org.uk/tenk_results_photos.php

Journalists praise the MHF - The Forum was shortlisted for charity of the year in the Medical Journalists' Association Awards 2010. The Association, which represents journalists writing in health and medicine, holds its Summer Awards to celebrate excellence in medical journalism. It recognises not only journalists from broadcast and printed media but also other communicators such as charity teams and campaigning individuals. The MHF is up against four other charities including Cancer Research UK and the King's Fund. Peter Baker, chief executive of the MHF, said "These are prestigious awards and to get to this stage is amazing especially when you look at the size and established reputation of the other shortlisted charities." <http://www.menshealthforum.org.uk/21594-mens-health-forum-shortlisted-medical-journalists-association-charity-year> *This award was won by Sense About Science - "Medical and science reporters must be free to ask awkward questions without ending up in court. That is why we welcome the libel reform Bill soon to go before Parliament and will continue campaigning to make sure it offers real change in English libel law."* <http://www.senseaboutscience.org.uk/index.php/site/other/518> 15th July

CHARLOTTESVILLE, VA USA (News Release) - June14, 2010 - Couples will soon have a new tool in diagnosing male infertility – without the expense and inconvenience associated with a trip to a specialist's office. SpermCheck Fertility is a new, over-the-counter product that allows men to check their fertility status in the comfort and privacy of their own homes. Based on technology developed at the University of Virginia www.virginia.edu, this immunodiagnostic test received clearance from the U.S. Food and Drug Administration on May 7. Developed by UVA inventor John C. Herr and colleagues, SpermCheck Fertility uses a platform similar to a home pregnancy test to measure a man's sperm count. In seven minutes, the test measures the amount of sperm-specific biomarker SP-10, present in a semen sample to determine whether a man's sperm count falls above or below fertile levels, in accordance with World Health Organization standards.

http://www.urotoday.com/index.php?option=com_content&task=view_ua&id=2229880



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New campaign urges men in relationships to play it safe - A new HIV prevention campaign aimed specifically at gay men in relationships has been launched by Terrence Higgins Trust (THT), as part of the Pan-London HIV Prevention Partnership (PLHPP). The poster campaign, which will appear in selected gay press, encourages men to consider if the sex they're having with their partner is safe.

<http://www.tht.org.uk/mediacentre/pressreleases/2010/june/june28.htm>

THT Relaunches Support Group For Gay And Bisexual Men In Shropshire - HIV and sexual health charity Terrence Higgins Trust (THT) is relaunching a support group for gay and bisexual men aged 18 and over, who are living in and around Shropshire, Telford and Wrekin. The LADS Café meets up every Tuesday from 2.00pm - 5.00pm, as well as the first Saturday of each month from 12.30pm – 2.30pm.... The group will be based at THT's centre in Wellington and aims to provide gay and bisexual men with the opportunity to socialise, share experiences, and provide mutual support.

<http://www.tht.org.uk/mediacentre/pressreleases/2010/july/july6d.htm>

Men who carry a faulty BRCA2 gene have a 1 in 15 chance of developing **breast cancer** by the time they reach 70, suggests the largest study of its kind, published online in the *Journal of Medical Genetics*. Carriage of a faulty BRCA2 gene in women significantly increases their chances of developing breast cancer, and often at a young age. But it has not been clear whether men are susceptible, largely because few studies have been carried out, and published research has been based on retrospective data. In the current study the research team used both retrospective and prospective data from 321 families with a faulty BRCA2 gene. <http://www.medicalnewstoday.com/articles/193890.php>

Follow up from general public about the TV advert for abortion services (see May edition of SH newsletter)

[http://contxts.org/socimages/2010/07/09/british-tv-commercial-promotes-abortion-services/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+SociologicalImagesSeeinGlsBelieving+\(Sociological+Images%3A+Seeing+Is+Believing\)](http://contxts.org/socimages/2010/07/09/british-tv-commercial-promotes-abortion-services/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+SociologicalImagesSeeinGlsBelieving+(Sociological+Images%3A+Seeing+Is+Believing))

Study confirms vaccine could prevent more cases of cervical cancers than previously expected. Scientists at the Health Protection Agency (HPA), the University of Manchester and the Manchester Royal Infirmary have found that the cervical cancer vaccine could prevent more cases of the disease in England than previously thought, according to a study published in the British Journal of Cancer today. This could potentially reduce the annual number of cases from around 3000 to less than 700. <http://www.hpa.org.uk/NewsCentre/NationalPressReleases/2010PressReleases/100714HPVvaccinomoreeffectivethanexpectedstudy/> 14th July 2010

Major step forward in Chlamydia screening in 2009/10 - Preliminary results show the enormous progress that has been made by the NCSP in the past year. Over 1.5 million programmes and other community-based tests (ie outside of Genitourinary Medicine (GUM) clinics) were conducted in 2009/10, an increase of 461,000 tests (44%) on the previous year. <http://www.hpa.org.uk/hpr/archives/2010/news2310.htm>

Genital mutilation controversy on this topic continues - In May 2010 the bioethics committee of the American Academy of Paediatrics (AAP) announcement, suggesting that doctors be allowed to perform a ceremonial pinprick or "nick" on girls from African and Asian cultures, if it would keep their families from sending them overseas for the full circumcision.

<http://www.nytimes.com/2010/05/07/health/policy/07cuts.html> In June the AAP reversed its approval - <http://freethinker.co.uk/2010/06/01/female-genital-mutilation-us-pediatricians-withdraw-outrageous-proposal/>

In July <http://www.irishtimes.com/newspaper/health/2010/07/06/1224274085169.html> and <http://www.guardian.co.uk/world/2010/jul/05/female-genital-mutilation-kurdish-iraq>

The British Journal of Medicines blog demonstrates how controversial this suggestion is. The following is a short extract from the linked article. **Female** genital mutilation is illegal in the UK and it is unlikely therefore to present British doctors with ethical dilemmas. However, those who have practiced in the Horn of Africa, where genital mutilation is widespread, have had different experiences. They have been begged to do the procedure. If doctors don't do it – using surgical techniques and sterile equipment – it'll be done in a backstreet with a rusty nail. This is a genuine dilemma. Banning FGM stems from the desire to protect the health, and the sexual and reproductive freedom, of women. And yet in certain circumstances, a doctor undertaking the procedure could be doing just that. It looks like a tragic choice. There doesn't seem to be any getting away from the fact that doing the right thing here is also doing the wrong thing, whatever we decide to do. The AAP's statement should be read as an attempt to ease some of the tension in this dilemma. <http://blogs.bmj.com/bmj/2010/05/26/julian-sheather-politics-genital-mutilation-and-the-slow-death-of-serious-debate/> 26th May



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Medically, it is maiming and invasive. Psychologically, it is traumatic. There is no reason whatsoever to support female genital mutilation. Their argument was that while the procedure serves no medical purpose, an outright ban may prompt some families to take their daughters to other countries to undergo mutilation. In other words, some minor injury must be committed in order to prevent a greater harm.

<http://www.theglobeandmail.com/news/opinions/editorials/no-reason-to-be-tolerant-of-female-genital-mutilation/article1611769/> Monday, Jun. 21, 2010 11:39AM EDT

AAP President issued a statement opposing any form of female genital cutting (mutilation). On the 1st July <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;125/5/1088> posted a **statement of retirement** for the original FGC policy of 1998

Sexual health charity FPA announced that the winner of the Rosemary Goodchild Award 2010 for excellence in sexual health journalism was *Good Housekeeping* for a survey on sexual pleasure, including a vibrator test, entitled 'Yes! Yes! Yes! Our guide to sex and the grown-up woman'. The article was chosen as the winner by the judges who described it as "entertaining, informative and enlightening."

Good Housekeeping Health Director Julie Powell said: "We are absolutely thrilled to win this award and it is great recognition for two of the key areas of the magazine – our comprehensive consumer testing and up-to-the-minute and well written health information. With the feature we really wanted to dispel the myth that older women aren't sexually adventurous and publish a thought provoking guide to great sex for grown-ups." <http://www.fpa.org.uk/Pressarea/Pressreleases/2010/17June2010>

Older swingers more likely than prostitutes to have sexual infections – Apparently older swingers are more than twice as likely to carry a sexually transmitted infection, than a female prostitute. According to the researchers the riskiest group for unsafe sex appears to be the older swingers. The research, carried out in the Netherlands, found that older swingers have some of the highest rates of STIs, along with young heterosexuals and gay men. The millions of secret heterosexual swingers who swap sexual partners at organised gatherings across the globe represent a significant risk to the rest of the population, said the experts. Swingers over the age of 45 are the most likely to be infected and women had higher infection rates than men. In the UK, the highest rates of STIs are among young people aged 16 to 24. <http://www.nursingtimes.net/5016393.article> 25th June

London hospital hired out for porn film - A "big budget" porn movie was shot in a London hospital that hired out one of its wards to a film company, it has emerged. Tory MP Penny Mordaunt said: "When I was director of Kensington and Chelsea Council, I discovered that one of our local hospitals was hiring out one of its closed - but fully-equipped wards - to a film company to use as a film set. "To add insult to injury, the movie was a pornographic one. Although I cannot claim to have seen the final picture - as I understand, these things are no longer claimable on parliamentary expenses - it was a big-budget affair and generated substantial income for the hospital. "But apart from cheering up a few of the in-patients, it cannot be said to be contributing to the objectives of the primary care trust (PCT)." <http://www.nursingtimes.net/5016860.article?referrer=e1> 6 July, 2010

Teenage Pregnancy More Likely To Result In Premature Babies - Pregnant women aged 14-17 years are at higher risk of preterm birth and of having a child with low-birth-weight, especially if they are having their second child. Researchers writing in the open access journal *BMC Pregnancy and Childbirth* demonstrate this association and call for better health education and the promotion of contraception after a teenager has given birth for the first time. Ali Khashan, from University College Cork, Ireland, worked with a team of researchers to study all 14-29 year-old women who had a live baby in the North West of England between January 2004 and December 2006. The researchers identified 3,636 people who were between 14 and 17 at the time of birth, 7,506 who were aged between 18 and 19, and 45,211 who were 20 to 29.

The rates of teenage pregnancy increased with increasing social deprivation such that more than one third of the teenage mothers came from the most socially deprived areas. Teenage mothers were more likely to be underweight and of white ethnic background. Women who gave birth during the teenage years were at increased risk of preterm and very preterm delivery. This risk was higher for younger teenager mothers than for older teenagers and in the 14-17 group the risk was greater in second pregnancies than in first.

<http://www.medicalnewstoday.com/articles/194274.php> 10th July



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Working Group Advocates For Over-The-Counter Access To Birth Control Pill (USA) - Citing growing evidence that nonprescription access does not compromise the safety of the birth control pill, a coalition of women's health experts is working to gain FDA approval to market an oral contraceptive for nonprescription use. The Oral Contraceptive Over-the-Counter Working Group -- a clinical and research institution administered by Ibis Reproductive Health and funded by the Hewlett Foundation -- believes prescription-only access to birth control patronizes women, restricts contraceptive freedom and does little to curb teen pregnancy rates.

Nearly 20% of sexually active teens who do not want to become pregnant are not using contraceptives, according to the Guttmacher Institute. A 2006 study published in *Contraception* found that 68% of surveyed women said they wanted a birth control pill that was available without a prescription, with uninsured women exhibiting a particularly high level of interest.

<http://www.medicalnewstoday.com/articles/194216.php> 9th July 2010

<http://news.bbc.co.uk/2/hi/8408467.stm> 11th Dec 2009

<http://www.medicalnewstoday.com/articles/91631.php> 13th Dec 2007

New Strategies and Policies

Third national Aboriginal and Torres Strait Islander blood borne virus and sexually transmissible infections strategy 2010 - 2013 This is one of a set of five national strategies aimed at reducing the transmission of sexually transmissible infections (STIs) and blood borne viruses (BBVs) and their morbidity, mortality and personal and social impacts. This strategy has been developed based on the best available national and international evidence to address these issues.

<http://www.apo.org.au/research/third-national-aboriginal-and-torres-strait-islander-blood-borne-virus-and-sexually-transmi> 08 July 2010

Direct access via [http://www.health.gov.au/internet/main/publishing.nsf/Content/ohp-national-strategies-2010-atsi-bbv/\\$File/atsi.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/ohp-national-strategies-2010-atsi-bbv/$File/atsi.pdf)



Forthcoming Events and training courses

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

Looking Back, Looking Forward - Royal College of Nursing (RCN) Sexual Health Forum Conference - Saturday 11 September 2010, , RCN, 20 Cavendish Square, London W1G 0RN

Further information: Email: mirka.ferdosian@rcn.org.uk, Website: www.rcn.org.uk/events

Reproductive Health Conference 22 to 25 September 2010 - Atlanta, GA, United States
<http://www.ReproductiveHealth2010.org> - **Contact name:** Shelby Everitt

Womens Health Update 24 September 2010 - Beachwood, Ohio, United States
<http://www.ccfcm.org/women10> **Contact name:** Lindsay Fullerman

Previously Listed Events

September 23rd Sex and the Law - Criminalisation? Protection? Rights? HIV Centre for HIV & Sexual Health, Sheffield. admin@chiv.nhs.uk Tel 0114 226 1902



GENITO-URINARY
NURSES
ASSOCIATION

October Saturday 2nd - The GUNA Autumn Clinical Meeting will be held in Durham.

October 18 – 20th - The 2010 The Australasian HIV/AIDS Conference 2010 (22nd Annual Conference for the Australasian Society for HIV Medicine), will be held back-to-back with the **Australasian Sexual Health Conference**.
<http://www.sexualhealthconference.com.au/>



October 20th – 21st - Gaycon 2010 - Gay Men's Sexual Health and Wellbeing Royal College of Physicians, Edinburgh a national conference for anyone working in the area of gay and bisexual men's sexual health, visit www.gaycon.org for more information.



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October 28th – 29th the 7th World Congress on Men's Health - Men's Health: How to overcome the challenges <http://www.ismh.org/en/mens-health-world-congress/>

November - Tuesday the 9th - Third Annual Conference – Nurse Clinic 2010 The premier conference and exhibition for nurses running effective clinics and services to be held at the National Motorcycle Museum, Birmingham. For further information contact Keren Roberts on 020 8541 1399 or email keren.roberts@healthcare-events.co.uk

Training

We have been asked to advertise the following FPA courses for more information: www.fpa.org.uk/professionals, training@fpa.org.uk or 0845 122 8661.

Training the trainers in sexual health starts 21st September - This affordable eight-day course will be held in London. Accreditation: Staffordshire University.

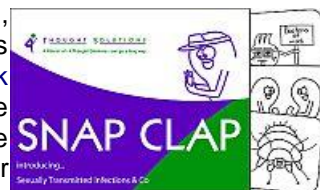
Basics of contraception 16th–17t November 2010 in Cardiff a two-day introductory course for professionals it provides in-depth, non-clinical information to those who wish to gain an understanding of contraception, as well as the skills needed to communicate about it.

Fantasy vs reality: the impact and influence of pornography on young people 19th November in Glasgow - covers the availability of pornography and the law as it relates to pornography. It addresses how the media can impact on young people's attitudes, expectations, self image and sexual development. It demonstrates how professionals can respond and proactively facilitate discussion in this challenging area of work.

A new BSc (Hons)/Dip HE Sexual Health Studies degree course commences in September 2010 "This course has been created for people with an interest in sexual health and who don't want to take the standard clinical approach". For more information contact Debbie Wisby dawisby@uclan.ac.uk

Sexual health skills e-learning Diploma/Degree course "This unique and unparalleled sexual health skills course was originally owned by the Royal College of Nursing and credit rated by the University of Greenwich. After three years of amazing success, it continues with RCN approval, but is now redeveloped for e-learning provision, owned by, and managed through, the University of Greenwich. - **Location:** World wide web / internet sexualhealthskills@gre.ac.uk Tel: 020 8331 8692 (from outside UK: ++44 20 8331 8692) www.gre.ac.uk/schools/health. As an ex RCN facilitator for these courses, it is one I would recommend and so convenient now it is on line.

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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