



THOUGHT SOLUTIONS

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



SEXUAL HEALTH NEWSLETTER

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

We thought we were getting the message across but:

A UK survey has revealed that myths about contraception may be widespread. One in five women said they had heard of kitchen items, including bread, cling film and even chicken skin, being used as alternative barrier methods. Others had heard food items such as kebabs, Coca-cola or crisps could be used as oral contraceptives. The survey questioned 1,000 women aged 18 to 50 and was carried out by market research company Opinion Health, sponsored by Bayer Schering Pharma.

<http://news.bbc.co.uk/1/hi/health/8238789.stm>

Terrence Higgins Trust (THT) is piloting a new testing service for gay men in Coventry. The charity is calling for men to come to the MOT Centre (Men Only Testing) for a free sexual health screening at its centre on 10 Manor Street. The pilot will take place on Tuesday 15th September between 5.30pm - 8pm. <http://www.medicalnewstoday.com/articles/163562.php>

Researchers confirmed previous findings that the sexual transmitted infection known as Trichomonas vaginalis is associated with an increased risk of [prostate cancer](#) in a study published online September 9 in the *Journal of the National Cancer Institute*.

<http://www.medicalnewstoday.com/articles/163442.php>

People are beginning to realise that something must be done about teen health. England's Chief Medical Officer Sir Liam Donaldson says binge drinking, smoking, drug use, unsafe sex, poor diet and low levels of physical activity must be tackled.

http://www.healthcarerepublic.com/learning/resource_centres/news/929437/Teenage-health/

Latest feature on the All Wales Sexual Health Network site, <http://www.shnwales.org.uk/home.cfm?orgid=485> relates to the sexual Health and Wellbeing for Wales Draft 2009-2014 for full copy go to: <http://wales.gov.uk/docs/phhs/consultation/sexualhealth/090612sexualhealthpaperen.pdf>

Government launches study into female genital mutilation. Nurses and midwives are today being asked to take part in a new government study into female genital mutilation. The controversial practice, also known as female genital cutting, can cause long-term physical and mental health problems, difficulty in giving birth, infertility and death. It is hoped that the study – open to all healthcare professionals working in maternity, obstetrics, gynaecology and sexual health - will increase the government's knowledge about women and girls affected by female genital mutilation. Although it is illegal in the UK, England's chief nursing officer Dame Christine Beasley said that up to 24,000 young girls in the UK are at risk of female genital mutilation.

To take part online go to either: <http://www.nursingtimes.net/5005663.article> for the full article and link to - http://surveys.redhouselane.com/survey.aspx?surveyid=30&uid=_ and enter the password fgmsurvey

As a new mother herself, Brenda Lohman admits to being shocked by the results of a new study she co-authored. It found that among nearly 1,000 low-income families in three major cities, one in four children between the ages of 11 and 16 reported having sex, with their first sexual intercourse experience occurring at the average age of 12.77.

<http://www.sciencedaily.com/releases/2009/08/090817142855.htm>

New findings from the University of Leicester Department of Genetics reveal for the first time that the male and female do truly communicate –at least at



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the fundamental genetic level. Professor Mark Jobling, who led the study, said: "Recently it was shown that the Y chromosome can talk to itself – swapping bits of DNA from one region to another, and potentially giving it a way to fix mutations that might affect male fertility. In this new research we've now shown that it actually maintains a genetic conversation with the X chromosome, potentially giving it a way to fix other kinds of mutations, too. So, maybe it's not quite the dysfunctional loner we have always imagined it to be." <http://www.sciencedaily.com/releases/2009/09/090909203420.htm>



More than two-thirds of eligible girls received all three doses of the HPV vaccine in 2008/9, see NHS Information Center data go to: <http://www.ic.nhs.uk/pubs/immstats2008-2009>

For more detail go to: <http://www.ic.nhs.uk/news-and-events/press-office/press-releases/september-2009/seventy-per-cent-of-12-13-year-old-girls-complete-vaccination-programme-against-hpv-virus-to-protect-against-cervical-cancer>

How soon before the issue of adding boys to the HPV vaccination programme is raised again? This point was discussed in the press in April 2009.

An interesting report was issued in August by Euro Surveillance, the final section of this report concerns the the incidence of Gonorrhoea in Sweden and Norway. The graphs demonstrate the fact that there is a significant increase in SSI in the older age groups a matter much discuss earlier this year in the UK press. <http://www.eurosurveillance.org/images/dynamic/EE/V14N34/V14N34.pdf>

April 2009 - When over 55-year-olds were asked what they thought their chances were of acquiring an STI from unprotected sex, 25 per cent believed it was 'next to nothing' compared with 13 per cent of 18-24 year olds.

<http://www.healthcarerepublic.com/news/896851/>

The search for an HIV vaccine has taken a major step forward with the discovery of a potential Achilles heel of the virus that causes Aids. Two powerful

antibodies that attack a vulnerable spot common to many strains of HIV have been identified, improving the prospects for a vaccine against a virus that affects an estimated 33 million people and kills over 2 million each year. The discovery is important because it highlights a potential way around HIV's defences against the human immune system, which have so far thwarted efforts to make a workable vaccine. <http://www.newstin.co.uk/rel/uk/en-010-017952355>

A HOST of crippling inherited diseases could be banished forever after a dramatic IVF breakthrough was announced by scientists. http://www.newstin.co.uk/related.a?edition=uk&group_id=en-010-017689339&similarFilter=ALL 27 August 2009

Last month saw the launch of a new website for young people in Bristol. www.4ypbristol.co.uk/ this is a nice bright informative web site



REGISTER NOW — Free access to the new SAGE Reference Online Handbook Collection until 15th October

Sales of SNAP CLAP a card game to introduce STI's and Co have been brisk, An international sale was completed in August. We have also had an enquiry from USA. 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>

For a brochure contact info@4thoughtsolutions.co.uk

Forthcoming Events

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



Sexual Health of the NorthWest onference Blackpool 29th and 30th September 2009 contact clphnetwork@centrallancashire.nhs.uk



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Sex, young people, confidentiality and the law on the 30 September 2009 in Manchester
http://www.brook.org.uk/content/z_sys_conferences.asp?e_id=36

Understanding healthy sexual development of young people 8 October 2009 London
http://www.brook.org.uk/content/z_sys_conferences.asp?e_id=38

North West Contraception & Sexual Health Group. AGM is planned for 24th October 2009, at St Josephs Hospice, Thornton, Nr Crosby Please note change of venue E mail nwcash@googlemail.com

21st Annual Sexual Health & HIV Conference. Friday 27th November 2009 Email: rebecca.mitchell@porthosp.nhs.uk or victoria.wingham@porthosp.nhs.uk
www.bashh.org/documents/2342/2342.p

Previously Listed Events

Women's Health In Primary Care - Accurate Diagnosis, Effective Treatment And Strategic Management. A One-Day Conference, 17 September 2009, The Midland Hotel, Manchester

North West Sexual Health Conference 29th & 30th September 2009 Imperial Hotel, Blackpool
clphnetwork@centrallancashire.nhs.uk

3rd National School and Public Health Nursing Conference Birmingham 06 - 07 Oct 2009
http://www.mahealthcareevents.co.uk/cgi-bin/go.pl/conferences/detail.html?conference_uid=123

www.mimswomenshealthconference.com

NANCSH Conference 6th November in Newcastle E-mail: nancsh@hotmail.com www.nancsh.org.uk for further details

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

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

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