

ESC NEWSLETTER - Volume 9 - Number 1 - 2012

Newsletter from The European Society of Contraception and Reproductive Health

Editorial



Editorial

Dear colleagues and friends,

A quite successful year is behind us, and we are looking forward for the new challenges in 2012. Our Society is continuously growing, with an increasing number of affiliated societies. In the last year, we held the 11th Seminar of the European Society of Contraception and Reproductive Health in Kaunas, Lithuania, which was considered to be one of the most successful in the history of our society. Our representatives contributed to the scientific program of many congresses and professional meetings. We supported the WHO in delivering a 'Training the Trainers' course in Yerevan, organized a very successful ESC workshop in Nis and established the Committee for Educational and Training Activities. Thus, our society continues to work towards achieving one of the main goals defined in the Hague Declaration on Sexual and Reproductive Health in Europe.

In 2012, we are looking forward to many new challenges. First of all, we intend to make the 12th Congress of the European Society of Contraception and Reproductive Health in Athens an excellent meeting to remember, both in the working and social domain. Then, we plan to continue with the promotion of the World Contraception Day 2012. We intend to enhance our commitment to the dissemination of knowledge relevant to sexual and reproductive health by creating training modules. And last, but not the least our Society will keep on encouraging relations with other appropriate organisations in Europe and throughout the world. This also with the aim to prepare the Global Conference on Contraception and Sexual and Reproductive Health which is to be held in 2013 in Copenhagen.

Looking forward to meeting you in Athens.

*Yours sincerely,
Johannes Bitzer, ESC President*

12th ESC Congress



The 12th ESC Congress, Athens, 20-23 June 2012 "Myths and misconceptions versus evidence on contraception"

Dear colleagues and friends,

We are looking forward to warmly welcome you in Athens on the occasion of the 12th Congress of the European Society of Contraception and Reproductive Health (20-23 June 2012). The format of the congress will be with a wide variety of topics and sessions. A considerable proportion of the scientific programme will be interactive, including meet the expert sessions and workshops. We hope that presentations based on the results of evidence based studies should reveal the truth about contraception and dispel the common myths and misconceptions.

There is no better place in Europe to discuss these topics than the beautiful city of Athens. Athens is a unique city, combining the splendour of its ancient past with the radiance of modern, living capital. Innumerable cultural venues, leading museums and sites of immense archaeological importance make Athens a city of unsurpassed cultural heritage.

*Dimitrios Lazaris
Congress President*

*Johannes Bitzer
ESC President*

Pre-congress Workshop



Pre-congress workshop: Let's talk about sex Athens, 20 June 2012

We all want our young people to develop a happy, healthy sex life. For that they need to gain knowledge, develop healthy attitudes and the skills to act according to such requirements. But when and what and how should we teach them these elements? Most of us have some trouble talking about sexuality, be it at home to our children, in the office with our patients or at school, in a classroom.

The Expert group on sexual and reproductive health and education cordially invites you to participate in a workshop where these issues will be addressed in a very practical, interactive way. The workshop is developed as an introduction to this field and as such it was highly appreciated by the participants that joined us in Lithuania last fall.

Preliminary Scientific Programme

Morning session: Sexuality education and Communication

This will be a plenary session where different aspects of sexuality education will be discussed, such as the definition, principles, aims of sexuality education and skills involved in delivering sexuality education.

Afternoon session: The group will be divided in small groups for different workshops. Each participant can choose two workshops.

- Contraception & STIs, myths and facts
- Doctor Patient communication - attitudes
- Methodical and didactic work with children and young people: tools
- 'Hot bottom issues' / controversial topics

Info: www.esrh.eu/events/esc-events/12th-esc-congress/pre-congress-workshop

Olga Loeber

On behalf of the Expert Group on Sexual and reproductive health and education

Congress medals

Congress medals

We are pleased to announce that two ESC Congress Medals will be conferred in 2012 to W. Peers (Belgium) and E. Diczfalusy (Sweden).

Egon Diczfalusy (1920-) is Professor Emeritus and Honorary Professor of many universities all over the world. The work that gave Egon Diczfalusy his international fame was the definition of the human feto-placental unit. From there on, the main focus of his scientific work remained the hormones involved in human reproduction. As the Head of the Hormone laboratory in Karolinska Institutet, Stockholm, Sweden he made it one of the leading institutions in the world on steroid hormone biogenesis and metabolism.

Diczfalusy joined as a Senior Consultant the newly established "WHO Expanded Programme of Research, Development and Research training in Human Reproduction". Over the next 25 years he became involved with every Task Force Steering Committee, while at the same time heading the WHO Collaborating Centre in Research and Research Training in Human Reproduction established by the Karolinska Institutet. Eventually the Programme grew to become a "Special Programme", co-sponsored by four international entities, UNDP, UNFPA, WHO and the World Bank.

Egon Diczfalusy is an outstanding scientist and humanitarian who founded the Egon and Ann Diczfalusy foundation to support science and development in Eastern Europe.

Willy Peers (1924-1984) was a Deputy-Chief of the Centre d'Obstétrique et de Gynécologie de la Province de Namur, Belgium. As a young physician, at a time that epidural anaesthesia was not available on the labour ward, he started the 'psycho-prophylactic' method, developed by Nicolaiev in Leningrad, that aimed at reducing labour pain.

He was a founding member of the Belgian Society for the Legalisation of Abortion and of the Groupe d'Etudes pour une Réforme de la Médecine (GERM).

Willy Peers was a tireless lecturer on women's reproductive rights. He revolted against the hypocrisy of the Belgian political, judiciary, religious and medical authorities, and against the inertia of public opinion. He denounced the botched-up abortions and their dreadful consequences on individual and public health. For his commitment to the right of women to control their fertility, he was repeatedly and viciously harassed by regulatory bodies, and was imprisoned for five weeks for having terminated the pregnancy of a mentally retarded adolescent, raped by her stepfather.

He was a source of inspiration for dozens of younger people. That the Belgian abortion law eventually changed is due to the fact that one man, Willy Peers, started the fight.

ESC membership

ESC Membership

Not yet a member?

www.escrh.eu/user/register will lead you to the online application form.

You registered before as an ESC member but you did not arrange yet your 2012 contribution?

If you already have an ESC account, please log into your personal account and you will be able to renew your membership (tab ESC membership) by bank transfer or credit card. You can check your contact details under the tab edit – profile.

A subscription to the European Journal of Contraception and Reproductive Health Care is again included in the membership fee (50 euro) without additional cost. We have listed here a few of the benefits you enjoy as member:

- * 6 free editions of the official Society Journal,
- * 3 newsletters,
- * Members may apply to stand for the Board or Expert Groups,
- * Members get free attendance to the ESC Seminar and substantial reduction of the ESC Congress fee,
- * Personal access to the ESC website.

Board membership

Representation of your country in the Board

ESC members, regardless of professional group, had the opportunity to apply for vacant board member positions (closing date to apply was 25 March 2012). An overview indicating the situation for your own country is available on the website.

Further procedure:

April 2012

- Each country with a vacancy will vote using the ESC website.
- All voting members must have paid their 2012 subscription before they can vote.
- Voting will be by secret ballot.
- If there is only one candidate, voting will still take place.
- The decision will be by simple majority ie the person with the most votes will be appointed.

May - June 2012

- Applicants will be advised of the results, which will be announced formally at the General Assembly (GA) in Athens.

ESC
Workshop 2011



ESC Workshop 2011

The 3rd Workshop of the European Society of Contraception and Reproductive Health was held on November 3-6, 2011 in Nis, Serbia.

Niš, the third largest city in Serbia, was the administrative, military and trade centre of various states and empires to which, during its long history, it belonged. In the area of today's Nis, in the ancient city of Naissus, were born the Roman emperors Constantine and Constantius II. As Nis has good connections with other parts of the Balkan peninsula, this city was chosen for the ESC workshop.

The opportunity to upgrade knowledge in the field of contraception and reproductive health care attracted many young gynaecologists from surrounding countries. The workshop was attended by 32 participants, from Slovenia (3), Bosnia and Herzegovina (9), Serbia (4), Macedonia (4), Bulgaria (2), Romania (5), Greece (2) and Montenegro (3).

The workshop covered various aspects of reproductive health care, including WHO eligibility and practice recommendations, counselling, psychosexual issues, future methods, STIs, critical reading and all the various contraceptive methods. A combination of short lectures and group work was very well evaluated, with an overall grade of 3.88 out of 4. The aspects of the workshop which were most appreciated included: being useful, very well organised, good content and presentations, fun, and the opportunity to exchange ideas with colleagues. The only remark was that the workshop was too intense, with a suggestion to make it a day longer. They said that they would share with their colleagues all that they had learned. Additionally, they were satisfied with the balance between lectures and group work, and would recommend a colleague to attend a similar workshop.

The workshop was attended by three senior colleagues who are all Russian speaking with a view to their possibly being involved in future workshops in Russian speaking countries. The faculty members were very satisfied with the enthusiasm and desire for knowledge that the participants showed. Their opinion is that the continuation of educational activities by organising workshops in different parts of Europe is one of the important tasks of the European Society Contraception and Reproductive Health.

Katarina Sedlecky, ESC Secretary General

WCD



World Contraception Day

World Contraception Day is held on 26 September each year. The ESC is one of the Non Governmental organisations associated with WCD. The year's theme was 'Live Your Life. Know your rights. Learn about contraception'. Overall the event was a great success with more than 400 media articles generated and more than 1,000 social media mentions. It was estimated that the total global reach was in excess of 350 million.

The Your-Life.com website continued as the number one resource for teenagers seeking advice on contraception. A new ad campaign was implemented on Facebook with 57 % of fans being aged 13-17 years, and 30% 18-24 years old.

Various ESC member countries held events over this period. Examples include the Czech Republic which organised lectures and leaflets for 41 basic and secondary schools and Sweden which provided an information event for around 3000 high school students in Stockholm. Israel celebrated with an internet campaign, a one day seminar on teenage contraception and a press launch. The Spanish Society of Contraception held a meeting and the Portuguese Society issued a 'manifesto' that was published in local newspapers and worked together on a 'Consensus of Contraception'.

Please put 26 September 2012 in your diaries for the next WCD. The theme for 2012 will be around 'It's Your Future'. We will provide further details later. The ESC plans to be a supporter again this year and hopes it can depend on you to be as active a participant as you have been in former years.

Sarah Randall, ESC representative