

ESC NEWSLETTER - Volume 8 - Number 1 - 2011

Newsletter from The European Society of Contraception and Reproductive Health

Editorial



*Johannes Bitzer
ESC President*

Dear colleagues and friends,

A year of big challenges lies ahead, with our new website (www.eschr.eu), the new system of electronic voting, as well as a challenging new approach for deciding on the number of representatives from your country on the Board of Directors. However, the aims of our Society continue in the same direction, with the activities to improve and facilitate knowledge and use of contraception and reproductive health care services and to promote the harmonisation of different policies concerning sexuality, contraception, abortion, sexually transmitted infections and reproductive health in the countries of Europe.

The Society is open to new ideas and continuously supports scientific projects and educational activities, and therefore we invite you to give your input to accomplish our mission in the best possible way. Indeed, I believe that it is a privilege to be a member of a big family of professionals dealing throughout Europe with the various aspects of sexuality and reproduction, thus contributing to the improvement of sexual and reproductive health and the quality of life of women of reproductive age.

Our seminars and congresses create a challenge to understand the cultural diversity of Europe and exchange professional experiences with other colleagues from all over Europe and even across all continents of the world.

I hope that you will enthusiastically and frequently use the different opportunities which are offered for the members of The European Society of Contraception and Reproductive Health and I am looking forward to meet you in our upcoming meetings.

With best regards,
Johannes Bitzer, ESC President

ESC Granted Course



*Dr. L. Erofeeva
RFPA Director General*

Report ESC Granted Course 2010

The application selected for an ESC grant January - June 2010, was from the Russian Family Planning Association (RFPA) to support a Round Table Discussion on "Contraception and well-being of the population of the Russian Federation" which was held on 9 December 2010, Moscow, Russian Federation.

The Russian federation has one of the highest abortion rates in the world due to lack of use of effective contraceptive methods. This is partly due to resistance and lack of knowledge among key policy makers. In order to increase awareness on modern methods of contraception and its impact on society and to build partnership to promote SRHR issues RFPA conducted a Round Table in Moscow, where it gathered key policy makers, members of RFPA coalition, health professionals, demographers, legal advisors, local and international NGOs and journalists. Evidence based information material was provided and presentations were followed by an open discussion and a Q&A session.

"We can ascertain the fact that nowadays we are facing the severe consequences of so called "abortion culture" which has been formed in the Soviet Union. This culture has resulted in misleading perception concerning abortion and use of the contraception widely spread among lay public" –said Dr. Lyubov Erofeeva, RFPA Director General during the Round table "Contraceptive well-being of the population of the Russian Federation" conducted in December 2010 in Moscow.

Please find the full report here: <http://www.eschr.eu/education/grants/courses>

Website:
education

Highlight of the new ESC website: Education

Our new website <http://www.escrh.eu> provides a lot of information and tools for professionals working in the field of Contraception and Reproductive Health as can be seen in the sitemap on the bottom of each page.

In the chapter “**Education**” you will find information about Individuals or organisations to apply for **financial support from the ESC** for activities that are in accordance with the aims of the Society as described in the Statutes.

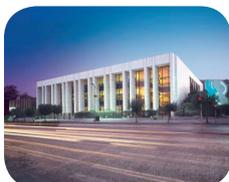
A lot of **presentations** of past ESC congresses and seminars as far back as the 6th ESC seminar in Coimbra are available for educational purposes. Presentations were up to date at the time of presentation, but you will find out that a lot of “older” presentations are still valid today!

The **webcasts** of the 10th ESC congress (Prague 2008) and 11th ESC congress (The Hague 2010) gives you the opportunity to view and listen to a lot of excellent speakers. Powerpoints can be downloaded and downloads to listen through your i-pod are possible as well.

In the **online weblibrary tools** and downloads of significant documents will help you to reach higher levels of sexual education as well as improving your knowledge about contraception and patient information.

Rob Beerthuisen, Webmaster

12th ESC
Congress



Dear Colleagues,

The 12th ESC Congress is going to take place in Athens, Greece, from June 20 to 23, 2012.

Athens is among the oldest, most historic cities in the world known as the birthplace of Democracy, the Sciences, the Fine Arts and undoubtedly the cradle of the Western Civilization. The city's unique historic past is most evident as reflected in its archaeological sites and famous museums, to which a visit is a “must”.

Since Athens organized, very successfully, the 2004 Olympic Games, the city has been literally transformed through radical changes in the areas of transportation, accommodation and technological infrastructure which have elevated the city to a truly modern European capital. Great new national roads and highways, a state of the art International airport, a modernized public transport network and three new subway Metro lines, with some of the stations housing their own small archaeological museums with artifacts found during the Metro construction. Moreover all the city's hotels have been extensively renovated

Last but not least, the “Athens Megaron Concert Hall” is now one of the Europe's top concert halls and conference centers possessing a number of full scale theatre halls and many conference rooms all outfitted with the most advanced technological equipment. An integral part of the “Athens Concert Hall Organization”, the new “International conference centre” offers a stunning environment, exceptional aesthetics, cutting edge technology and unrivalled client service, acknowledged as one of the finest and most technologically advanced conference venues in Europe. Situated just minutes from the centre of a vibrant and modern city the “Megaron” is easily accessible by all means of transportation and offers unique opportunities for hosting first line cultural and scientific International events such as the 12th ESC Congress.

Dear friends,

You are cordially invited to Athens, at the crossroads of three Continents, the meeting point of Europe, Asia and Africa, the Balkan peninsula, the Middle East and the Mediterranean sea which is the cradle of religions, civilizations and ways of life as well as one of the most attractive touristic destinations.

Enjoy the sunny climate, the sandy beaches, the night life of the beautiful Aegean

islands but most of all contribute with your participation (to the “12th ESC Congress” to be held in Athens from the 20th to the 23rd of June 2012), to our ambition and decisiveness to organize the most successful ever ESC scientific event.

*On behalf of the Local Organizing Committee
Prof. Dimitrios P. Lazaris, President of the 12th ESC Congress*

**Anniversary
contraceptive
pill**

50th Anniversary of the contraceptive pill

Some decades ago, in the last lecture he gave before becoming emeritus, Professor Kloosterman, the much respected Head of the Department of Obstetrics and Gynaecology of the University of Amsterdam, stated that ‘the pill had accomplished more for the emancipation of women than the entire United Nations’.

This claim was not meaningless at the time and its topicality is greater than ever before. With the benefit of half a century hindsight it can no longer be questioned that the access to such a means of controlling their fertility since the 1960s contributed for a major part to the improvement of women’s social status in democratic societies.

Before the pill appeared on the scene and rapidly made its way in the world, child spacing and contraception were mainly under the control of the male partner, with coitus interruptus and condoms being the methods used foremost. The relief from the yoke of the dreaded, unplanned, untimely, unwanted pregnancy, also achieved by other contraceptives that became available almost simultaneously (intrauterine devices) or in the following years, has empowered women.

Contraceptives have paved the way for greater freedom, possibly more happiness, and social and professional accomplishments, for women. In this respect at least, those keen on paraphrasing George Orwell are less frequently heard saying that ‘some people are more equal than others’. The gap between men’s and women’s rights has narrowed, even if this, unfortunately, has yet to be achieved in many more countries.

A special issue of The European Journal of Contraception and Reproductive Health Care was dedicated to this Anniversary.

*Jean-Jacques Amy,
Editor-in-Chief, European Journal of Contraception and Reproductive Health Care.*

ESC Sessions

ESC Sessions at other congresses

ESC is present at other congresses and many of the experts are always willing to spread their knowledge.

- This year the ESC will take part in the 20th World Congress for Sexual Health (12-16 June 2011) on “Sex and Contraception” with the President of ESC Prof. J. Bitzer, the Vice President D. Apter and the WHO Regional Office for Europe Representative Gunta Lazdane as speakers.
- There is also an ESC Session during the 9th Congress of the European Society of Gynaecology (8-11 September 2011) on Saturday Sept.10th 16-17.30 pm which will be chaired by Prof. J. Bitzer with speakers from Serbia, Portugal, Spain and Switzerland.

Full details: <http://www.esrch.eu/events/esc-events/esc-sessions-other-congresses>

ESC Seminar

Seminar

We are happy to inform you on the date of the Seminar in Kaunas, Lithuania: 23 – 24 September 2011. Full details: <http://www.esrch.eu/events/esc-events/>

**World
Contraception
Day**

World Contraception Day

World Contraception Day (WCD) is a worldwide campaign with a vision for a world where every pregnancy is wanted. Its mission is to improve awareness of contraception to enable young people to make informed decisions on sexual and reproductive health. WCD was launched in 2007 and is held on 26 September each year. The theme and for 2012 is "Your Right - your right to accurate (evidence based) and balanced (unbiased) information".

The campaign is supported by 10 International Non-Governmental Organisations (NGOs), scientific and medical societies with an interest in sexual health - of which ESC is one, and a Youth Task Force comprising young people from 7 countries. Bayer Schering Pharma supports the campaign.

Every year, countries and regions around the world organise events to mark World Contraception Day and to demonstrate their commitment to raising awareness of contraception and improving education regarding reproductive and sexual health. Key messages from last year's survey showed that unprotected sex is on the increase among young people across the globe. Although 80% of young people acknowledged their responsibility for arranging contraception before having sex with a new partner, 44% prioritized personal hygiene and applying perfume above contraception when preparing for a date that may lead to sex.

To aid you with the campaign this year there will be a global press kit and a repeat of the multinational survey. The web site www.your-life.com will be updated and the youth task force will be developing new resources.

Over the next few months we will be advising you how ESC plans to support this event, but our strength is in the provision of evidenced based information that can be used by health care professionals.

Sarah Randall, UK

**Evaluation
ESC Workshop**

Evaluation of the ESC Workshop

Following the very successful workshop "modern contraception in the modern world" held in Budapest in April 2009, the ESC organised a similar event in the autumn of 2010. The programme comprised a mixture of lectures and small group discussions, and the participants could practise fitting the different types of IUDs and implants.

The 2nd ESC Workshop was held in Budapest In November 2010. There were 28 participants from 13 countries with 9 Faculty members from 8 countries. The course received an excellent evaluation.

The most useful topics were: WHO eligibility criteria and practice and the Critical Reading session. Counselling was an important aspect of many of the topics; including the importance of providing unbiased, evidenced based information to clients so that they can make informed choices and take responsibility for their own sexuality. Benefits and risks and new advances of all the main contraceptive methods were addressed.

Practical sessions were held on fitting IUDs, different types of barrier methods and implants. Aspects of confidentiality, age of consent and sexual abuse were included in the course as were psychosexual issues. The importance of sex education was addressed.

Full evaluation report:
<http://www.eschr.eu/events/past-esc-events/esc-workshop-2010/evaluation>

All materials to be included in the ESC Newsletter should be submitted (electronically) to the:
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All Newsletters are also to be found on the website of the Society: <http://www.eschr.eu/publications/newsletter>
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