



Dear friends,

The Board of Directors elected a new Executive Committee (EC) on Wednesday May 4th 2016 at the ESC Congress in Basel for the next two years.

It is an honour and a challenge for us to continue the excellent work of the previous EC. Without any doubt, it is the input and engagement of my predecessors that has led to the current success of the European Society for Contraception and Reproductive Health (ESC).

Besides the day-to-day management of the ESC, we will need to maintain and also reinforce the strong position of the ESC, aiming to improve reproductive health in Europe and beyond. There are many complimentary approaches which should run in parallel. One is the further developing of our educational activities, especially in Eastern European countries. For this purpose a working group for educational activities is planned to be established, which will develop a programme on how to proceed.

Furthermore, in order to implement science into clinical practice it would be an advantage to collaborate closely with the Expert Group coordinators in the development of statements and guidelines.

We need to contribute further to a networked society that links together all professionals within the field of contraception and reproductive health. Also, we will need to stay active to expand access to and knowledge about reproductive health and rights. Meanwhile we have many global contacts and should decide how to move forward with these.

Let us know if you would be in favour of these ideas and please forward me your thoughts and suggestions on how you see things.

I really look forward to working with all of you.

*With my best regards,
Gabriele Merki, President*

Membership 2016

Renew your membership or to become a new member through the following link:

www.escrh.eu/user/register

We are delighted to announce that the Journal (European Journal of Contraception and Reproductive Health Care) is again included in the membership fee (60 euro) without any additional cost.

We have listed here a few of the benefits you enjoy as a member:

- 6 free editions of the official ESC Journal,
- 3 newsletters,
- Members may apply to stand for the Board or Expert Groups,
- Members may apply to the ESC for educational grants,
- Members get free attendance at Seminars and a substantial reduction to the Congress fee,
- Personal access to the ESC website

International or national European organisations with similar or related aims or institutions may apply for affiliation to the ESC. Members of affiliated societies or institutions pay a 50 percent reduced yearly fee. Members of affiliated societies or institutions have the same rights as other ESC members including voting rights.

The new Executive Committee members

1. Gabriele Merki, Switzerland - President
2. Shelley Raine, United Kingdom - Vice-President
3. Medard Lech, Poland - Secretary General
4. Kai Haldre, Estonia - Assistant Secretary
5. Roberto Lertxundi Barañano, Spain - Treasurer
6. Gyorgy Bartfai, Hungary - Assistant Treasurer

From left to right:

Kai, Gyorgy, Gabriele, Medard, Shelley, Roberto



We asked the members of the Executive Committee some questions to introduce them to you

1. What made you apply to become an ESC executive committee member?

Gabriele Merki: Within my country I am an opinion leader for the gynaecologists and I am very much involved in education with presentations at congresses and organisation of symposia. Networking with other European countries is an important experience. Two years ago I started my work in the Executive Committee and in the ISC. I would very much like to finish the initiated projects, especially regarding education in Eastern European countries over the next two years, strengthen the political influence of the Society and improve collaborations where needed with national health organisations and WHO.

2. What is your background (position) and main areas of interest/expertise?

Gabriele Merki: Professor for Family Planning, University Hospital of Zürich. Research in new benefits of contraceptive progestins, hormonal migraine, contraceptive counselling, contraception and bleeding associated problems, women's desires and needs in contraception, male role in contraception, contraception and cardiovascular and bone health. 23 years experience in family planning. 12 years experience in the work of boards and international collaborations. More than 30 scientific publications in the field of family planning and more than clinical 30 articles. In 2012 research at Family Planning New South Wales, Australia.

3. Do you have goals you want to reach during your mandate?

Gabriele Merki: Improve education in European countries who expressed their needs in a survey we performed last year. Plans: organize each the teacher courses, provide updated slides on all methods, collaborate with WHO and EBCOG

4. How would you like to see the ESC evolve?

Gabriele Merki: Being a democratic society with the aim to protect women's health by supporting countries with political problems and low educational standards. This can only be achieved in close collaboration with the country representatives. I would like to encourage our members to express their needs.

5. Is there anything specific in your country which you would like to share?

Gabriele Merki: In the interest of women, who use contraceptives for so many years, the high standard of education like it is in our country should be made available to all European doctors.



Gabriele Merki

Medard Lech: I already have long experience of leading our Society. It seems that operation of our Society in recent years was (for many external reasons) slightly below the standard of my imagination, and this was the reason that I have stood for the ESC presidential election.

Medard Lech: Gynaecological Endocrinology, Contraception, Fertility and Sterility



Medard Lech

Medard Lech: To make our Society more viable and more visible

Medard Lech: There are several fields for the future work of our Society; at first education (creation of the European Diploma in Reproductive Health), secondly to improve quality and impact of our Journal.

Medard Lech: As you may know, Poland is in a kind of political transition which may lead to ill reproductive health. This could be a very bad example for other countries and I would like to share my concerns in this matter. I hope this would help other countries to not follow Poland... and in the consequence to make changes in Poland.

Board of Directors

Who represents your country in the newly elected Board of Directors of the European Society of Contraception and Reproductive Health?

Fiala, C.	Austria	Tula - Rijkure, A.	Latvia
Weyers, S.	Belgium	Potapenkova, I.	Latvia
Merckx, M.	Belgium	Zilaitiene, B.	Lithuania
Cengic, E.	Bosnia and Herzegovina	Lech, M.	Poland
Pavicic Baldani, D.	Croatia	do Céu Almeida, M.	Portugal
Skouby, S.	Denmark	Palma, F.	Portugal
Haldre, K.	Estonia	Birladeanu, C.	Romania
Gompel, A.	France	Erofeeva, L.	Russia
Mueck, A.	Germany	Prilepskaya, V.	Russia
Salakos, N.	Greece	Kapamadzija, A.	Serbia
Deligeoroglou, E.	Greece	Angeles Gomez, M.	Spain
Annus, J.	Hungary	Lertxundi Barañano, R.	Spain
Bartfai, G.	Hungary	Kopp Kallner, H.	Sweden
Short, M.	Ireland	Merki, G.	Switzerland
O'Neill, D.	Ireland	Frey Tirri, B.	Switzerland
Wolman, I.	Israel	Raven, G.	The Netherlands
Zloczower, M.	Israel	Jansen van Hees, A.	The Netherlands
Toschi, M.	Italy	Ozalp, S.	Turkey
Arisi, E.	Italy	Mehigan Raine, S.	United Kingdom
Grebennikova, G.A.	Kazakhstan	Kubba, A.	United Kingdom

The composition of all newly elected committees can be found here: <http://www.esrch.eu/about-esc/committees>

Shelley Raine: To continue to raise awareness of the important role that non-medics have in delivering SRH services.

Shelley Raine: As a nurse specialist in the UK I have worked in general practice, older style family planning clinics and integrated sexual health services for over 25 years. I have been a member of a number of committees and advisory groups for the Faculty of Sexual & Reproductive Healthcare and nationally. I have been involved with training and particularly the introduction of the FSRH e-learning programme and examination. More recently I have helped with the process to extend FSRH membership to nurses.



Shelley Raine

Shelley Raine: I would like to see the ESC maintain its strong position, to broaden its membership, to encourage multidisciplinary working and recognise the contribution of non-medics to service delivery.

Shelley Raine: We are fortunate in the UK where we have a well established, well educated nursing force. SRH nursing is particularly active with many now able to prescribe and, having completed the same training as doctors to achieve the FSRH diploma, fit and remove implants and IUDs. Many areas now have nurse-led SRH services which increases access and these are well evaluated by users.

Roberto Lertxundi Barañano: Representing the Spanish Society of Contraception in the ESC. Spain is the country with most members at ESC. From a personal point of view, the opportunity to help improving the contraceptive uses of European citizens.

Roberto Lertxundi Barañano: Former President of Basque Society of Contraception, a Vice President of SEC. Rapporteur of the Law of Sexual, Reproductive Health Care and Abortion in the Spanish Senate. Professor of the Master degree on Contraception in the University of Alcalá de Henares.

Roberto Lertxundi Barañano: Two main objectives:

- Collaborate with ESC so that it becomes a partner in the field of SSRHC, with the Institution of the EU (European Union). To improve the legislation, rules, and standards of SSRHC, giving our clinical and scientific point of view.
- Share the different experiences in our continent, with the aim of improving contraceptive applications from European citizens, exceeding the current vast differences.



Roberto Lertxundi Barañano

Roberto Lertxundi Barañano: Share with European colleagues the Spanish education programs regarding SSRHC, at the level of University degree.

- Introduce Contraception as part of the curriculum in the degree of Medicine studies.
- Advance in the free use of contraceptives. We have the paradox in many of our countries that abortion is free, financed by public administration, while contraceptives have to be paid for at pharmacies.



The 14th Congress of ESCRH and 2nd Global Conference took place under the general theme “From Molecular Biology to Social Science and Politics”. In accordance with this title the participants presented and discussed three main issues:

- a) New contraceptive technologies based on new developments in basic sciences. In this part of the congress we heard about new molecules (hormonal and non hormonal) new targets of intervention, new regimens etc
- b) Contraception is an important part of comprehensive women’s health care. We heard and discussed different models of best clinical practice, theories and practice of patient and cultural sensitive counselling, the impact of contraception on prevention and preserving the health of women globally.
- c) Contraception is part of women’s sexual and reproductive rights. Plenary lectures and symposia dealt with the

importance of these rights, the huge gaps which exist still worldwide, the role of health care professionals in advocacy work and improving the present status.

These three themes were presented and discussed in parallel sessions in which we succeeded to involve other European and International Societies to benefit from their knowledge and experience (WHO, UNFPA, EBCOG, ESSM, SFC, FSRH and others)

We welcomed 1369 registered participants from 76 countries: 66% came from Europe; 10% from South America; 9.3% from the middle east (including Turkey and Israel); 5.8% from Asia; 4.5% from the USA; almost 2% from Africa; and 1.7% from Australia and New Zealand.

They very actively attended and discussed all presentations. It was a great pleasure for the organisers to see the rooms and halls full of interested and engaged people. The active participation was also reflected in the fact that 304 abstracts (excluding invited speakers) were submitted - some of them of very high scientific quality and of high practical importance.



The scientific committee, the organising committee, the ESC and local staff and myself were very happy and satisfied to receive a lot of positive, personal and direct feedback from the participants. We also had 160 written feedback where approx. 98% of the respondents rated mainly as excellent or good the overall organisation, the congress venue, the usefulness for their daily work, the scientific content, the quality of presentations. Apart from the scientific program the social events allowed us to meet, deepen friendships, make new contacts and create a feeling of togetherness and being part of ESC family

I want to thank Kristina Gemzell-Danielsson, the Scientific Committee, the International Advisory Board, the Local Scientific Committee, the Local Authorities, the invited speakers, the participating scientific European and International Societies, the local staff of Basel and of course Ria, Nancy and Peter for the excellent work they made to make this congress a success.

Johannes Bitzer, Congress President

Award winners

Free communication award winner

David Archer, United States
A cluster analysis of bleeding/spotting patterns in women using a novel 24/4 regimen of Drospirenone 4mg as a progestin only oral contraceptive

Young scientist award winner

Lianne Gonsalves, Switzerland
Quality provision of sexual and reproductive health commodities in pharmacies

Poster award winners

- Susan Walker, UK
Barriers to the uptake of intrauterine contraception: patient and practitioner perspectives
- Sara Vodopivec, Slovenia
Determinants of choice of the first trimester abortion method, acceptability of and satisfaction with the chosen method

View their abstracts

www.escrh.eu/award-winners-Basel-2016

Abstract book

www.escrh.eu/sites/escrh.eu/files/iejc_abstractbook_1165961-lv.pdf

Take home messages

www.escrh.eu/sites/escrh.eu/files/esc-basel-takehomemessages_0.pdf

Pictures can be found on our facebook page



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All Newsletters are also to be found on the website of the Society: www.escrh.eu/publications/newsletter
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