

ESC NEWSLETTER - Volume 5 - Number 2 - 2008

Newsletter from The European Society of Contraception and Reproductive Health

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Dear colleagues and friends,

It is with great pleasure and enthusiasm that I take over the Presidency of the European Society of Contraception and Reproductive Health. After the extremely successful development of the Society during the recent years due to the work of David Cibula and the whole Executive Committee this mandate brings a lot of responsibility and challenge: Responsibility to maintain the high standards of what has been achieved and challenge to further develop our Society and to create new ways and links in the future. This society is so fascinating because it encompasses so many tasks, disciplines, nationalities and cultures. This variety is a huge resource and at the same time in constant need of integration and communication among all of us.

What could the future of ESC look like ? Let me use the famous phrase: I have a dream.....

I have a dream that the increasing international professional importance and weight of ESC will bring us towards global networking with other organisations involved in reproductive, sexual health and contraception like the Association of Reproductive Health Professionals, the USA Society of Family Planning, the French Speaking Society of Contraception, the Asian Pacific Council of Contraception, the Federation International des Associes Professionels de l'Avortement et de la Contraception etc. But not only are these societies important. Regular exchange with other national organisations is also of high importance. We can build on the solid work done by David Cibula and his team with respect to this networking.

My dream is to have, in the near future, a Seminar or Congress dedicated to bringing together these different organizations to include the exchange of ideas, educational material and research projects. Maybe we could finally create an International Federation for the Study and Promotion of Contraception, Sexual and Reproductive Health..

I have a dream that the Special Expert Groups will provide a regular update of the State of the Art in their different subject areas and that these updates become a regular part of our Journal. The manpower in these groups is incredibly strong. Different expertise and cultural backgrounds are united and should result in a comprehensive insight and understanding of their respective fields. Our multidisciplinary organisation is our strength, reaching from hormonal contraception to sexually transmitted diseases; from non hormonal contraceptive methods to abortion and to sexual and reproductive health education.

I have a dream that the global reproductive and sexual health perspective of our society will flourish and express itself in the collaboration with those groups and

experts involved in aspects that go beyond just contraception; for example sex education, sexual medicine, psychosocial gynaecology and women's health. We already have solid grounds for such collaboration thanks to the work of Olga Loeber and the others in her group looking at sex education. We also have many personal contacts in different countries and with the World Health Organisation.

The educational mission of ESC is one of the principal pillars on which the Society is built. We can build on the work of the Internal Scientific Committee and the Executive Committee to implement an international and comprehensive curriculum dedicated to educate health professionals in this continuously expanding field of family planning.

I have the dream that we will have in the future an academy of family planning and reproductive health serving as an organisation to provide curricula, lecturers and courses in those countries with little access to learning opportunities; not only through lectures but also through personal encounters and discussions.

Last but not least, my dream includes the scientific development of the Society. The potential is there. We have senior researchers with expertise in study design and study performance and access to financial resources. We have younger people from different disciplines and countries who are interested in joining existing projects to start their academic careers. Many of the research topics need either specialized laboratory potential or large number of subjects to be studied. My dream is that the Society provides a platform or meeting point for all those interested in research - be it biomedical, psychosocial or epidemiological.

You may say, that dreams are nice but the everyday experience shows that very few become reality. Everybody in the society is very busy; there are so many tasks and obligations, time constraints and competing obligations; the hassles of everyday life which sadly have the tendency to suffocate dreams.

But let me end with another well known phrase "Yes we can....."

Johannes Bitzer
President ESC

Former Chief Editor



As from this issue the responsibilities as chief editor have been transferred to Sarah Randall, I want to thank all contributors, who over the years provided us with so many interesting stories and reports.

The Newsletter you have in front of you has come to life after the disappearance of the first Newsletter under the responsibility of Dirk Wildemeersch. At the onset the aim was to create purely an e-Newsletter without a hard copy, but after a couple of issues a hard copy seemed valuable anyway and is since then has been distributed widely. We started in April 2004 and since then 10 issues have been published. All of them can still be read on our website, describing the life and adventures of the ESC.

I have had a great time developing this Newsletter and I am convinced Sarah will continue its development. However, there are two persons who were doing most of the work, being responsible for the format, appearance and much of the editing, gently reminding me when a next issue was due to appear: Peter Erard and Nancy Habils. Thanks for all your support and work. Sarah will be able to rely upon you.

Olga Loeber, Former Chief Editor

Welcome



Welcome to this latest ESC Newsletter

It is my pleasure to introduce the new Executive Committee appointed in Prague.

The President is Johannes Bitzer from Switzerland and the Vice President is Dan Apter from Finland. Medard Lech, from Poland continues as Treasurer. I, Sarah Randall from the UK, take on the role of Secretary General, ably assisted by David Cibula, from the Czech Republic who remains on the Executive Committee as Assistant Secretary. Katarina Sedlecki from Serbia is the Assistant Treasurer. Rob Beerthuizen, from the Netherlands continues as the web master and Jean-Jacques Amy remains as the journal editor-in-chief.

We are looking forward to our new challenges, knowing that we will be well supported by Peter Erard, Ria Maes and Nancy Hablis from the ESC Central Office. It is also good that we have Medard and David to provide some continuity.

I would also like to thank the other members of the out-going Executive who have done such a wonderful job over the last few years: Dimitrios Lazaris, Olga Loeber, Gyorgy Bartfai and Sinan Ozalp.

Sarah Randall
Secretary General

General Assembly

The biennial General Assembly of ESC Members took place in Prague on 2 May 2008. The Minutes of this meeting are available on www.contraception-esc.com

This synthesis highlights the most important items:

- The Minutes of the last General Assembly (Istanbul, Turkey, 5 May 2006) were agreed
- Financial report
- Members of affiliated societies have the same rights as other ESC members including voting rights during the GA
- New rule on ESC sessions during other congresses
- Establishment of a Committee of Past Presidents
- Policy for ESC officers involved in industry symposia
- Agreement on extending the name of the society to European Society of Contraception and Reproductive Health
- Applications for support and granted projects
- Support of humanitarian activities
- Internal Scientific Committee and Expert Groups
- Postgraduate Course on Contraception and Sexual Education
- Greece (Athens) will be the destination for the 2012 ESC Congress.
- Journal report
- Relation with other societies and organizations
- Board elections (see list elsewhere)

In the next Newsletter there will be a full report on the 10th ESC Congress, held in Prague from 30 April to 3 May 2008.

New Executive Committee and Board of the ESC

New Executive Committee

President	J. Bitzer (Switzerland)
Vice-President	D. Apter (Finland)
Secretary General	S. Randall (UK)
Assistant Secretary	D. Cibula (Czech Rep.)
Treasurer	M. Lech (Poland)
Assistant Treasurer	K. Sedlecky (Serbia)

New ESC Board

Country	First name	Last name	Mandate period
Armenia	Georgii G.	Okoev	2008 - 2012
Belgium	Jean-Jacques	Amy	2002 - 2008 - 2012
Bulgaria	Blagovest	Pehlivanov	2006 - 2010
Croatia	Gordan	Crvenkovic	2006 - 2010
Cyprus	Patroclos	Patroclou	2008 - 2012
Czech Republic	David	Cibula	2000 - 2006 - 2010
Czech Republic	Petr	Weiss	2008 - 2012
Denmark	Kresten Rubeck	Petersen	2002 - 2008 - 2012
Finland	Dan	Apter	2002 - 2008 - 2012
France	Heliane	Missey Kolb	2006 - 2010
France	Françoise	Moustéou	2008 - 2012
Germany	Thomas N.	Rabe	2002 - 2008 - 2012
Greece	Dimitrios P.	Lazaris	2002 - 2008 - 2012
Greece	Nick	Salakos	2006 - 2010
Hungary	Istvan	Batar	2002 - 2008 - 2012
Ireland (Rep. of)	Claire	McNicholas	2002 - 2008 - 2012
Israel	Daniel	Seidman	2008 - 2012
Israel	Amos	Ber	2008 - 2012
Italy	Pier Giorgio	Crosignani	2002 - 2008 - 2012
Italy	Annibale	Volpe	2008 - 2012
Latvia	Dita	Baumane - Auza	2008 - 2012
Lithuania	Virginija	Vanagiene	2008 - 2012
Poland	Medard	Lech	2000 - 2006 - 2010
Portugal	Teresa Alexandra	Carmo Bombas	2006 - 2010
Romania	Iolanda E.	Blidaru	2006 - 2010
Russia	Vladimir	Yaglov	2008 - 2012
Russia	Marina	Tarasova	2008 - 2012
Serbia	Katarina	Sedlecky	2006 - 2010
Slovakia	Vladimir	Cupanik	2006 - 2010
Slovenia	Andreja	Stolfa Gruntar	2008 - 2012
Spain	Iñaki	Lete Lasa	2006 - 2010
Spain	Eduardo A.	López Arregui	2006 - 2010
Sweden	Kristina	Gemzell - Danielsson	2008 - 2012
Switzerland	Johannes	Bitzer	2006 - 2010
Switzerland	Brigitte	Frey Tirri	2008 - 2012
The Netherlands	Rob J.C.M.	Beerthuizen	2008 - 2012
Turkey	Haldun	Guner	2008 - 2012
Turkey	Hakan	Satiroglu	2002 - 2008 - 2012
United Kingdom	Meera	Kishen	2008 - 2012
United Kingdom	Sarah	Randall	2006 - 2010
USA	Irving	Sivin	2008 - 2012

Seminar Belgrade

Welcome to Belgrade to The 10th European Society of Contraception and Reproductive Health Seminar (18-19th September 2009)

The 10th Seminar of the European Society of Contraception and Reproductive Health "Unwanted Pregnancy or Abortion" will be held at Kolarac Foundation, the university centre settled in the heart of the city of Belgrade from 18th to 19th September 2009.



Katarina Sedlecki

The scientific part has been divided into two plenary sessions, free communication sessions, as well as six workshops. It will review the issues around unwanted conception versus contraception, including the role of health care professionals in the promotion of modern contraception and its impact on the quality of life. Benefits, risks and reasons for discontinuation, contraceptive choice and use among adolescents and those aged over 35 as well as post natal contraception are the proposed topics for the free communication sessions. Practical aspects of contraceptive use are planned for the workshops.

Many international experts, like Jean-Jacques Amy, Dan Apter, Gyorgy Bartfai, Sven Skouby and Johannes Bitzer will be invited as speakers to this seminar. Local experts will also give lectures. There will be simultaneous translation into English and Serbian.



*Catedral of
Saint Sava*

This 10th ESC Seminar will be interesting for colleagues who want to increase their own knowledge and wish to share their experiences in how we can reduce the barriers in contraceptive use. We are expecting mainly attendants from Serbia. However, colleagues who work in the field of contraception from neighborhood countries and other European countries are also warmly invited to come to Belgrade. We promise an unforgettable social programme, too.

Belgrade (Beograd) is the capital of Serbia, and has a population of around 1.6 million. It is situated in South-Eastern Europe, on the Balkan Peninsula, at the confluence of the Sava and Danube rivers. It is one of the oldest cities in Europe and has since ancient times been an important focal point for traffic, an intersection of the roads of Eastern and Western Europe. The official language is Serbian, while visitors from abroad can use English to communicate. There are almost 300 cultural monuments within the territory of Belgrade.



Kalemegdan Park

Belgrade has a reputation for offering a vibrant nightlife with the most recognizable feature being the barges spread along the banks of the Sava and Danube Rivers.

A more traditional Serbian nightlife experience including traditional music can be found in Skadarlija, the city's old bohemian neighborhood, where the poets and artists gathered in the nineteenth century and early twentieth century.

Belgrade has an extensive public transport system based on buses, trams, and trolleybuses. Belgrade also has a commuter rail network, and the main railway station connects Belgrade with other European capitals and many towns in Serbia. The motorway system provides for easy access to Budapest. The city is also served by Belgrade Nikola Tesla Airport (IATA: BEG), 12 kilometres west of the city centre, near Surčin. The communication with the City is along Belgrade-Zagreb highway. All major international airlines have regular service to Belgrade.

K. Sedlecki, local organizer

WORLD CONTRACEPTION DAY 2008

WCD 2008



World Contraception Day - ESC joins up again

ESC confirms its participation in World Contraception Day 2008 on 26th September

The level of unplanned pregnancy and abortion continues to be of concern to healthcare professionals and health authorities around the world with an estimated 42 million abortions carried out worldwide each year¹. This is why the European Society of Contraception and Reproductive Health (ESC) is pleased to announce it will once again be participating in the worldwide initiative to educate and inform the general public and healthcare professionals on contraception – World Contraception Day.

Launched last year, the campaign involved 51 countries, 50 governmental and NGOs, including the ESC, from around the world in highlighting the issues around unplanned pregnancy and abortion, and promoting contraception choices and usage.

The ESC will be joining forces with Marie Stopes International (MSI), the International Federation of Pediatric and Adolescent Gynecology (FIGJ), the Population Council, the Asian Pacific Council on Contraception (APCOC), Centro Latinoamericano Salud y Mujer (CELSAM) and Bayer Schering Pharma to support this important worldwide campaign.

New World Contraception Day resources for 2008 include lesson plan materials for teachers and information aimed at students starting college and university. The World Contraception Day website www.your-life.com will include all the new 2008 materials plus many interactive features to inform the public about contraception choices. Many countries will also be distributing of information packs to doctors to help them support World Contraception Day.

In 2008, World Contraception Day focuses on educating women to empower them to make informed choices about parenthood at the right time for them. The theme for this year is “Your life, your body, your choice”, where the impact of an unplanned pregnancy on women and the couple will be communicated. Unplanned pregnancy has significant impacts on communities, from the emotional and psychological impact on the individual, her partner and family as well as wider implications for healthcare professionals and support organisations who manage the outcomes.

Please mark this day in your calendar – 26th September – and think about how you can get involved to support this important event.

¹ Sedgh G, Henshaw S, Singh S, Ahman E, Shah IH. Induced abortion: rates and trends worldwide. *Lancet* 2007; 370:1338-45.

Awards (best poster, public prize, young scientist)

Please find here the names of the award winners of the 10th ESC Congress, Prague, Czech Republic. All the abstracts can be found on the ESC Website.

Best poster prize

- 1st - C. Guazzelli, Brazil
Counseling and use of contraceptive methods by 210 female graft recipients
- 2nd - P. Kascak, Slovakia
Oral contraceptives and intrahepatic cholestasis of pregnancy - a retrospective study
- 3rd - C. Czernichow, France
Survey of contraception in France in 2007

Young scientist

- 1st - M. Teixeira, Portugal
Youth knowledge, beliefs and behaviour about sexually transmitted infections and condom use
- 2nd - M. Ekstrand, Sweden
Deciding on abortion - an illusion of power-in-depth interviews with Swedish teenage girls three weeks after abortion

ESC Best Public Poster

- M. Lattakova, Slovakia
Oral contraceptive use in relation to one mineral density and bone turnover in adolescent women

Best poster prize



C. Guazzelli, Brazil



P. Kascak, Slovakia



C. Czernichow, France

ESC Best Public Poster



M. Lattakova, Slovakia

Young scientist award



M. Teixeira, Portugal



M. Ekstrand, Sweden

ESC events

10th ESC Seminar

Theme: barriers to modern contraception: use and possible solutions
Belgrade, Serbia
18 and 19 September 2009
Hosting organizer: K. Sedlecki
Info: seminar@contraception-esc.com

11th ESC Congress

Theme: Culture, Communication and Contraception
The Hague, The Netherlands
19 to 22 May 2010
Hosting organizers: R. Beerthuisen and R. van Lunsen
Info: congress@contraception-esc.com

ESC sessions during other meetings:

Clinical Conference 'Reproductive Health 2008' of the Association of Reproductive Health Professionals

(Washington, 17 to 20 September 2008)

FIAPAC Congress

(Berlin, 24 - 25 October 2008)

FIGO 2009 Congress

(Cape Town, South Africa, 4 to 9 October 2009)

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: www.contraception-esc.com (go to 'News')

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