



**Primary Care
Women's Health
Forum**

Primary Care Women's Health Forum

e-update

Issue 35: February 2016



News

Primary Care Women's Health Forum

The overarching theme of the CMO report, published [here](#), *The Health of the 51%: women* is the issue of obesity and the need to improve public and political awareness of the risks associated with this 'epidemic'.

Dame Sally Davies says: 'The prevalence of obesity (BMI >30) is over 25% in both women and men. It is associated with leading causes of morbidity and mortality, such as diabetes, cardiovascular disease and cancers.

Obesity can affect the outcomes of any pregnancies they have and impacts on the health of any future children they may have. In pregnant women, the developmental environment can affect the germline cells in the fetus e.g. their eggs (primary oocytes) and so a woman's health whilst she is pregnant also impacts on the health of her children and grandchildren'.

GETTING HEALTHY BEFORE PREGNANCY, FOR PREGNANCY

have a Body Mass Index (BMI) that is **18.5 to 24.9**
eat a healthy diet which includes folic acid
be physically active
address mental health problems
stop smoking
avoid alcohol and recreational drugs



EFFECTS OF MATERNAL OBESITY



For the Mother

- decreased fertility
- increased risk of miscarriage
- increased risk of gestational diabetes
- increased risk of perinatal complications

For the Fetus

- increased risk of stillbirth
- increased risk of metabolic abnormalities
- increased risk of developmental abnormalities

For the Offspring

- increased risk of obesity
- increased risk of diabetes
- increased risk of hypertension (high blood pressure)



PROPORTION OF OVERWEIGHT OR OBESE WOMEN IN ENGLAND



This 'epidemic' is also affecting children and the publication of the report on childhood obesity from the Department of Health is imminent.

The latest figures from the National Child Measurement Programme, for 2014/15, show that 19.1% of children in Year 6 (aged 10-11) were obese and a further 14.2% were overweight. Of children in Reception (aged 4-5), 9.1% were obese and another 12.8% were overweight. This means a third of 10-11 year olds and over a fifth of 4-5 year olds were overweight or obese.

Cancer Research UK has developed an online resource which demonstrates the concerns about the link between obesity and cancer and is relevant to use with our patients, which can be accessed [here](#).

The New Change4Life Sugar Smart campaign has been publicized. This includes an app to help parents see how much sugar there is in everyday food and drink. The free app works by scanning the barcode of products and revealing the amount of total sugar it contains in cubes and grams.

Change4Life has also created a short film to warn parents about the health harms of eating and drinking too much sugar, including becoming overweight and tooth decay.

On average, children in England consume three times more sugar than the maximum recommended daily amount. You can watch the video [here](#).

Anne Connolly. Chair of the Primary Care Women's Health Forum

Meetings & Events

Primary Care Women's Health Forum Conference 2016



Primary Care Women's Health Forum

Women's Health - What's New in 2016

The Primary Care Women's Health Forum's 8th annual conference will be held on **Wednesday 23rd November 2016** at the **St. John's Solihull**. Once again we will make sure that the sessions are relevant for the work done in primary care and our presenters will challenge us to provide care fit for purpose for our female patients.

Since launching this year's conference we are pleased to say we have received an overwhelming response. The conference provides an exceptional networking and learning opportunity for those with an interest in female health. Click [here](#) to book now to avoid disappointment.

There is also a further opportunity for you to enter the **Best Practice Award** and share your work.

In addition, delegates will be eligible to gain up to **6 hours of reflective learning**.



[More Information](#)

[Book Now](#)

PCWHF Women's Health Webinars

MEDA

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The Primary Care Women's Health Forum will be holding a series of webinars on Women's health matters, sponsored by MEDA Pharmaceuticals.

The Webinars will cover a range of topics, including the UKMEC, Managing the Menopause and PCOS.

MEDA Pharmaceuticals has had no involvement in the design or content of the webinars.

These webinars will offer 1 hour's worth of CPD points and will be hosted by the PCWHF's own expert members. To register or for more information, please follow the links below.

[More Information](#)

[Book Now](#)

BMS Menopause Academy

Celebrating
25
Years



The British Menopause Society have announced a series of half day women's health meetings to be held across the UK. The meetings will provide education for Primary Care clinicians, including GPs, GP trainees, Specialist and Practice Nurses and others with an interest in post reproductive health. Delegates will be eligible for 3 hours of reflective learning. The meetings are supported by an unrestricted educational grant from Mylan.

To register for the meetings, please go to www.menopauseacademy.co.uk, a website developed by Mylan to support health care professionals in their understanding of the diagnosis and management of the menopause. The website will also shortly be home to a series of online training modules, developed in conjunction with Events 4 Healthcare.

[More Information](#)

[Book Now](#)

Useful Papers & Guidelines

Recent Papers

A number of relevant articles have been published this month in the International Womens' Health Journal.

Although this paper was published 2 years ago this provides a detailed overview of the pathophysiology of PCOS and the relationship with insulin resistance.

Rojas J et al 2014 Polycystic Ovary Syndrome, Insulin Resistance, and Obesity: Navigating the Pathophysiologic Labyrinth

<http://www.hindawi.com/journals/ijrmed/2014/719050/abs/>

The Danish study on the use of oral contraception in the 3 months before and during early pregnancy was recently published in the BMJ.

Brittany M Charlton et al 2016. Maternal use of oral contraceptives and risk of birth defects in Denmark: prospective, nationwide cohort study. This can be read [here](#).

The FSRH response to the BMJ paper can be found [here](#).

MHRA Prescribing Advice

Over the past few months the MHRA have published a number of relevant safety updates:

Levonorgestrel releasing intrauterine systems [here](#).

Intrauterine contraception update [here](#).

Mycophenolate mofetil, mycophenolic acid: new pregnancy-prevention advice for women and men [here](#).

Recent Guidelines

NICE have launched the Diabetes in pregnancy quality standard (QS109). These quality standards offer excellent opportunities for auditing the care offered by your practice.

Read the guidelines [here](#).

The [attached](#) Rapid referral guidance toolkit has been produced by Macmillan Cancer Support. This has been produced by GPs for GPs with the aim of providing support, guidance and practical referral recommendations using the NICE referral guidelines for suspected cancer (2015 update).

Tips

Top tip from Gill Brook, Urotherapist - Bradford

Faecal urgency or incontinence affects up to 1 in 10 people. Although it may be only a mild problem for some people, for others it has a major impact on their quality of life and severely restricts their activities. Of course, each person is assessed on an individual basis, and there is a broad range of treatment and management options available.

One aspect which should not be overlooked is stool consistency; any of us can experience faecal urgency or incontinence if our stools are loose enough. Following appropriate investigations, appropriate medication such as loperamide is suggested for some patients; however, even one capsule (2mg) may prove too effective, resulting in constipation. In such cases loperamide syrup is a useful alternative. Under appropriate professional supervision, patients can experiment with doses as low as 0.5mg (half a 5ml teaspoon) and work out the best dose for them.

St Mark's Hospital has produced a useful advice sheet on the subject which can be read [here](#) plus a lot of other useful leaflets related to all aspects of intestinal and colorectal disorders [here](#).

Top Tip from Uma Marthi, GPSI - Rochdale

Thanks again to Uma Marthi – GPSI from Rochdale, who has modified her tips for endometriosis awareness. This slide is really useful for clinicians and patients as a reminder.

See the slide [here](#).

Top Tip from Caroline Cooper, Associate Specialist SRH - Cambridge

Caroline sent a tip about the PELIspec® Pro-Wall speculum designed for use in cases of anterior vaginal wall laxity.

I have got speculums with "walls" from Pelican (ie a band around so that when it is opened you don't get prolapsing vaginal walls coming in). They will send samples to try

<http://www.pelicanfh.co.uk/product/pelispec-pro-wall>

Patient Information

Patient Information Videos from RCOG

Excellent patient information videos to help women 'recover well' following gynaecological surgery have been produced by the RCOG. One example on recovering after surgery for stress incontinence can be found at:

<https://www.rcog.org.uk/en/patients/patient-leaflets/mid-urethal-sling-operation-for-stress-urinary-incontinence/>

Useful facts for women with HIV who are pregnant or waiting to conceive

<http://www.aidsmap.com/HIV-and-having-a-baby/page/1044918/>

Mum and Baby Academy Website

The Mum & Baby Academy is a free learning channel dedicated to the needs of antenatal, postnatal and paediatric healthcare professionals. Each month new learning modules are published on the site.

<http://www.mumandbabyacademy.co.uk>

Other News

Request for help from the FSRH CEU

As part of the clinical guidance development process, we would like feedback from clinicians on the scope of the **emergency contraception** clinical guidance. Closing date for this survey is 26th February 2016.

The survey can be accessed via this website: <https://www.surveymonkey.co.uk/r/Q28RX7D>

Sexual Health Commissioning in England

The PCWHF have previously raised concerns about the fragmentation of Sexual health commissioning in England. Unfortunately some local authorities are now making changes to commissioned services in attempts to manage their funding cuts. This [article](#) published in Pulse provides further details about how this is affecting some primary care providers.

Please keep us informed at enquiries@pcwhf.co.uk if there are any changes to the provision of GP LARC services in your area.



Please visit our [website](#), where new members can also [join the Forum for free](#).

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