



News

Primary Care Women's Health Forum

The majority of clinicians who have an interest in women's health will have already seen and used the updated UKMEC produced by the FSRH Clinical Effectiveness Unit. This is the 3rd edition of this fantastic resource which:

- Provides guidance on safety of contraceptive methods using numerous medical conditions and patient characteristics

But does not:

- Address the use of contraceptives for non-contraceptive benefits
- Consider the efficacy of methods
- Replace clinical judgment

The full version can be found at <http://www.fsrh.org/pdfs/UKMEC2016.pdf>
With the summary also available [here](#).

The main changes to this latest version:

- It is an on line resource only so easily updated if necessary.
- Longer introduction with advice on method efficacy and a list of conditions posing significant health risks during pregnancy
- Reordering of methods with the long-acting methods first followed by the shorter acting, less reliable methods.
- Updated section on emergency contraception including Ulipristal acetate.
- Some methods have been removed; fertility awareness, barrier methods and sterilization but each has an updated full recommendation available on the FSRH website.
- Some conditions including malaria and schistosomiasis have been removed and further advise regarding these can be found using the WHOMEK.
- There are some inclusions recognising the changing demographics and the increasing diagnosis of certain conditions such as long Q-T syndrome and treatments such as bariatric surgery.
- Post-natal contraception advise has changed:

- o Progestogen-only methods can be started at any time post-natally.
 - o Combined-hormonal contraception can be used in non-breast feeding women with no risk factors for VTE after 3 weeks.
 - o Combined-hormonal contraception can be used in breast feeding women after 6 weeks.
- There is better clarification for method safety recommendations for women who have multiple risk factors for cardio-vascular disease and removal of the split 2/3 recommendations.
 - Raynauds disease has been removed and replaced by a section on rheumatological conditions, which includes recommendations dependent on whether the woman is antiphospholipid antibody positive or not.
 - Removal of lists of drugs which may interfere with hormonal contraceptive methods and the addition of an online resource – MEDSCAPE to use as a drug checker <http://reference.medscape.com/drug-interactionchecker>
 - The HIV drug interactions should be checked using the website www.hiv-druginteractions.org/interactions.aspx
 - Finally the addition of resources, including a video-clip, to help advise clinicians on the diagnosis of migraine with aura.
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So congratulations to the FSRH and the CEU for their hard work on developing this latest version of the UKMEC. Please share widely with other colleagues to ensure that women receiving contraception are getting the most reliable and also the safest methods for them.

Members of the PCWHF have also recently developed a guide to 'contraception myth-busters', which can be found [attached](#).

And the PCWHF menopause guideline is published in a booklet format – find it at http://www.pcwhf.co.uk/documents/pcwhf_menopause_guidelines_2016.pdf. Please download and share!

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



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.

Previous webinars such as the very popular UKMEC are available to view [here](#).



EllesteTM
estradiol +/- norethisterone

[More Information](#)

[Book Now](#)

A One Day Update on Gynaecology

The National Association of Premenstrual Syndrome will be holding their 'A One Day Update on Gynaecology' conference on the 1st July at Nottingham University Sutton Bonnington Campus.

You can register [here](#).

Delegates will be eligible to gain 5 hours of reflective learning

Useful Papers & Guidelines

Recent Papers

[Article on Ovarian cancer.](#)

Supplement on Ovarian cancer - register [here](#) for a free digital copy

[The BJFM](#)

The latest women's health edition of the British Journal of Family Medicine is free to download. This edition contains articles on menopause and HRT prescribing written by 2 of our board members: Sarah Gray and Louise Newson. You can read it [here](#).

[Menopause Management](#)

Further information on menopause management is included in the 2016 International Menopause Society Recommendations. Both the full report and a slide kit of recommendations are available via this [link](#).

[Painful Bladder Foundation](#)

The International Painful Bladder Foundation's paper on interstitial cystitis/bladder pain syndrome can be viewed [here](#).

Patient information

Useful App

[Useful App](#)

☐☐ • ☐ Squeezy the NHS physiotherapy app for pelvic floor exercises

[Contraception advice for men and women travelling to Brazil for the 2016 Olympics](#)

Available from the FSRH [here](#).

Sayana Press

For our patients considering self-administration of Sayana Press: Sayana answers – www.sayanaanswers.co.uk

Immunisations during pregnancy

Patient information leaflet on immunisations during pregnancy can be accessed [here](#).

Calcium calculator

A calcium calculator that can work out intake per day may be used via this [link](#).

Other News

Fertility Health

With recognition that increasing numbers of couples are leaving child bearing until later there is becoming concern about when and how do men and women get information about their fertility. In April the British Fertility Society, RCOG, FSRH and other organisations held a **Fertility Health Summit: Choice not Chance**.

The report attached is a summary of the discussions and recommendations. https://britishfertilitysociety.org.uk/downloads/ms_20955.pdf

Change of timing of whooping cough immunisation in pregnancy

<https://www.rcog.org.uk/en/news/rcog-statement-pertussis-whooping-cough-vaccination-now-offered-from-20-weeks-of-pregnancy/>

Case Study

Louise Newson, board member for West Midlands, has written a case report on a difficult case of PMS she has dealt with. This can be found [attached](#).

Please send any cases you think are challenging or informative to Natalie at Natalie@events4healthcare.com for inclusion in future e-letters.

Poster

Poster - Award winning poster presented to the European Society of Contraception by Dr Susan Walker, Senior Lecturer in Sexual Health

Faculty of Health, Social Care & Education

Anglia Ruskin University in Chelmsford & Cambridge

Barriers to Uptake of Intrauterine Contraception: Patient and Practitioner perspectives

View [here](#).

Tips from our members

New thread cutting scissors available from Durbin

http://www.durbinglobal.com/assets/templates/assets/uploads/Sexual_supplies_.mp4



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

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