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# Contraception Update Morning

**Saturday 17th September 2016**

**Village Urban Resort**

**186 Otley Road, Headingley, Leeds LS16 5PR**

Introducing your speaker

**Professor John Guillebaud**

**Emeritus Professor of Family Planning**

**University College London**

**All delegates will receive**

- A set of lecture notes available for download for delegates' personal use
- A certificate for your appraisal portfolio

**Course Accredited for 3 hours CPD**

## Meet the Speaker ...

### John Guillebaud – pronounced in 2 syllables “Gil-boe”[a Huguenot name]

is Emeritus Professor of Family Planning and Reproductive Health, University College London

(personal Chair since 1992, the world's first in this specialty) and ex-Medical Director, Margaret Pyke Centre for Study and Training in Family Planning. He was born at Buye, Burundi, brought up in Rwanda, Uganda and Kenya, and continues to make regular training and support visits for healthcare professions in Africa (Central and South).

As well as procedures for women he has performed c 5000 vasectomies - latterly by the favoured 'No-scalpel' technique - and he is involved in studies of a promising non-hormonal male pill that leads to a semen-free but normal-feeling orgasm, potentially reducing male-to-female HIV transmission.

He is author/co-author of over 300 publications on environmental sustainability, reproductive health and population, contraception for women and for men, and of nine books which are available in 10 languages including Bulgarian, Malay and Japanese. Recently updated editions are available of “Contraception: Your Questions Answered”, “Contraception Today”, the “Oxford Handbook of Reproductive Medicine and Family Planning” and “Contraception: a Casebook from Menarche to Menopause.” He also consults ad hoc, as requested, both internationally (e.g. WHO and the Department for International Development) and nationally (e.g. advising on Guidance documents of the Faculty of Sexual and Reproductive Health).

His choice of contraception for both genders as his specialty, leading to higher degrees in both surgery and gynaecology, was made while he was still a medical student, prompted by a lecture from the Biologist Dr Colin Bertram. Ever since, his vision has been that humankind's collective environmental footprint is exacerbated by the number of feet - i.e. the number of humans doing the consuming and polluting, on our uniquely life-supporting but finite planet. This factor, one of only 3, in humanity's environmental impact can be addressed, wisely and compassionately, through voluntary rights-based family planning made accessible to all. Along with Sir David Attenborough he is a Patron of and Adviser to [www.populationmatters.org](http://www.populationmatters.org); and his TED lecture 'Sex and the Planet' and more can be viewed at [www.ecotimecapsule.com](http://www.ecotimecapsule.com).

These days John spends an increasing amount of time with his two grandchildren aged 8 and 7 who live next door, and indulges his lifetime enthusiasm for cycling, for its fun and its convenience (and zero emissions). Reluctantly, he anticipates the meetings scheduled for 2016 to offer the last opportunity for doctors and nurses to participate in his interactive presentations.



## Your Learning Agendas ...

### 1. World Population, Family Planning and Sustainability

“There's no major problem facing our planet that would not be easier to solve with fewer people, or harder - and ultimately impossible - with ever more”

(Sir David Attenborough, Patron of Population Matters)

### 2. The **jewels** in contraception:

- ▶ The IUCs (intrauterine contraceptives, both types)
- ▶ How to (re-) introduce them into routine primary care
- ▶ Both for emergency use (Cu) and long-term (whether Cu or one of the IUSs, now 3 in number)

### 3. **Diseases** and **Drugs** which interact in contraception

### 4. **New products** in contraception:

- ▶ What to fight for – and what to forget?

### 5. **Tricky situations** in contraception:

- ▶ When there is no LMP (e.g. post partum, late DMPA doses), how to initiate contraception with maximum success.
- ▶ Post partum and post abortion
- ▶ The 3-week Pill-Bridge-till-LARC 'Ploy'

### 6. **Adolescence** and contraception:

- ▶ Much more to preventing teen conceptions than optimum use of current contraceptive technology - though that certainly helps.

### 7. **Finality in contraception through sterilization, and:**

- ▶ Why vasectomy by the no-scalpel technique is preferable to (and not just 5 times more effective than) female sterilization whether by laparoscopy or hysteroscopy

### 8. **Would a male pill make a vas deferens?**

- ▶ A glimpse into the future of contraception - for either gender

## Programme ...

9.00-9.30am	Registration, Coffee & Exhibition
9.30-11.00am	Contraception Update - Part 1
11.00-11.30am	Coffee, Biscuits & Exhibition
11.30-1.00pm	Contraception Update - Part 2
1.00pm	Conference closes

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