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in health education

Contraception Technology Update 2017 (An unlearning as well as a learning experience)

Saturday 9th September 2017

Royal Society of Medicine
1 Wimpole Street, London W1G 0AE

Introducing your speaker

Professor John Guillebaud

Emeritus Professor of Family Planning
University College London

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- A set of lecture notes available for download for delegates' personal use
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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; and his TED lecture 'Sex and the Planet' and more can be viewed at www.ecotimecapsule.com.

These days John spends an increasing amount of time with his two grandchildren aged 9 and 8 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 2017 to offer the last opportunity for doctors and nurses to participate in his interactive presentations.



Your Learning Agendas ...

A Selection of the following subject to time and audience request

1. **World Population, Family Planning and Sustainability**
“Either we reduce our numbers voluntarily, or nature will do it for us brutally”
Maurice Strong, at the UN Environment Conference, Rio 1992
2. **New developments in UK Sexual and Reproductive Health (SRH)** including Training for Practice Nurses and GPs through the Faculty of SRH
3. **What’s on the way out?** Some methods and some practices (like routine follow-ups) **And what in contraception is new - or old news yet important, ripe for rediscovery?**
4. **21st century Pill-prescribing:**
tricycling, 365/365 or 24/4, but preferably now NOT 21/7
5. **NuvaRing, Qlaira, Zoely and Daylette** – all to be welcomed, for selected cases
6. **Quick-starting & Bridging**, and the protocols to use if progestogens follow hormonal EC
7. **Another plug for EC by Cu:** 10 x greater efficacy, quick-starting, & gives long-term option
8. **Contraception in Lactation**
9. **Case cameos, to introduce the *Proving not Pregnant Protocol***
10. **The LARCs – unapologetically promoted, AGAIN!**
11. **Intrauterine contraceptives (IUCs meaning IUDs & IUSs)** – the best of the best?
12. **Parenteral contraceptives** (Depo-Provera, Sayana Press, Nexplanon)
13. ***Diseases and drugs*** which interact in contraception
14. **Contraception in *Adolescence* and *Peri-menopausally***
15. **Summary of the morning: 21 messages which may change your practice**
(or not, if you were already up to speed!)

Programme ...

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

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