

Conceiving fresh Concepts in Contraception:

Practical tips revealed from this speaker's 50-year journey - some new, some rediscovered

All Delegates will receive

- A set of lecture notes available for download for delegates' personal use
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**Course Accredited for
3 hours CPD**

Saturday 19th September 2020

**Cardiff School of Management
 Llandaff Campus, Cardiff Metropolitan University
 Western Avenue, Cardiff CF5 2YB**

Introducing your speaker

Professor John Guillebaud
 Emeritus Professor of Family Planning
 University College London.

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 support sexual and reproductive healthcare professionals in Africa. He features intermittently in the media and also consults, as requested, both internationally and nationally, advising inter alia on the regular Guidance documents issued by the Faculty of Sexual and Reproductive Health.

As well as procedures for women he has performed c 5000 vasectomies - latterly by the favoured 'No-scalpel' technique - and had one himself, remarking that he may have toyed with the idea but didn't do his own! He is author/co-author of over 300 publications on environmental sustainability, climate change, reproductive health and population, contraception for women and for men, and of nine books available in 10 languages including Bulgarian, Malay and Japanese. "Contraception Today" and "Contraception: Your Questions Answered" (now co-authored with Professor Anne MacGregor) are available in very recent editions, and he contributed to the "Oxford Handbook of Reproductive Medicine and Family Planning" and "Contraception: a Casebook from Menarche to Menopause."

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 must be addressed, always wisely and compassionately, through voluntary rights-based family planning made accessible to all. Along with among others Sir David Attenborough he is a Patron of and Adviser to www.populationmatters.org; and his website is www.ecotimecapsule.com.

His activism regarding climate change is best summed up in the slogan: "*the greenest energy of all is the energy you do not use - at all*". This is obvious from his lifetime enthusiasm for cycling, for its fun, convenience and zero emissions; and less obviously but no less importantly from his strong advocacy to reduce the number of climate changERS on the planet through the neglected climate intervention of voluntary family planning.

John now spends an increasing amount of time and energy with his grandchildren living next door, enjoying the same extended household and shared garden. He warns that, although large audiences are still coming, 2020 is expected to be the final year of his interactive presentations "in a city near you".



Your Learning Agenda ...

The following will be covered, during the presentation as time permits, otherwise by the supplementary Manual provided:

A. First, things to be 'unlearned': for example, that combined hormonal contraception (CHC) taken in the 21/7 regimen as marketed for the past 60 years is a good choice. There are better regimens (63/4 & 365[0]), also methods that are better. Above all, IUCs (generic for IUDs, IUSs and the new IUB) are seen as contraceptive 'jewels' by many women, once tried, including - contrary to past teaching - nulliparae. How can it be, that IUCs are now rarely offered in UK General Practice and IUC-trained providers are becoming deskilled?

B. Things to learn: the new methods, which to fight for, to use in selected cases - and which are not of special interest? Also fresh insights on how to provide the old ones, including establishing 'open house' protocols to replace routine follow-ups.

C. Consideration of contraceptive choices:

- ▶ in preventing teenage conceptions: much more to it than optimum use of current contraceptive technology, though the LARCs certainly help.
- ▶ for women around the menopause: and when to cease, if using a menses-masking method
- ▶ after abortion, full-term pregnancy and in lactation
- ▶ whenever there is no reliable LMP: the *Proving Not Pregnant Protocol*
- ▶ when 'quick-starting' and 'bridging': as should now be the norm
- ▶ for emergency contraception (EC): how can any service be 'adequate' if the most effective (copper) EC method is essentially not available in a timely way?
- ▶ when there is problematic bleeding with any method especially implants: the 'D Check-list' to diagnose, avoidance of norethisterone to treat
- ▶ during assorted diseases and common 'dis-eases': the *Principle of Summation and Maintaining Risk-Benefit Difference*, and egs - migraine aura, high body mass
- ▶ when there are potential drug interactions: the other drug reducing the efficacy of a CHC or the reverse, its own efficacy (or safety) altered by the CHC
- ▶ where *exceptional* efficacy needed [= IUC or implant]: valproate, oral retinoid Rx
- ▶ including vasectomy by no-scalpel methods: 5 times as effective as female sterilization. NB: World Vasectomy Day is November 17!
- ▶ in a concluding summary: 20+ messages which may change your practice (or not, if you were already up to speed!)

Finally, contraception matters: for the future of the planet as well as for families. "Family planning could bring more benefits to more people at less cost, than any other single technology now available to the human race" [James Grant of UNICEF, 1992]

Programme ...

9.00 - 9.30am	Registration, Coffee & Exhibition
9.30 - 11.00am	Session 1
11.00 - 11.30am	Coffee, Biscuits & Exhibition
11.30 - 1.00pm	Session 2
1.00pm	Conference Closes

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