

SOGC Annual Clinical Meeting, Vancouver, June 22-27, 2006

What's New in Contraception

Is it OK If You Never Have A Period Again?

Saturday, June 24th, 2006 at 9:00 PDT

Taking Charge: New Science for Continuous-Use Oral Contraceptives:

With new forms of continuous-use birth control pills scheduled to hit the Canadian market, more and more women will have the option of saying goodbye to their periods. Is that OK? Will it affect long term fertility? Are periods really necessary? Panelists discuss the latest research on the risks and benefits of continuous-use oral contraceptives.

So Many Choices...But Why Aren't We Using Them?

Saturday, June 24, 2006 12:30 PDT

Beyond the First Prescription: Enhancing Oral Contraception Compliance

Even though Canadian women have even more choices in oral contraception, consistent and effective use of oral contraceptives is still a challenge. What can doctors do to match the patient to the right form of contraception, and what works in helping patients stay on track with their birth control? Dr. Amanda Black discusses what can be done by health practitioners to support effective, ongoing use of The Pill.

These sessions are open to the media. To set up an interview with a presenter, please contact Patricia Robitaille at (604) 873-0080.

To register to attend these sessions, please go to the Media Desk on site at the Westin Bayshore, June 21-27, 2006.

Biographical Notes for Dr. Amanda Black

Dr. Amanda Black is an obstetrician-gynaecologist in the Department of Obstetrics and Gynaecology at the Ottawa Hospital. She also works in the Division of Paediatric and

Adolescent Gynaecology at the Children's Hospital of Eastern Ontario (CHEO) and is an Assistant Professor at the University of Ottawa.

Dr. Black has been involved in a number of educational initiatives in the area of contraception, including the development of computerized counselling aids for office practice, the development of contraception modules and workshops for physicians, and the development of on-line learning modules for physicians. She has lectured locally, nationally, and internationally on the topics of family planning and sexuality.

Dr. Black is currently the chair of the Society of Obstetrician and Gynaecologists of Canada's (SOGC) Contraception Awareness Program (CAP) and is involved in the ongoing development of the SOGC website, www.sexualityandu.ca. Most recently, she served as the Co-Chair of the 2004 Canadian Contraception Guidelines Committee.

Biographical Notes for Dr. Robert Reid

Dr Robert Reid is a Professor of Obstetrics and Gynecology and Chair of the Division of Reproductive Endocrinology and Infertility at Queen's University. Dr Reid is active in clinical research with over 150 peer-reviewed publications, review articles, and book chapters.

Dr Reid is a Past President of the Society of Obstetricians and Gynecologists of Canada (SOGC). Between 2000-2004 he chaired the SOGC's Contraception Awareness Program (CAP) on sexual and reproductive health. In 2005 CAP won the United Nations World Summit Award for having developed one of the top five e-health websites in the world -- sexualityandu.ca/masexualite.ca Dr Reid is currently co-chair of the Contraception Advice, Research, and Education [C.A.R.E.] fellowship program at Queen's University.

Biographical Notes for Dr. Edith Guilbert

Dr. Edith Guilbert obtained her medical degree from Laval University, Quebec and has completed postgraduate studies in Education Sciences and Public Health at Laval University as well as at Johns Hopkins University, Baltimore, USA in the Department of Population Dynamics, School of Hygiene and Public Health.

Dr. Guilbert is a staff member of the Family Planning Clinic of the Centre Hospitalier Universitaire de Québec (CHUQ), a member of the Institut national de santé publique de Québec and of the Direction régionale de santé publique de la Capitale nationale, researcher at the Research Unit in Public Health of the CHUQ, an associate clinical professor at the Obstetrical and Gynaecology Department of Laval University, and medical adviser for the Paediatrics Department of the CHUQ.

Dr. Guilbert is a member of several professional associations, including the Society of Obstetricians and Gynaecologists of Canada, the Association of Reproductive Health Professionals and is a Fellow Associate of the Alan Guttmacher Institute. Dr. Guilbert is currently in charge of the Committee on teenage pregnancy prevention for inner Quebec-city and the Family Planning services organization of the region of Quebec.

Backgrounder

Contraception Use in Canada

Canadian contraceptive use has changed over the past 20 years. Reliance on certain methods such as female sterilization has shown a decline, while oral contraceptive use has increased, so that it is now the contraceptive method most used in Canada.

Certain factors such as the considered efficacy of the method, ease of use, cost, and availability influence contraception choice across the life stages and women's and men's different perceptions of contraception. Healthcare professionals play a pivotal role in helping choose a contraceptive that is right for the patient. Proper patient counselling helps women make choices that facilitate successful contraceptive use.

There are now many new and exciting forms of contraception available and more await approval. Yet, many women are unaware of alternative forms of contraception such as the vaginal ring or intrauterine devices; compliance continues to be a challenge; and many misconceptions impact perception and attitudes regarding birth control.

Contraception and Sexual Health Facts

- The average age both male and female Canadians have sex for the first time is 16.5.
- In a 2005 report, 41% of males aged 15-17 and 39% of those aged 18-19 reported having more than one sexual partner in the previous year.
- For females in the study, 29% of 15-17 year olds and 31% of those aged 18-19 reported having more than one sexual partner in the previous year.
- Oral contraception is the dominant method of contraception for women in Canada: more than 32% of sexually active women use it. Condom use is second at 21%.
- 39% of female grade nine students and 54% of grade 11 students used the pill the last time they had intercourse.
- Of sexually active adults aged 20-24, 44% reported having sex without a condom, compared with 33% of those aged 18-19 and 22% of those aged 15-17.
- Contraception use in sexually active, younger women in the 15-17 age group is quite high (80% report using contraception the first time they had intercourse). However, consistency of use is a problem: only 60% of unmarried teens report always using contraception over the previous six months.
- The more sexual partners that young Canadian women report having, the more likely they are to be using oral contraception, the less likely they are to use condoms, and the more likely they are to have had an STI.
- Alcohol use poses a significant barrier to effective contraceptive use at all ages.

For more information on contraception:

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1. sexualityandu.ca, administered by the SOGC
<http://sexualityandu.ca/eng/adults/CN/methods.cfm>

2. 2002 Canadian Contraception Study: examines the awareness, attitudes, and practices of Canadian women with regards to contraception
<http://sexualityandu.ca/eng/health/HW/resources.cfm>
3. 2004 Canadian Contraception Consensus: clinical guidelines for health professionals on the use of contraception methods to prevent pregnancy and STIs
<http://sexualityandu.ca/eng/health/HW/resources.cfm>

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About The SOGC:

The SOGC is one of Canada's oldest national specialty organizations. Established in 1944, the Society's mission is to promote excellence in the practice of obstetrics and gynaecology and to advance the health of women through leadership, advocacy, collaboration, outreach and education. The SOGC represents obstetricians/gynaecologists, family physicians, nurses, midwives and allied health professionals in the field of sexual reproductive health.