

PRESIDENT'S NOTE

Dear ASPOG members,

Welcome to the latest newsletter.

I am delighted to report that our Annual Scientific meeting in Hobart, was a great success on many fronts. It not only brought ASPOG to Tasmania for the first time, but also enabled networking in a beautiful setting, resulting in an increase in new members from the state.

The success of the meeting generated renewed enthusiasm for active participation on the ASPOG committee, and new members were proposed and voted in at the AGM.

Our new Committee members are Jade Bilati, Michelle Peate, Jennifer Marino, Catie Bortolot, and Marita Long. They have already been allocated tasks for the coming 12 months in the areas of the newsletter, programme planning and developing web based initiatives for information and training. We wish all the new members luck in all their tasks.

Still talking about the Committee you may have noticed I am still the President. I have over run my term however am continuing for a further 12 months. Our President Elect unfortunately had to pull out at the last minute. Our new President Elect, who will take over at the AGM in August 2017, is Jane Ussher. Thank you Jane.

Bianca Scarlett, who has ably looked after us all for the past few years has finally handed over the admin reins to Lesley Woods, so we bid Bianca a fond farewell, and look forward to continuing the work with Lesley, whom many of you met in Hobart.

Continuing our commitment to making this a truly national society, The Sunshine State has been chosen for the next annual Scientific meeting on 4-5th August 2017 in Brisbane. As the programme develops, more information will be released on the website.....all ideas welcome.

The continuing mission of ASPOG is to raise awareness of and educate health professionals in the importance of the psychosocial (and psychosomatic) aspects of Womens Health. This becomes daily more relevant in the modern world. Therefore we continue to work together to provide an informative and rewarding platform for our Membership.

Wishing you all Happy Holidays and very best wishes for 2017.

Susan Carr

ASPOG 42nd Annual Scientific Meeting Tasmania 2016

The annual scientific meeting for the Society was held in July 2016 in Hobart. For those of you who missed it, it was a great event with something for everyone. This included a keynote presentation from Professor Michael Quinn who got us all on our toes carving out some time for exercise after he discussed the related benefits of regular exercise and cancer prevention. Both Prof Quinn and A/Prof Penny Blomfield enlightened us and raised awareness of the impact of Australian cervical cancer screening and HPV vaccination programs (both of which deserve high fives for reducing high-grade cervical abnormality rates in young women), and the exciting changes ahead with HPV testing to replace pap smears. We were also intrigued by Dr Nicola Beamish's talk about the negative impact of parental use of smartphones and infant/parent interactions – definitely an increasing concern as we surround ourselves with more technology. Professor Martha Hickey talked about her research in managing sexual dysfunction after breast cancer – a very important, yet often neglected issue in practice! This 'important' issue was also a theme of Professor Jane Ussher and Professor Janette Perzs' presentations – with lessons learned including (once again!) that although it is important to discuss sexual health and renegotiation of sexual activities with patients and partners during the cancer trajectory, we cannot assume that it is important for every patient. We were also very moved by Amy Dryden's talk about menstruation and homelessness – it had us motivated to return home and organise a share-the-dignity-drive. Dr Tonia Mezzini got our full attention with her talk about the reconceptualization of pain – so insightful and informative to those working in clinical practice. There were also remarkable presentations delivered by medical students, master degree and PhD candidates – what a great opportunity for them! We also had an opportunity to present our own breast cancer survivorship research (including genitourinary concerns and oncofertility) – thank you to the Programme Organising Committee! As the saying goes 'save the best for last', the meeting finished up with outstanding presentations in the transgender session. The

audience was educated in all aspects of the topic including the 'transition from A to Z', personal viewpoints shared by transgender and gender diverse young people as well as parenting experiences of transgender parents. What a great way to wrap up the ASPOG 2016 meeting!

The scientific meeting also turned out to be a great networking opportunity – great for Early Career Researchers and newbies to the Society like us!

The ASPOG scientific meeting 2016 was a great event and we look forward to 2017! Next year, join us from August 3rd - 5th, in Brisbane. The theme of the meeting is '*Does the sun always shine? From birth to death: perspectives on Women's Health in the Sunshine State*'. For more details check out: <http://www.aspog.org.au/aspog-conferences/2017-conference.html>

Mariana S. Sousa and Michelle Peate

Prizes awarded at the ASPOG ASM 2016

Roger Wurm Award – won by Nicky Beamish

For - Parents' use of smart phones: Does it affect young children?

Smartphone use is a rapidly-growing, socially-acceptable interactional habit. Parents commonly use phones while with their infants. While there are anecdotal reports about adverse impacts on children's social/emotional development, safety and wellbeing, little research is available. The aim was to establish experts' opinions on the consequences of parents' use of handheld mobile devices for their young children.

Expert opinion is that there might be risks, but little theory to understand use as a key factor in infant/parent interactions. There was a consistent view that well-theorised observational research is needed urgently to inform clinical guidance and policy.

New Researcher Prize – won by Rosy Charter

For - Parenting Experiences of Transgender Parents in Australia

Transgender (trans) voices are considered lost in LGBT research. Following our study

(online, and semi structured interviews of 12 trans fathers and 18 trans mothers) information has been gathered to inform community and family health services, medical professionals and other specialist services that support the health and wellbeing of transgender parents and their families.

Suzanne Abraham Award – won by Jenny Stokes

For - The psychosocial aspects of gestational diabetes as portrayed by a Nepalese migrant.

Gestational Diabetes is a serious illness that is associated with an increased risk of complications and adverse outcomes for both the mother and baby. Australian management of gestational diabetes is aimed to maintain euglycemia by maintaining regular glucose monitoring, dietary modification, life style changes, exercise, and, when necessary, pharmacotherapy. Adherence to treatment requires rigorous behavioural and self care requirements.

Cultural and religious barriers may affect adherence to such a strict regime as evidenced by the pregnancy of a Nepalese migrant who could not perceive that she had "an illness" warranting medical attention. Similarly suggested dietary proscriptions were not able to be followed.

ISPOG Buenos Dias!

The 18th International Society of Psychosomatic (not Psychosocial as we are in Australia) Obstetrics and Gynaecology Congress was held in May 2016 in Malaga, in Andalusia, after initially being planned for Granada. Did you know that Europe's oldest human remains - 1.2 million years old – were found in Spain?

This year's meeting had the theme "Building Bridges to Better Care". Certainly I had the sensation of camaraderie and connection with our international colleagues – that we are all beavering away in our different corners of the world trying by research or clinical work or in whatever way we can, to make our contribution to building such bridges; it is very heartening.

The Congress was held at the Malaga Civic Centre – right on the seafront – with a

modern auditorium for the plenary lectures and adjunct sessions given in smaller rooms in the traditionally-tiled adjoining building. The opening ceremony on Thursday evening included flamenco dancing. People asked me before I went whether the talks were going to be in Spanish! In answer may I say that inadvertently I did attend one in Spanish, waiting for a plenary lecture, and cannot say that I learned anything. Conversely, I did glean much from the presentations in English, and was much impressed that so many countries participated, including England, Holland, Japan, Germany, Israel, America, Korea, Brazil, Croatia, Hungary, Austria, Argentina, Switzerland, Turkey and Australia.

Australia out did itself!

I was very proud of all our speakers, namely:

Tonia Mezzini: Pelvic Pain: beyond Infection

Janette Perz: Moderate to severe PMS in the context of relationships

Jane Ussher: i) Sexual and reproductive health in culturally and linguistically diverse women in Australia

ii) Changes to sexuality and fertility after cancer

Heather Rowe: Unintended pregnancy: survey results from understanding fertility management in contemporary Australia

Maggie Kirkman: i) Interviews from understanding fertility management in contemporary Australia

ii) What makes a beautiful vulva? Results of a national survey in Australia

iii) Health professionals' discursive constructions of clinical indications for female genital cosmetic surgery

iv) Why do Women commit filicide? Opinions of key informants in Malaysia

v) Understanding the life experiences of women convicted of filicide in Malaysia

Jane Fisher: Storage of reproductive material for medical reasons

Karin Hammarberg: Storing eggs for non-medical reasons

Cassandra Szoeki: Predictive factors of two decades of memory performance from midlife to late life: Data from the Women's Healthy Ageing Project

Susan Arwen and Kathy Edwards:

Improving sexual health knowledge in rural and remote South Australian Aboriginal communities

Susan Carr: Health care professionals and sex... can we do better?

Gemma Sharp: i) Motivations, expectations and experiences of labiaplasty: a controlled prospective study

ii) Psychological outcomes of labiaplasty: a controlled prospective study

So very well done to all presenters – you did us proud! (I sincerely apologise if I have inadvertently omitted anyone or made any errors – please feel free to correct without restriction! The abstracts should be available on the Congress website www.ispog2016.es if anyone would like further information).

The Australian contingent had a delicious dinner at a local seafood restaurant on the first evening capably organised by Susan – thank you indeed! And the Conference Dinner the next night was held at a black tie venue with a view out to the Mediterranean – the beguiling setting however could not compete with the fascinating ISPOG delegates sharing my table: on my right sat Astrid Andersson Wretmark, who has attended every ISPOG congress since 1995! She is a Swedish priest with a PhD in Theology from Uppsala University. I have just started reading her book which arrived in the post from her the day after I arrived back from Spain. On my left was Juan Carlos Abando, a physician who works in Bilbao who speaks five languages and was working in East Berlin when the Wall came down. We discussed how amazingly exciting an event it was, especially to witness. Juan Carlos also attended a Balint group that was part of the conference, run by German psychiatrist Vivian Pramataroff Hamburguer, who told us that in Germany it is part of the continuing education of GPs as well as psychiatrists to attend 30 annual hours of Balint group therapy. I always find Balint groups stimulating and thought-provoking. An additional treat was to meet Gemma Sharp, a fellow Adelaide attendee, like a needle in a Spanish haystack!

I am sure that there are many others who could also add their views, but for me attending ISPOG was certainly a life experience. I am looking forward to being

privileged to attending ASPOG in July in Hobart – we are wonderfully fortunate here in beloved Australia. The next ISPOG meeting will be held in May 2019 in Seoul. The hosts seem delightfully friendly and welcomed us all to South Korea.

Jenny Thomas

Editor's note - jenny gave us a wonderful history of Spain - that I am afraid I omitted. Please forgive me.

Farewell to Associate Professor Amanda McBride



As mentioned in our February newsletter Suzanne Abraham (past president of ASPOG) passed away in March 2016. She was soon followed by her best friend Associate Professor Amanda McBride. Amanda passed away on July 13th 2016

after a brief battle with pancreatic cancer. For those long term members of ASPOG this has been devastating as both have given so much to ASPOG not only with their time served on Committees but by attending every Scientific meeting and being passionate ambassadors for ASPOG.

Amanda was a much loved General Practitioner in Sydney. She was one of the founding academics of the School of Medicine, Notre Dame University in Sydney where her commitment to students and passion for clinical medicine helped shape the medical programme. She was still on the Staff when she died. She had an interest in medical politics serving on the AMA NSW Council, and the AMA Federal Council. She wrote extensively for both the Medical Observer and the Australian Doctor. She also appeared intermittently as Dr Amanda, the radio doctor on 2GB.

Amanda supported and advanced many causes including Breast Cancer Advocacy, The Shepherd Foundation, Glaucoma Australia as well as numerous professional committees.

Amanda was ever ready to take on a challenge with her big smile, passion, enthusiasm, never being short on words, holding others in high regard and being ever courteous to all.

She will be missed in many circles.

Publications by ASPOG members

Bilardi, J.E., Walker, S.M., McNair, R., Mooney-Somers, J., Temple-Smith, M., Bellhouse, C., Fairley, C.K., Chen, M.Y., Bradshaw, C., 2016, Women's management of recurrent bacterial vaginosis and experiences of clinical care: A qualitative study, PLoS ONE, 11 (3), e0151794. doi:10.1371/journal.pone.0151794

Bilardi, J.E., Walker, S.M., Mooney-Somers, J., Temple-Smith, M., McNair, R., Bellhouse, C., Fairley, C.K., Chen, M.Y., Bradshaw, C., 2016, Women's views and experiences for the triggers for the onset of Bacterial Vaginosis and exacerbating factors associated with recurrence, PLoS ONE, 11 (3), e0150272. doi:10.1371/journal.pone.0150272

Falcao, J., Bradshaw, C., Garrett, C., **Bilardi, J.E.**, Chen, M.Y., Zablotska, I., Fairley, C.K., Williams, H. (2016). Views of HIV-negative partners in heterosexual serodiscordant relationships regarding HIV Preexposure Prophylaxis – A Qualitative Study. *Sexual Health*, 13 (4), 345-352.

Rowe, H (2016): Biopsychosocial obstetrics and gynaecology – a perspective from Australia, *Journal of Psychosomatic Obstetrics & Gynecology*, DOI: 10.3109/0167482X.2015.1124853



ASPOG

43rd Annual Scientific Meeting
Brisbane Australia

Friday 4th - Saturday 5th
AUGUST

2017



Australian Society for
Psychosocial Obstetrics
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From birth to death: perspectives on Women's Health in the Sunshine State.

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