



# ISPOG

International Society of Psychosomatic  
Obstetrics and Gynaecology



## 2023 WINTER NEWSLETTER



We are pleased to bring our members the winter edition of the ISPOG Newsletter.

### Message from the ISPOG President

A turbulent year is coming to an end! As the year draws to a close, we would like to take a look with you at current developments in our field.

The medical profession as a whole looks with great concern at the current crisis and war zones in the world. There have already been many victims and many people are still losing their lives and their safe homes every day. Another global problem concerns us all: Climate change is costing lives - and the threat may become more acute: With continued inaction or too few countermeasures, the number of heat-related deaths will triple by the middle of the century. This and more is one of the key findings of the new global report "Lancet Countdown", which has now been published and uses several indicators to analyze the progression of climate change - and the impact on people's health - in many countries around the world. In 2022, people were already exposed to high temperatures for an average of 86 days globally, the study continues. It is becoming increasingly difficult to meet the challenges and costs of climate adaptation.

Our field of work, psychosomatic gynecology, and obstetrics, allows us to look at the stresses and illnesses of women, mothers with their children and their families in a special way. In addition to the suffering of women, the doctors and medical staff involved in the care of war and climate victims, patients and civilians are also exposed to enormous stress.

We are all very aware of our responsibility and handle our resources with the utmost care, and it should also be emphasized that we all work on a voluntary basis on the Board and Executive Committee using our own resources. The possibility of digital meetings - approximately monthly in the Board and twice a year in the Executive Committee meeting - has strengthened the exchange and drastically reduced travel. We organized the meetings in person, keeping distances as short as possible and seeking exchange with other societies. We were represented with an ISPOG symposium at the IAWMH (International Association for Women's Mental Health) congress in November 2022 in Maastricht with the topic Female sexuality in different life phases. We were digitally represented with several speakers at the 6th Croatian symposium on the prevention and treatment of initial cervical cancer Zagreb, Croatia January 2023 with topics on psycho-oncology. We were able to participate with an ISPOG symposium at the annual congresses of the DGPF (German Society for Psychosomatic Gynecology and Obstetrics): with the topic "Pain and Psyche" in May 2023 at the University of Hamburg. With the topic "Trauma and women's health" in March 2024 at the

University of Bonn. This will promote topic-related cooperation between ISPOG and the national society and will lead to in-depth exchange and ideally joint projects in the future. In preparation is the participation with an ISPOG symposium at the ESC Congress, 1-4 May 2024 Bilbao, Spain. We also propose to combine this with the ExCo meeting in spring.

A very important topic for all of us is the Congress 2025 3-5 April in Seoul, Korea under the motto: "Psychosomatic Obstetrics and Gynaecology in a globalized world". The Korean society is very committed to the preparations for this and our Incoming President, Chulmin Lee, will report more on this elsewhere.

Looking back on 2023, I would like to thank all those who have supported the cooperation projects described above. I would also like to mention the cooperation with GAMMH (Global Alliance for Maternal Mental Health) and the active participation in its steering group. I would like to thank everyone who has worked on the ISPOG committees, including perinatology, education, research and NYPOG. Important presentations were made and contacts established, especially during the ISPOG Congress in Vienna in 2022.

This congress has already left lasting memories with the participants, and now we are delighted that the book based on it is available with 25 contributions published by Springer-Verlag on the subject of "Women's Health and Pandemic Crisis". The editors would like to thank all those who contributed and supported this project until its successful completion.

Following this successful project, we would like to draw your attention to the next book project, the second edition of the volume Bio-Psycho-Social Obstetrics and Gynecology edited by Prof. Paarlberg and Prof. van de Wiel in 2017, now under the leadership of the ISPOG Board and Executive Committee.

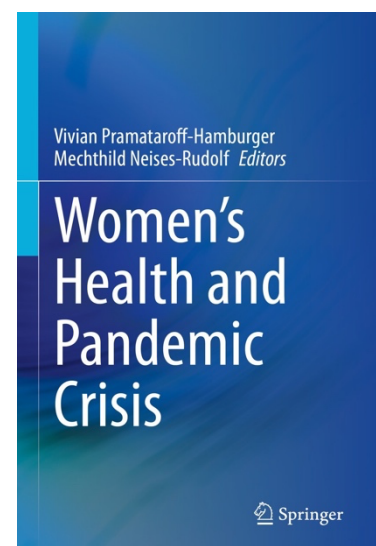
Our Journal of Psychosomatic Obstetrics & Gynecology, JPOG by Taylor & Francis Publisher, was successfully continued this year by the main editors. We have repeatedly discussed the changes brought about by Open Access in the Board and the Executive Committee without, unfortunately, being able to resolve the outstanding issues with the publisher. In the meantime, there has been a change in our contact person. The account management at Taylor and Francis has been taken over from Olivia Clovis by Jennifer Stokes. We now hope to be able to resolve these outstanding issues with this new contact person.

Along with everyone on the board, I look forward to receiving feedback from readers of our winter newsletter and wish everyone a peaceful end to this challenging year, peaceful times in our private lives and beyond. I hope that we will all face what 2024 may bring with strength and hope and that we will be able to maintain and strengthen our trust in each other and take good care of ourselves, as this is the only way we can be reliable companions and helpers to our patients, the women.

-Mechthild Neises-Rudolf

## **"Women's Health and Pandemic Crisis" now available!**

The post-conference book of ISPOG 2022 is now available. In a very speedy process, the 25 contributions for this book were prepared and collected under the editorship of Vivian Pramataroff-Hamburger and Mechthild Neises-Rudolf. It can be ordered through Springer-Verlag via <https://link.springer.com/book/10.1007/978-3-031-43748-9>



## Executive Committee meeting Spring 2024

The next Executive Committee meeting will be held during the conference of the European Society of Contraception, 1-4 May 2024 in Bilbao, Spain. Details for the meeting will be send around later.

## ISPOG 3-5 April 2025 Seoul, Korea

The next ISPOG Congress will be held in Seoul, South Korea on 3-5 April 2025. The theme of the program will be Psychosomatic Obstetrics and Gynaecology in the Globalised World. We hope to meet you all there.



## Treasurer's report

ISPOG has a healthy financial situation. Total assets end of 2023 are **€69.508,47**. **Thank you very much to all of you who sent your fees on time.**

## Forthcoming events

First Nordic Symposium for Psychosomatic Obstetrics and Gynecology, 2 February 2024, Copenhagen, Denmark, info via [dspog@outlook.com](mailto:dspog@outlook.com)

ISPOG symposium at 53. Jahrestagung der DGPF 2024 Bonn, Germany, 13.-16. März 2024, info: <https://dgpfg-kongress.de>

Dutch POG Academy, 21-22 March 2024, Bunnik, the Netherlands, info: <https://wpog.nl/apog/>

NASPOG biennial meeting, 8-10 March 2024, Aurora, Colorado, USA, info:  
<https://www.naspog.org/Biennial-Meeting>

17<sup>th</sup> ESC congress, 1-4 May 2024, Bilbao, Spain, <https://escrh.eu/event/17th-esc-congress-3/>

21<sup>st</sup> ISPOG Congress 2025, 3-5 April, Seoul, Korea

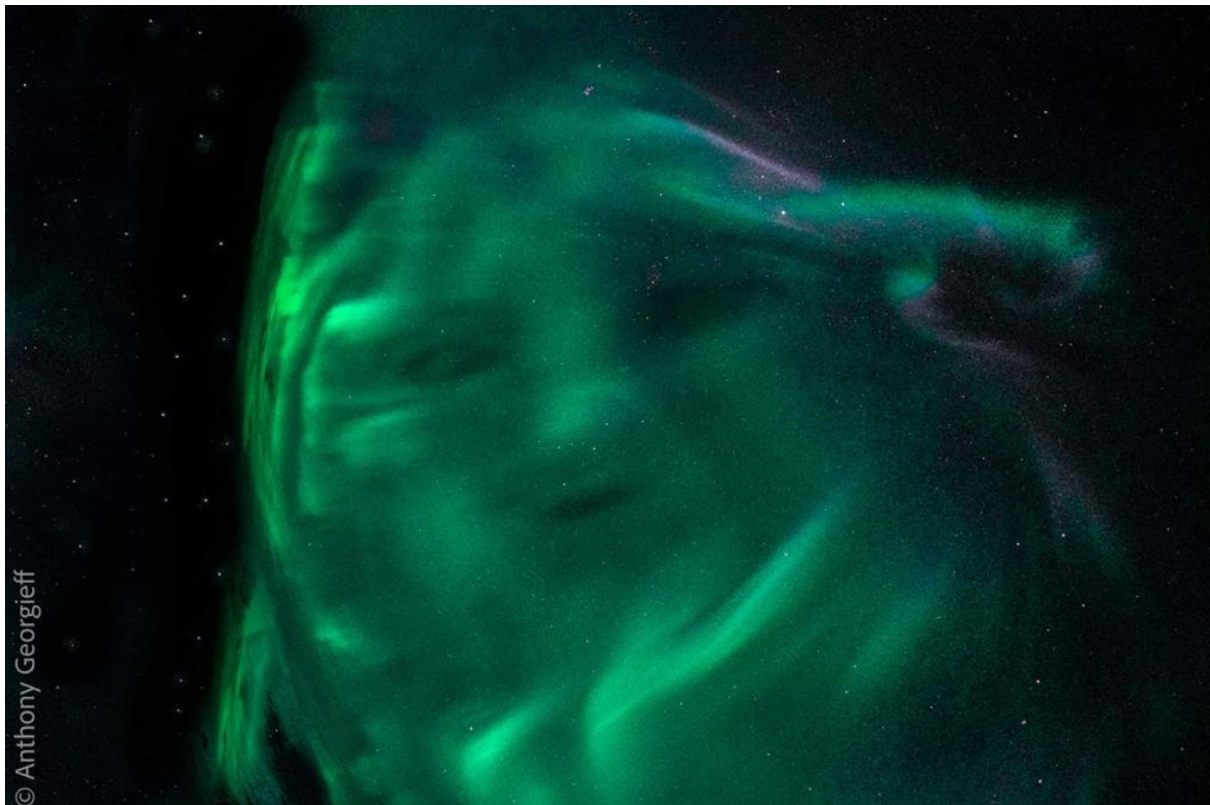
*Save the dates!*

**Happy holidays**

The ISPOG board wishes you, and your families and colleagues healthy and happy holidays. We hope to celebrate a beautiful diamond jubilee year with you.

M.Caroline Vos, Secretary-General on behalf of the ISPOG Board.

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The face of Aurora, picture by Anthony Georgieff