

PRESS CLIPPING SHEET

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Campaign to plan for a pregnancy

A NUMBER of civil community organisations, including the Egyptian Association for Family Planning and the 'Sahaia' Society for Development, have launched a campaign entitled "Safety" to raise awareness among married women of the importance of planning for a pregnancy.

The campaign focuses on the most up-to-date means of family planning and how to avoid useless methods.

It is in line with the general strategies drawn up by the Ministry of Health and Population and the need to raise awareness of the risks of numer-

ous births to the health of the mother.

Dr Mai Thabet, professor of gynaecology, told the local press that one of the campaign's goals was to fight the wrong concepts that have become common among some women about using contraceptives.

Some contraceptives may not suit some women and could have side effects. Each woman should consult a doctor to know what would be best for her. Dr Thabet, a representative of the Egyptian Association for Family Planning, added that many women have a misconception about being protected

against a pregnancy, when they are breast feeding due to the activity of the prolactin hormone which reduces the level of the hormone that is responsible for activating the ovulation process.

According to the Egyptian demographic survey of 2014 by the Ministry of Health and Population, the United Nations and UNICEF, 60 per cent of Egyptian women get pregnant without planning.

Seventy-five per cent, moreover, are liable to become pregnant again eight or nine months after giving birth because they believe that breast feeding

is an adequate means of avoiding pregnancy. Pregnancy, however, can happen at this time and has led to more than 400,000 new births annually, according to the survey.

Pregnancy during breast feeding, moreover, is a danger to the mother's health.

It also reduces the period of breast feeding and affects the infant's ability to grow and its immunity, exposing it to viral and bacterial infections. Specialists, therefore, recommend that women use contraceptives even when breast feeding.



Dr Mai Thabet,
professor of gynaecology