

PRESS CLIPPING SHEET

PUBLICATION:	Egyptian Gazette
DATE:	27-August-17
COUNTRY:	Egypt
CIRCULATION:	60,000
TITLE :	Cairo Meeting discusses Child-Spacing Methods
PAGE:	05
ARTICLE TYPE:	Agency Generated News
REPORTER:	Amina Abdel Salam
AVE:	22,860

Cairo meeting discusses child-spacing methods

DR Ahmed Zakaria, a professor of gynaecology and obstetrics, Cairo University, speaking at a recent round-table conference in Cairo, said birth control pills prevent pregnancy through several mechanisms. They work mainly by stopping ovulation. If no egg is released, there is nothing to be fertilised by the sperm, and the woman cannot become pregnant.

He pointed out that there are two kinds of hormonal birth control. There is the combination pill which contains estrogen and progestin and there is the progestin-only pill, known as the 'mini-pill'. He warned that even though all birth control pills are effective, if the woman forgets to take just one pill ovulation can occur. He pointed to a number of other risk factors in all methods of contraception. Safety lay in the balance between the health of a woman and her lifestyle.

According to Dr Zakaria, there are common misconceptions associated with the use of contraceptive pills. The most prevalent ones concern the ability to get pregnant after discontinuation of the pill, hormonal fluctuations, weight gain and



DR Ahmed Zakaria addressing the Cairo conference that reviewed the safe child-spacing services that are being offered to women.

treatment adherence. Using the advanced type of progesterone pill helps the body get rid of excess fluids and this encourages women to stick to the recommended schedule. It is important to adhere to a strict schedule if you're taking the mini-pill, he said. It is possible – with the exception of the Depo-Provera pill – for the woman to get pregnant

as soon as she stops taking birth control pills, Dr Zakaria said. Dr Osama Al Ashkar, a professor of obstetrics and gynaecology, Alexandria University, said that health risks must be taken into consideration. Birth control pills are not recommended for women who smoke and those over the age of 35.

Some methods of birth control

can cause side effects such as nausea, headaches and increased blood pressure. Some methods are more easily accessible than others and require no visit to the doctor.

He said that contraceptive pills offer benefits beyond contraception itself, including disease prevention and they reduce endometrial risk by 50-60 per cent, ovarian cancer risk by 40-80 per cent and colorectal cancer risk by 18-40 per cent.

Dr Amir Nadim, a professor of obstetrics and gynaecology, Ain Shams University, had a number of recommendations on contraceptive health in general and pills in particular. He stressed the importance of the woman discussing her health and family planning in detail with her doctor to determine the correct birth control method for her.

Furthermore, the woman should educate herself on the various options available as well as their risks and benefits. She should use the lowest dose possible to suit her needs, to minimise any potential risks and side effects, and adhere to the pill intake schedule as much as possible, even if the chosen method does not require very strict adherence.