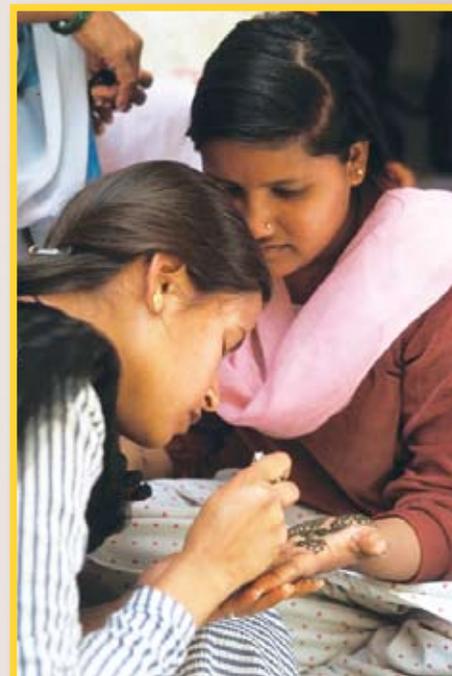


WHAT DO YOU THINK?

Why is it Important to Ensure CAC Services for Young Women?

Young women have higher chances of resorting to unsafe abortion. They have limited access to sexual and reproductive health services and information—particularly pregnancy prevention—resulting in high rates of unintended pregnancies. Barriers to safe abortion faced by young women include the high cost of services, lack of transportation and accessible facilities, partner influence, fear, stigma, and provider bias. In some contexts, young women suffer the majority of complications from unsafe abortion. Because of barriers to reproductive health care, young women are more likely than older women to delay abortion, and late abortion carries a greater risk of death and injury. Between 38% and 68% of women treated for complications of unsafe abortion are under the age of 20, according to a review of hospital records from developing countries.

In India, young women, particularly those living in rural areas, are at high risk for negative sexual and reproductive health (SRH) outcomes, with those of ages 15–24 years accounting for 41% of the total maternal deaths in India. Early marriage, combined with lack of sexual and reproductive knowledge and information, and limited agency to negotiate sexual encounters contribute to early and unprotected sex for youth. Despite multiple Indian policies aimed at delaying marriage, nearly half of women 20–24 years (47%) report marrying before the legal age of 18. Given the additional social pressure of proving fertility, it is not surprising that 30% of women in India give birth before the age of 18, and 53% do so by the age of 20. Although evidence regarding



Continued on page 3

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APRIL-JUNE 2017

NEWSLETTER CONTEST N-18



Who discovered this?

The organism pictured here is *E. coli*—a gram-negative, facultatively anaerobic, rod-shaped, coliform bacterium that is commonly found in the lower intestine of warm-blooded organisms. *The full form of 'E' in E. coli comes from the name of the German paediatrician who first identified the bacteria in 1885. What was his name?*

Send in your answer

(T _____ R E _____ H) by:

WhatsApp/SMS: +91 9013380510 (or)

E-mail: helpdesk@cacconnect.in

(Please mention your full name and state)

WINNERS OF CONTEST N-17



Dr. Jyothi S.
Karnataka



Dr. Susmita Sahoo
Odisha



Dr. Vivekanand Das
Bihar

Solution to Contest N-17: Rod of Asclepius

A big **thank you** to all our providers who participated in the contest!

CONTACT US

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IN FOCUS

Meet Some Amazing People Working to Ensure CAC Services in Rajasthan!



Dr. Hitesh Damor

PHC Kochri,
Dungarpur

Where There is a Will, There is a Way!

Dr. Hitesh Damor is a young medical professional who underwent CAC training in October 2015 while he was posted at CHC Chikhali Dungarpur. In January 2016, he was posted to PHC Kochri, Dungarpur. Kochri PHC is part of an interior tribal belt, with hilly surroundings, and the population lives in poor conditions with a lack of basic infrastructure. When Dr. Damor was transferred here, he found that the PHC had only a single room with two patient beds; the walls of the building were damp, and leaked during the rainy season. Dr. Damor has made tremendous efforts to improve the conditions at the PHC but even in these circumstances his commitment to provide healthcare did not abate. With persistent efforts and the dedication to offer valuable clinical services to the Kochri villagers, he has demonstrated that, where there is a will, there is a way. Over the last two months, Dr. Damor has started providing MMA services at the PHC and MVA at a nearby facility. We applaud his efforts to improve the health and lives of women even in the most difficult circumstances!

Ipas Development Foundation Recognizes Ms. Thankama: Working Behind the Scenes for CAC Services

Dungarpur District Hospital in Rajasthan provides much-needed, and excellent contraception and abortion services to the community. However, it was challenging for the hospital staff to ensure that proper documentation protocols were being followed. To address this issue, the IDF staff worked closely with Ms. Thankama, a Sister at the hospital. Under her leadership, documentation and reporting procedures soon started being strictly enforced.

Ms. Thankama's team now ensures that all MTP forms are filled and maintained for each MTP procedure. She and her team have proved to be a strong backbone for CAC services at the Dungarpur District Hospital.

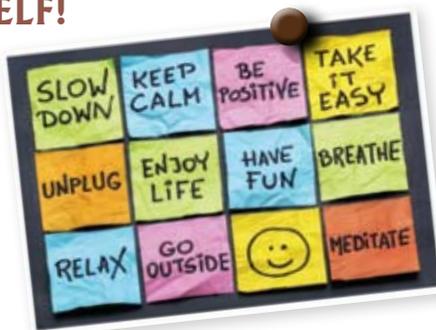
YOUR VOICE IS IMPORTANT, EXPRESS YOUR VIEWS!

Did you know that the CAC Connect network has 4,000 members? We want to feature YOUR interesting experiences and stories through the network! Write to us and share your thoughts with thousands of your fellow CAC Connect members. 'The Potential of Medical Methods of Abortion' is the theme of the next newsletter. Send us your thoughts on this, we encourage you to speak out and exchange your ideas about this important issue.

TAKE CARE OF YOURSELF!

Five Tips to Help You De-Stress

- 1 Go for a 10-minute walk. Take a short break, get up from that chair and move outside to stretch your legs for a few minutes.
- 2 Take a deep breath. Breathing exercises—or even just taking a few deep breaths—can help reduce tension and relieve stress, thanks to an extra boost of oxygen.



- 3 Try progressive muscle relaxation. Start with your toes and work your way up: tighten your foot muscles as much as you can, then relax them. Make your way

up, tightening and relaxing each muscle until you've finished with your face. This practice helps in reducing anxiety and stress.

- 4 Exercise. 21 minutes: that's how long it takes for exercise to reliably reduce anxiety. Exercise is good for the brain and is a powerful antidote to depression and anxiety.
- 5 Have some green tea. Green tea contains an amino acid called L-theanine, which helps curb rising heart rate and blood pressure and can also help reduce anxiety.

unintended pregnancies and abortion among youth is limited in India, one study suggests that as much as 41% of all abortions are among young women. Unsafe abortion accounts for 8–9% of all maternal deaths in India, and given young women’s tendency to approach unskilled and illegal abortion providers, to seek abortion care later in pregnancy, and to delay seeking care for abortion-related complications, the proportion of maternal death due to unsafe abortion is likely to be higher in young women.

A study conducted by Ipas Development Foundation, ‘How prepared are young, rural women in India to address their sexual and reproductive health needs? A cross-sectional assessment of youth in Jharkhand,’ revealed that women achieved low composite scores on knowledge around sex and pregnancy, contraception, and abortion knowledge. Around 3% of married young women reported experiencing induced abortion; 92% of these women used private or illegal providers. Married and unmarried women also had limited agency in decision-making, freedom of mobility, self-

efficacy, and financial resources. Most of the women in the study sample received SRH information by word of mouth.

Individual providers can mitigate the impact of social barriers and help young people get the care they need by providing health care in an environment in which preconceived notions of gender, age, sexuality, and abortion have been thoughtfully examined, and by recognizing and respecting that young women have a right to life and health, to accurate information, and the highest attainable standard of health care. Providers should make a conscious effort to keep personal beliefs from limiting their ability to give the best care possible to young women.

Sources: Katherine L. Turner, Evelina Börjesson, Amanda Huber and Cansas Mulligan. 2011. *Abortion care for young women: A training toolkit*. Chapel Hill, NC: Ipas. Banerjee et al. *Reproductive Health* (2015) 12:97. Skuster, Patty. (2013). *Young Women and Abortion: Avoiding Legal and Policy Barriers*. Chapel Hill, NC: Ipas.

Share your thoughts on providing CAC services for young women. Give us a missed call or send us a message at +91 90133 80510.



Here are the **Winners of the International Women’s Day Selfie Contest!**

CAC Connect sends a big **THANK YOU** to all the participants in the contest, and we’re happy to announce that in addition to the contest prizes, the winners will also receive special gifts for the inspiring woman in their lives!

Ms. Aradhana and Dr. Nupur Lauria



“A great way to test the mind and body was through a seven kilometer walkathon this morning. I completed it with my friend, Aradhana.

Pushing her breast cancer episode behind her, we completed our seven kilometers together. Cheers to her spirit, she is my motivation. Time was not the issue, completion was, we HAD to do it together!”

Dr. Nupur Lauria
Rajasthan

Mrs. Veena Soni and Dr. Janak Raj Soni



“Your arms were always open when I needed a hug. Your heart understands when I need a

friend. Your gentle eyes were stern when I needed a lesson. Your strength and love have guided me and given me wings to fly. Thank you for making a difference in my life, thank you, Mom.”

Dr. Janak Raj Soni
Rajasthan

Dr. Latika Garud and Dr. Shabnam Khanuni



“She has done a good job professionally, and at the same time she has proven to be a good mother and a good homemaker. Her son’s birthweight was 2.3 kilograms only and now he reaches up to his mom’s ears—he is a rightly brought-up child. She is an inspiration to me.”

Dr. Latika Garud
Maharashtra

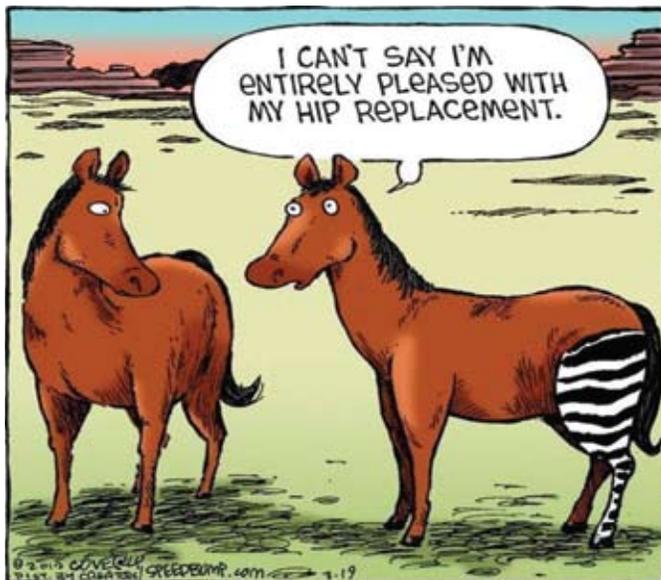
SOLVE THE SUDOKU!

Level: Medium

		1				9	4	
4		7	8	3		2	1	
9		6	5			8		3
8			6					
				2		1	3	
					3	5		
5	7				2	4	8	
1	6			9			5	
			4	1				7

A sudoku puzzle is solved when all the grid cells have been filled with numbers from 1 to 9 as per the following three rules:

- Each row must contain all numbers from 1 to 9.
- Each column must contain all numbers from 1 to 9.
- Each box must contain all numbers from 1 to 9.



WATCH OUT FOR

Days

11 April: National Safe Motherhood Day

28 April: World Day for Safety and Health at Work

14 May: Mother's Day

15 May: International Day of Families

18 June: Father's Day



Events

Yuva FOGSI

DATE: 28–30 April, 2017

VENUE: Scientific Convention Center, KGMU, Lucknow, Uttar Pradesh

National Conference on Practical Obstetric and Advanced Infertility

DATE: 13–14 May, 2017

VENUE: Karnataka Institute of Medical Sciences, Hubli, Karnataka



Doctor's Time Out 2017

CAC Connect announces the return of Doctor's Time Out—an event to recognize, appreciate, and meet CAC Connect members! This year, we will be organizing events in seven states. Watch this space for more information!

WE WANT TO HEAR FROM YOU

Questions? Comments? Suggestions? Share with Us!

We want to hear from you. This is your newsletter and we want to feature your thoughts and experiences on CAC and related reproductive health issues.