

### WHAT DO YOU THINK?

## Abortion as a Men's Issue

**A**bortion is often understood narrowly as a woman's issue. The many different ways that men relate to abortion, personally and professionally, are mostly absent in information, programs and services. Men are the fathers, brothers, sons, husbands, partners and friends of the thousands of women who have abortions every day. Male sexual partners have shared responsibility for the pregnancy. Men are also among the health professionals who come in direct contact with women who seek or have had abortions. Men's beliefs and attitudes affect women's experiences with abortion. In patriarchal societies, where men are expected to be

dominant and 'in control,' some men think of abortion as a strategy for women to hide promiscuity or infidelity. As a result, many women seek abortion secretly and unsafely. Social beliefs and practices related to sexual and reproductive health and rights will not change if they are addressed as women's issues.

When a man accompanies a woman through an abortion process, he may feel concern for her and wonder how he can best support her, or he may have personal feelings about the pregnancy and the woman's decision to terminate it. Health care facilities and professionals can offer abortion-related information and counseling to men too.

### CAC CONNECT IS NOW ON WHATSAPP!



Dear Members,  
We are delighted to announce that it is now easier than ever to connect with us. You can send us your contest entries, queries or suggestions on WhatsApp.

Send us a message to let us know if you would like to join our WhatsApp group. We look forward to connecting with you.

Add us to your contact list today:  
**9013380510**

There are many ways for men to take action:

- Reflect on their own beliefs and attitudes and how those affect women's experiences;
- Educate themselves about human rights, sexual and reproductive rights, and reproductive justice;
- Take responsibility by living in mutually respectful, healthy relationships;
- Talk to family members and friends about these issues;
- Advocate against barriers to safe reproductive health care, including contraception and abortion services, that women face at local and national levels;
- Provide support to women who need help in accessing those services. Research from Africa shows that many women welcome the logistical support men can provide;
- Accompany women through the abortion process.

*Source: Börjesson, E., Pedersen, K., & Villa Torres, L. (2014). Youth act for safe abortion: A training guide for future health professionals. Chapel Hill, NC: Ipas.*

## NEWSLETTER CONTEST N-10

This diagram has been divided into four pieces and placed in random order. Rearrange the diagram and identify the part of the female reproductive system that it shows.

Clue: There are two extremities to the -----, at the end of which the fallopian tube attached is called the tubal extremity and the other end is called the uterine extremity.

Three lucky correct entries win a wristwatch each! Send in your entries (one word):



WhatsApp/SMS: +91 9013380510 (or)  
E-mail: helpdesk@cacconnect.in  
(Please mention your full name and state)

### WINNERS OF CONTEST N-09



**Dr Pranati  
Rita Baxla**  
Jharkhand



**Dr Umesh  
Patil**  
Maharashtra



**Dr Upendra  
Dhote**  
Madhya Pradesh

**Answer to Contest N-09: Bicornuate**

# International Women's Day Selfie Contest Winners!

In commemoration of International Women's Day, this year CAC Connect conducted a fun contest; members were invited to send us a selfie and complete the sentence, "I make women's lives better by..." Here are the winners!



I make women's lives better by treating them with a smile and with understanding because, as a woman myself, I can empathize with them.

**Dr Nupur Lauria**  
Rajasthan



I make women's lives better by advising them on their rights and freedom of living in society, helping them against violence, and welcoming every female birth by talking to the family about the importance of girls.

**Dr Dhanajay C Shinde**  
Maharashtra



I make women's lives better by providing safe abortion services and health management through proper counseling.

**Dr Vijay Laxmi Verma**  
Madhya Pradesh

## Women's Rights

Each year, International Women's Day (IWD) is celebrated on 8 March. This year's theme, 'Empowering Women – Empowering Humanity: Picture It!' envisions a world where each woman and girl can exercise her choices, including reproductive choices, participation in politics, getting an education, having an income, and living in societies free from violence and discrimination. The United Nations began celebrating IWD on 8 March in 1975 during International Women's Year. In 2015, IWD highlighted the Beijing Declaration and Platform for Action, a historic roadmap signed by 189 governments 20 years ago, that set the agenda for realizing women's rights.

### Meet the participants of the International Women's Day selfie contest:





# Festival Photography Contest Winners!



**O**n Diwali, we do a *puja* with all our family members. It takes around two to three hours to make all the preparations for the *puja*, which usually takes place in the evening. First, we do *mandna* on the place of the *puja*. We keep ancient coins, which depict various gods. They are cleaned with *dahi* then washed with water and readied for the *puja*. During the *puja* we prepare the *prashad*, which includes five

varieties of dry fruits and fruits. A new calendar for 2015 is also placed for the *puja*. We light the *deepak* and then each member of the family does the *puja* followed by the *arti*. The entire family then sits together to enjoy the *prashad*.  
**Dr Sangeeta Palsania**  
Madhya Pradesh

Congratulations  
Dr Sangeeta  
Palsania and  
Dr Naresh Yadav,  
your prizes will  
reach you soon!



On the occasion of Diwali, the entire family wears new clothes. Late in the evening we light the *deepak* and colored candles inside and outside the house. We prepare the *puja* stall for Laxmiji and Ganeshji and decorate it beautifully with flowers and lights. We also place old coins and seasonal fruits in front of the deities. We then do the *puja* with *arti* and place the *tilak* on each other. Lastly, we wish each other a Happy Diwali!

**Dr Naresh Yadav**  
Rajasthan

## DID YOU KNOW?

### First-trimester Medical Abortion with Mifepristone and Misoprostol or Misoprostol Only: Post-abortion IUCD Use

#### Fertility return

On average, a woman will ovulate within 20 days of a medical abortion with mifepristone and misoprostol, but can ovulate in as little as eight days (Schreiber, Sober, Ratcliffe, & Creinin, 2011). If a woman wants an IUCD after medical abortion, she can use an interim method starting at the first visit and return to have the IUCD placed when it is reasonably certain she is no longer pregnant. If she prefers to leave the facility with an IUCD, she may be counseled about vacuum aspiration with immediate insertion as an alternative to medical abortion.

#### Post-medical abortion IUCD use

IUCDs may be placed as soon as it is reasonably certain that a woman is no longer pregnant following a medical

#### Recommendation:

- **An IUCD can be placed within one week of the medical abortion when it is reasonably certain that a woman is no longer pregnant.**

abortion as long as there are no medical contraindications (WHO, 2012). IUCDs placed within five to 10 days of a successful medical abortion have low rates of expulsion and high continuation (Betstadt, Turok, Kapp, Feng, & Borgatta, 2011; Sääv, Stephansson, & Gemzell-Danielsson, 2012). IUCD insertion one week after medical abortion has higher uptake and lower pregnancy rates than delayed insertion without an increased risk of expulsion (Shimoni, Davis, Ramos, Rosario, & Westhoff, 2011; Sääv, et al., 2012).

#### Young women

The IUCD for women under the age of 20 is classified by WHO as category two, in which the benefits generally outweigh the risks. While the risk may be slightly increased due to higher rates of sexually transmitted infections and expulsion in this patient population, IUCDs are still a safe, effective and recommended method for women under the age of 20.

*Source: Clinical Updates in Reproductive Health. Ipas, 2015.*

The entire document containing the latest technical updates in reproductive health can be downloaded from the CAC Connect website under Resource Material > Technical Updates/ Publications [http://www.cacconnect.in/publications\\_list.php](http://www.cacconnect.in/publications_list.php)



# Word Search: **WS02**

**Difficulty Level: Medium**

Can you find the following rivers of India? Make sure you search right to left, up, down and diagonally!

N	C	M	A	H	A	N	A	D	I	B	N	Brahmaputra
E	K	U	R	K	A	V	E	R	I	E	R	Yamuna
E	K	R	I	S	H	N	A	I	N	A	A	Godavari
Y	A	M	U	N	A	V	T	H	W	S	L	Sutlej
B	R	A	H	M	A	P	U	T	R	A	D	Kaveri
I	A	I	O	D	A	R	E	O	B	K	M	Krishna
S	O	H	O	T	C	B	M	M	A	U	A	Mahanadi
I	U	G	G	A	N	G	A	A	L	A	A	Tapti
N	T	T	H	K	D	H	N	E	D	A	N	Chenab
D	M	T	L	H	C	C	H	E	N	A	B	Chambal
U	D	H	Y	E	N	J	G	O	M	T	I	Jhelum
S	U	H	E	H	J	R	B	I	H	A	A	Hooghly

The solution to this puzzle can be downloaded from the CAC Connect website on the Publications Page under Resource Material > Technical Updates/Publications ([http://www.cacconnect.in/publications\\_list.php](http://www.cacconnect.in/publications_list.php))

## WATCH OUT FOR

**Event:** SUOG International Symposium (International Society of Ultrasound in Obstetrics and Gynecology [ISUOG])

**Date:** 1-3 May, 2015

**Venue:** The Leela Ambience Gurgaon Hotel & Residences, New Delhi

**Event:** Healthcare IT India Summit

**Date:** 7-8 May, 2015

**Location:** Bangalore, Karnataka

## 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.



तुम न बुलाओ मैं आ जाऊँगी,

न भाड़ा न किराया दूँगी,

घर के हर कमरे में रहूँगी,

पकड़ न मुझको तुम पाओगे,

मेरे बिन तुम न रह पाओगे,

बताओ मैं कौन हूँ?

**उत्तर**

लोहा खींचू ऐसी ताकत है,

पर रबड़ मुझे हराता है,

खोई सूई में पा लेता हूँ,

मेरा खेल निराला है।

**हल**

एक गली में \_\_\_\_\_ बच्चे खेल रहे थे।

उस गली में से एक \_\_\_\_\_ औरत गुजर रही थी।

उस \_\_\_\_\_ औरत के हाथमें \_\_\_\_\_ थी।

उन \_\_\_\_\_ बच्चों ने उस \_\_\_\_\_

औरतकी \_\_\_\_\_ गिरा दी।

**उत्तर**

## Contact Us:

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