



# CAC Connect

## Newsletter

Happy 2015!! CAC Connect sends you a bouquet of happy times, unlimited joy and success for the new year!

### DID YOU KNOW?

## Abortion Laws around the World

Each year an estimated 46 million women around the world choose to end an unwanted pregnancy. Legislation on abortion varies greatly from one country to another, with a trend towards adoption of more liberal laws. Abortion laws in different countries continue to change. Since 1985 around 20 countries have liberalized their laws; Ireland is the latest to marginally relax its abortion laws. Other countries that are slowly relaxing their laws include Uruguay, Colombia and Brazil. The United States on the other hand is seeing a wave of tightening abortion legislation at the state level since 2010.

Abortion legislation in the world ranges from a total ban on abortion to allowing the medical termination of pregnancy with no restrictions as

to reason. In countries like Chile, Dominican Republic and El Salvador abortion is strictly forbidden. Other countries such as Afghanistan and Sri Lanka allow abortions only in cases where it is absolutely necessary in order to save the woman's life. Around 26% of the world's population lives in countries with such strict abortion laws.

Abortion laws that are less restrictive allow for the procedure to be performed when there is a threat to the woman's health. More progressive and liberal laws such as those of India, Japan and Great Britain, take into account a woman's mental health and socio-economic status

when legislating abortion. Almost 40% of the world's population lives in countries with very liberal abortion laws that allow the procedure without restriction to reason but limit the gestational period at which a woman can avail of an abortion.

*Sources: Reproductive Rights Around the World. May 30, 2013. Slate Magazine. Population Division, Department of Social and Economic Affairs. 2013. World Abortion Policies 2013. United Nations Center for Reproductive Rights. The World's Abortion Laws. May 2008.*

## NEWSLETTER CONTEST N-09

**What is the type of uterine anomaly shown in the picture?**

A B\_\_\_\_\_E uterus results from an abnormal development of the paramesonephric ducts. There is a partial failure of fusion of the ducts, resulting in a uterus divided into two horns.

3 lucky correct entries win a wristwatch each! Send in your entries (one word):  
SMS: +91 9013380510 (or), E-mail: helpdesk@cacconnect.in  
(Please mention your full name and state)



## WINNERS OF CONTEST N-08



**Dr Sangeeta Jangir**  
Rajasthan



**Dr Minni Rani**  
Bihar



**Dr Martand Jori**  
Maharashtra

**Answer to Contest N-08: Ectopic Pregnancy**

# New Year Resolutions!



The New Year is a good time to evaluate your life and set personal or professional goals for the coming months. We asked our members to send in their resolutions for the New Year; a big thank you to all the members who responded with their goals for 2015!

*I resolve to prevent maternal mortality due to unsafe abortion.*  
**Dr Arati Biswas**  
 West Bengal

*I resolve to give quality time to my kids!*  
**Dr Manju Bhatharia**  
 Rajasthan

*I resolve to continue Yoga Pranayam in mornings; continue to pause and rethink before voicing reflex judgmental statements; continue to deliver duty and service with pleasure; continue to be myself as far as possible; aim to achieve six hours of sleep at night; keep my wardrobe and bookshelf tidy by visiting it often; take special care of my husband and mother and due care of all family.*

**Dr Urmila Tripathi**  
 Madhya Pradesh

*I resolve to assure 100 percent use of MVA syringe by all my colleagues and residents from OBGY department of VMCH, for all cases of first trimester MTPs and evacuation.*  
**Dr Maneesha V Kshirsagar**  
 Maharashtra

*I resolve to work hard, especially for the good of my patients; grow more plants and flowers for it gives good health; and try to think positive all the time because this leads to good things!*  
**Dr Anupama Hyanki**  
 Uttarakhand

*I will try to achieve balance between social behavior and selfish behavior!*  
**Dr Pradeep Kumar**  
 Rajasthan

*I resolve to work hard and earn a good name in the medical fraternity.*  
**Dr Girish Kumar Singh**  
 Bihar

*I resolve to spread awareness and heal mankind selflessly.*  
**Dr Archana Banmiya**  
 Rajasthan

*I resolve to live fully and courageously; all is well if you are well.*  
**Dr Hirani Salma**  
 Maharashtra

*I resolve to be a passionate trainer and advisor for comprehensive women health care.*  
**Dr Meena Kharat**  
 Maharashtra

*I resolve to adopt an underprivileged village and provide them with the best possible health facilities.*  
**Dr Jyoti Chauhan**  
 Madhya Pradesh

*I will give extra time for my family, especially to my son, in the New Year. I will learn more and more and work hard to serve humanity.*  
**Dr Manju Merino Bara**  
 Jharkhand

## In 2015, I resolve to

- keep myself healthy and fit through good food and regular exercise
- conduct more trainings of doctors and support staff working in PHCs and CHCs
- train private sector doctors to provide safe abortion services
- conduct workshops for breast-feeding promotion in society and create awareness in society and media against sex selection
- create awareness for bio-medical waste management in hospitals by conducting workshops for field doctors
- work toward achieving the Millennium Development Goal to bring down the maternal and infant mortality rates and total fertility rates
- raise awareness about and bring down the percentage of anemic women

**Dr Sangeeta Palsania**  
 Madhya Pradesh

We wish all our members the best of luck with their resolutions. Keeping a New Year's resolution can be tough. A promise made during the holidays can quickly be forgotten when you return to your normal routine in January. To help you reach your goal, here are some tips to keep you motivated:

1. Make specific and clear resolutions. Choosing just one aspect of change you want to achieve can be more beneficial than making a general statement. Instead of saying, "I want to lose more weight this year," try, "I will eat healthy snacks this year."
2. Plan your resolution in advance. This will give you time to think about your goal and how to achieve it.
3. Don't repeat last year's resolution, but if you have to, pick a new and fun technique to achieve it
4. Write down your resolution and put it somewhere you can see it every day!
5. Plan a reward for when you achieve your goal. This will give you something to focus on.

## WHAT'S NEW?

# First-trimester Medical Abortion with Mifepristone and Misoprostol: Confirmation of Success

### Women's assessment of successful abortion

Women can accurately assess whether their medical abortion with mifepristone and misoprostol was successful. In multiple studies, women who believed that they had a successful abortion were correct over 99 percent of the time (Cameron, Glasier, Dewart, Johnstone, & Burnside, 2012; Jackson, Dayananda, Fortin, Fitzmaurice, & Goldberg, 2012; Perriera et al., 2010; Rossi, Creinin, & Meyn, 2004). Routine follow-up after medical abortion with mifepristone and misoprostol is not needed (WHO, 2012).

### Bimanual exam

Providers may help confirm successful abortion at a follow-up visit by reviewing a patient history and performing a bimanual exam. In one study of 931 women following up after medical abortion in which providers reviewed a woman's history and performed a bimanual exam, the providers were able to identify successful abortion in over 99 percent of cases (Rossi et al., 2004).

### Ultrasound

Ultrasound can be used to confirm successful abortion but is not necessary and can add to the cost and complexity

### Recommendation:

- **Most women can confirm a successful medical abortion with mifepristone and misoprostol.**
- **Providers may perform a bimanual exam to assist in the confirmation of successful abortion.**
- **Ultrasound or other testing is needed only in cases where the diagnosis is unclear.**

of medical abortion (Kaneshiro, Edelman, Sneeringer, & Ponce de Leon, 2011). Ultrasound is helpful in cases where there is doubt about whether the abortion has been successful.

### Serum pregnancy testing

Serum pregnancy testing has been used as an alternative to ultrasound to diagnose successful medical abortion and compares favorably to ultrasound in reducing interventions at the time of follow-up (Clark, Panton, Hann & Gold, 2007; Dayananda, Maurer, Fortin & Goldberg, 2013; Fiala, Safar, Bygdeman

& Gemzell-Danielsson, 2003). Serum pregnancy testing is only useful when a pre-treatment hCG has been obtained for comparison. The utility of serum pregnancy testing is low in areas where access to laboratory testing is limited.

### Urine pregnancy testing

A negative urine pregnancy test is usually reassuring that an abortion has been successful; however, it is rare, but does occur, that a pregnancy test is negative but a woman is still pregnant (false negative). Urine tests often have positive results even when the medical abortion has been successful (false positive) (Cameron et al., 2012; Clark et al., 2010; Godfrey, Anderson, Fielding, Meyn, & Creinin, 2007; Perriera et al., 2010). Semiquantitative urine pregnancy tests have been tested in clinical trials but are not available for use outside of the trial setting (Blum et al., 2012; Lynd et al., 2013). Due to the high rate of false positive results, urine pregnancy testing is not recommended for routine confirmation of success.

*Source: Clinical Updates in Reproductive Health. Ipas, 2014.*

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)

## FESTIVAL PHOTOGRAPHY CONTEST

# Deadline Extended!

Have you participated in the festival photography contest as yet? You still have time!!

If you have photographs from any celebrations in the past months simply upload the photo on the CAC Connect website; just three easy steps to submit your entry for the chance to win an exciting prize!

1. Log in to the website at [www.cacconnect.in](http://www.cacconnect.in)
2. Click on Create a Blog
3. Submit your entry—give your blog a short heading, tell us how you celebrated on the special day, and upload photos of your festivities by clicking on Browse and selecting the image saved on your computer.



## Word Search: **WS01**

The CAC Connect network now has over 2,500 members from 11 states! Can you find the names of the states in the puzzle below?

W	P	I	X	F	S	Q	I	G	S	T	P	I	Z	I
G	X	E	C	F	M	E	G	H	A	L	A	Y	A	G
W	E	S	T	B	E	N	G	A	L	J	I	O	A	L
K	G	C	A	S	S	A	M	J	V	U	K	V	W	K
L	V	G	C	H	H	A	T	T	I	S	G	A	R	H
M	A	D	H	Y	A	P	R	A	D	E	S	H	T	F
D	H	J	H	A	R	K	H	A	N	D	N	X	G	U
Q	Q	B	I	H	A	R	O	C	Y	X	C	E	Z	Q
U	T	T	A	R	A	K	H	A	N	D	P	R	J	I
B	F	R	A	J	A	S	T	H	A	N	Q	I	Z	B
I	L	N	V	F	I	I	O	V	F	P	T	J	Z	M
P	Q	X	P	V	K	C	J	S	H	F	L	G	E	F
D	K	D	P	G	U	J	A	R	A	T	I	T	J	Y
T	R	R	M	A	H	A	R	A	S	H	T	R	A	M
H	R	E	J	I	U	L	V	E	M	G	I	P	F	Y

The solution to Wordsearch Puzzle-WS01 can be downloaded from the CAC Connect Website on the Publications Page at [http://www.cacconnect.in/publications\\_list.php](http://www.cacconnect.in/publications_list.php)

## पहेली ?

धूप देख मैं आ जाऊ  
छाव देख शर्मा जाऊ  
जब हवा करे मुझे स्पर्श  
मैं उसमे समा जाऊ  
बताओ क्या ?

(11-12-13)

बीमार नहीं रहती मैं  
फिर भी खाती हु गोली  
बच्चे बूढ़े सब डर जाते  
सुन कर इसकी बोली  
(14-15-16)

### WATCH OUT FOR

58th All India Congress of Obstetrics & Gynaecology (AICOG)

**21-25 January, 2015, Chennai**

14th World Congress on Public Health

**11-15 February 2015, Kolkata**

International Conference and Summer School on "Global Public Health Infrastructure in Transition: Challenges and a Way Forward"

**February 16-20, 2015, New Delhi**

APICON 2015—70th Annual Conference of the Association of Physicians of India

**February 19-22, 2015, Gurgaon**

### CONFIRM YOUR CONTACT DETAILS

We request our members to kindly log on to [www.cacconnect.in](http://www.cacconnect.in) to verify your contact details. If any details including your phone number and mailing address have changed please let us know in one of the following ways:

- sending an email to [helpdesk@cacconnect.in](mailto:helpdesk@cacconnect.in)
- giving a missed call on +91 9013380510
- sending an SMS to +91 9013380510
- contacting your lpa representative

### 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.

### Contact Us:

CAC Connect Secretariat,  
P.O. Box 8862, Vasant Vihar,  
New Delhi – 110 057  
E-mail: [helpdesk@cacconnect.in](mailto:helpdesk@cacconnect.in)