

Expressing Our Appreciation and Spreading Yours

International Abortion Providers Appreciation Day is celebrated on 10 March to honor the memory of Dr David Gunn who was killed in 1993 by anti-abortion protestors in the United States of America. Abortion Providers Appreciation Day was first marked by the pro-choice group, Refuse and Resist in 1996. Since then, it has gradually gained popularity and significance internationally and is now marked by women's groups, health care practitioners, and women's rights advocates around the world. Abortion providers all over the world face stigma and marginalization while providing their services, especially in countries where the legality of abortions is still a contentious issue. Each year this day gives us the opportunity to reflect on and appreciate the positive impact that your services bring to individual lives and society as a whole.

We took this opportunity to send an SMS to our 1,000+ members to express our deep appreciation for your important contribution to saving women's lives and improving their health by ensuring access to comprehensive abortion care services. We also invited members to give us a missed call to share their appreciation for other abortion providers.

We are thrilled to share that we received an overwhelming response from our providers. It is indeed very heartening to see the appreciation you have for the other doctors providing CAC services. We are proud to be facilitating this very committed network of providers.

Thank you for your missed calls in appreciation of other abortion providers across the country

Dr Amit Kumar Mahto	Dr Gaikwad Sanjeevkumar	Dr Pushpendra Singh Bhagor
Dr Anil Kumar Singh	Dr Hastimal Arya	Dr Rajesh Gelani
Dr Anupma Hyanki	Dr Hiren Baburao Pawar	Dr Rajesh Kude
Dr Archana Maurya	Dr J P Barsiwal	Dr Rampriya Sahgal
Dr Ashish Kumar	Dr Jyoti Khare	Dr Rashmi Verma
Dr Ashok Kumar Verma	Dr Kaushal Kishor	Dr S Panad
Dr Ashutosh Suryawanshi	Dr Kiran Wadiwa	Dr Sagar Garud
Dr B L Hatila	Dr Komal Vijay Vargiya	Dr Sainath Vasantrao Todkar
Dr Bhanwar Lal Sharma	Dr Kuldeep Kumar Pathak	Dr Samiunnesa
Dr Bharat Khandagale	Dr Madhura Vilasmore	Dr Sangeeta Palsania
Dr Bharti Surana	Dr Namita Singh	Dr Shobha Dubey
Dr Chhaya Kalra	Dr Nandkishore Khande	Dr Sudha Kumari Sharma
Dr Chitra Joshi	Dr Narwane Govind Satwaji	Dr Suman Singhvi
Dr Devendra Nath Pandey	Dr Neeraj Kumar Shah	Dr Suresh Chaudhary
Dr Devnanda Chaudhury	Dr Neeti Gupta	Dr Vikash Kumar
Dr Devshatwar Atul Bharatrao	Dr Nitin Kumar Tripathi	Dr Vinay Kumar Ravi
Dr Dharm Veer Singh	Dr P L Mandavi	Dr Vinay Prabha
Dr Dipendra Salame	Dr Pratibha Rai	

Newsletter Contest N-06

Women all over the world continue to face discrimination in many spheres of life. They are often placed at great risk of mortality and morbidity arising out of their reproductive roles and sometimes limited choices in the areas of marriage, sexual relationships, conception, contraception, and abortion. Women's sexual and reproductive rights are recognized internationally in various human rights declarations and treaties. These rights include some specific reproductive health obligations:

- Provide access to a range of contraceptive methods
- Help people choose and use a family planning method
- Provide access to safe and legal abortion services

Contest Question: Which of the following rights specifically includes the above listed obligations?

- Right to non-discrimination
- Right to own property
- Right to decide the number and spacing of one's children
- Right to freedom of movement and residence within the borders of each state

Send us your answer (A, B, C, or D):

- SMS: +91 9013380510 (or)
 - Email: helpdesk@cacconnect.in
- 3 lucky correct entries win a wristwatch each!
Please mention your full name and state
Contest closes 15 June, 2014

Winners of Contest N-05



Dr Samiunnesa
Uttarakhand



Dr Vikash Kumar
Jharkhand



Dr Bhavna Bansal
Rajasthan

Q: Rearrange the letters below to complete the following sentence.

TEINALTSARIANM _____ are made up of hygroscopic materials, which swell up by absorbing cervical and vaginal secretions; they gradually dilate and soften the cervix and also stimulate uterine contractions.

Correct Answer: Laminaria Tents

ARE YOU IN BALANCE?

Take this quiz to see if you are in balance	Agree	Disagree
I feel like I have little or no control over my work life.	0	1
I regularly enjoy hobbies or interests outside of work.	1	0
I often feel guilty because I can't make time for everything I want to.	0	1
I frequently feel anxious or upset because of what is happening at work.	0	1
I usually have enough time to spend with my loved ones.	1	0
When I'm at home, I feel relaxed and comfortable.	1	0
I have time to do something just for me every week.	1	0
On most days, I feel overwhelmed and over-committed.	0	1
I rarely lose my temper at work.	1	0
I never use all my allotted vacation days.	0	1
Total		



What your score means

0 to 3:	You may be a little out of balance. Some significant changes to your lifestyle can help you get back in control!
4 to 6:	You're keeping things under control—but only barely. Now is the time to take action before you're knocked off balance.
7 to 8	You're on the right track! You've been able to achieve work-life balance—now, make sure you protect it.

Source: Canadian Mental Health Association www.cmha.ca (This quiz provides general information only. It is not a diagnostic test.)

Maintaining a healthy work-life balance is important for both mental and physical health. Doctors are not immune to poor health choices, the very ones they lecture patients about, due to their big workload and the stresses of a career in medicine. Burnout, depression, and excess stress can all erode work-life balance. In order to take better care of their patients, doctors have to take better care of themselves.

Ten simple steps to bring the balance back!

1. Any time you're faced with a task that will take less than two minutes to complete, do it immediately.
2. Continually ask yourself, "Is this the best use of my time?" Ask yourself, "Does doing this require a medical degree?" If the answer is "no," delegate the task, if possible.
3. On your days off, do something very different than you do during the work week. Make it a point to master new skills and learn new things about the world outside of medicine.
4. Schedule brief breaks for yourself throughout the day. Your productivity and effectiveness will increase if you take even a few minutes break two or three times a day.
5. Nurture yourself. As a doctor you already know that eating a healthy diet, including physical activity in your daily routine and getting enough sleep is very important for overall well-being!
6. Schedule some time to spend with the family every day.
7. Make friends with a few people who will agree to never ask you to be their doctor!
8. Unplug! In today's world of smartphones, internet, and television, a little break from technology can go a long way.
9. Show appreciation! Tell your staff periodically how much you appreciate their contributions, it will improve your work environment and reduce some stress.
10. Remember that life balance is a shifting concept and you'll learn from your attempts to maintain it. Some days will be better than others.

Mother's Day Sunday, 11 May Poem/Couplet Contest

नींद अपनी भुला के सुलाया हमको
 आँसू अपने गिरा के हँसाया हमको
 दर्द कभी न देना उस हस्ती को
 खुदा ने माँ बनाया जिसको।

Mother's Day is celebrated each year in India on the second Sunday of May. This year it falls on 11 May. The day has been set aside to recognize mothers, motherhood. To commemorate Mother's Day this year, CAC Connect is holding a poem/couplet writing competition.

Put your pens to paper and in a few lines express your appreciation for mothers. We know you're great at prescriptions but you can write poetry too!

The two best submissions will win special prizes.

We look forward to reading your poems for mothers in either Hindi or English. Submissions can be handed over to your Ipas representative or emailed to us at helpdesk@cacconnect.in.

Final date for submissions—31 May.

Did You Know?

First Trimester Vacuum Aspiration and Medical Abortion: Screening for Ectopic Pregnancy

Recommendation

Ectopic pregnancy should be considered in women presenting for an abortion who have a concerning history or an exam that raises concerns.

Background

Although the rate of ectopic pregnancy in women seeking abortion is less than one percent (Edwards & Creinin, 1997), ectopic pregnancy is a leading cause of maternal mortality in the first trimester (CDC, 1995; Khan, Wojdyla, Say, Gulmezoglu, & Van Look, 2006; WHO, 1985).

Risk factors

A woman's medical history and physical exam may indicate an increased risk of ectopic pregnancy; however, half of all ectopic pregnancies occur in women with no risk factors and a benign clinical presentation (Stovall, Kellerman, Ling, & Buster, 1990). Risk factors with the highest associated risk of ectopic pregnancy in pregnant women are shown in this table:

Risk factor	Risk of ectopic in the current pregnancy
Previous ectopic pregnancy	10-15 percent (Yao & Tulandi, 1997)
History of tubal surgery, including sterilization	25-50 percent (Barnhart, 2009)
IUCD in place	25-50 percent (Barnhart, 2009)

Other risk factors—such as a history of infertility and assisted reproductive technology, a history of genital or pelvic infections, multiple partners, early age at first intercourse, and smoking—confer lower risks (Barnhart, 2009).

Screening

Providers should screen women for risk factors for ectopic pregnancy during the history and physical exam. A screening checklist should include relevant history, such as a history of ectopic pregnancy, tubal ligation, tubal surgery

or an IUCD in place. The screening checklist should also include signs and symptoms, such as an adnexal mass or pain on examination, or pain and vaginal bleeding.

Treatment for high risk women

A woman desiring abortion who has risk factors for ectopic pregnancy with a benign physical exam can be evaluated further with ultrasound or serial hCG testing, but access to testing may be limited in low resource settings (Obed, 2006). A provider may also offer a woman vacuum aspiration with tissue examination to confirm the diagnosis of an intrauterine pregnancy rather than a medical abortion. A woman with suspicious signs and symptoms or a concerning physical exam should be diagnosed and treated as soon as possible or transferred immediately to a facility that can manage ectopic pregnancy. Early diagnosis and treatment of ectopic pregnancy can help preserve fertility and save women's lives.

Post-procedure screening

For women undergoing vacuum aspiration, the products of conception should be strained and examined to confirm products of conception in the aspirate. If products of conception are not seen, ectopic pregnancy should be suspected and followed closely.

Young women

This recommendation is the same for young women.

Scratch and Win Contest

Ten lucky winners will be sent an MVA kit each!



Instructions:

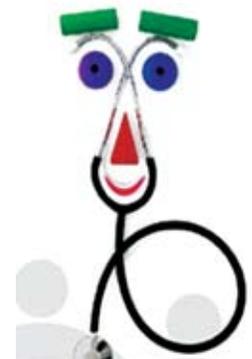
1. Scratch off the above panel
2. Send us the number that you find there and your full name and state
 - a. SMS to +91 9013380510
 - b. or write to us at helpdesk@cacconnect.in

If you have the winning combination, we'll send you your prize!

Here's
Your Chance
to Win an
MVA Kit!

CAC Connect Doctor's Time Out

CAC Connect is happy to announce Season 3 of our Doctor's Time Out Events. We look forward to meeting a large number of our members in the coming months! Come prepared to share your experiences! If you have any questions regarding the events please write to the CAC Connect Secretariat at helpdesk@cacconnect.in



International Women's Day Photography Contest

Congratulations **Dr Sangeeta Palsania** and **Dr Deepty Kalamkar** for your prize-winning contributions in commemoration of International Women's Day!

A Proud Mother



The woman in the picture went through a lot of difficulties during her delivery. She had a ruptured uterus with the baby lying in the abdominal cavity. The baby was saved after resuscitation. Here is the smile of a proud mother!
Dr Sangeeta Palsania, Madhya Pradesh

Eradicating Polio in India

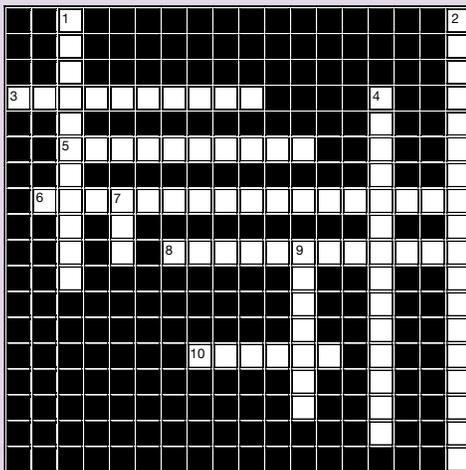


This year India successfully eradicated poliomyelitis. We as medical professionals have all contributed our best efforts toward the eradication. We went to slum areas and construction sites and brick kilns to provide the vaccine to those who otherwise would have been left out. Thanks to my staff and everyone who helped with this important contribution to society.

Dr Deepty Kalamkar
Maharashtra

The photographs displayed here were submitted by CAC Connect members for the purpose of this contest; they strictly should not be distributed outside the CAC Connect Network.

CROSSWORD PUZZLE 2



Across

- Misoprostol binds to ----- cells causing strong uterine contractions, cervical softening, and dilation
- If a woman is ----- she should be advised/administered Anti D within 72 hours of the procedure (2 words)
- Intrauterine adhesions (2 words)
- Mifepristone is more effective in early pregnancy when ----- is present in lower concentrations due to limited production by the corpus luteum
- Barrier method of contraception

Down

- Synthetic prostglandin E1 Analogue
- Persistence of gestational sac without cardiac activity 2 weeks after Misoprostol administration (2 words)
- Type of pregnancy where uterine size is bigger than expected but has smooth and soft consistency (2 words)
- uses an electric pump or suction machine attached to a cannula to evacuate uterine contents (abbreviation)
- This might occur when the cervix is being dilated. Severe pain is experienced; fainting due to a vaso-vagal attack causing marked bradycardia

The solution to Crossword Puzzle 2 can be downloaded from the CAC Connect website on the Publications Page at http://www.cacconnect.in/publications_list.php

Watch Out For

- North Zone Yuva FOGSI 2014
Theme: Operative Gynecology
Venue: HUDA Exhibition cum Convention Centre, Faridabad
Date: 11-13 April, 2014
- International Conference on Reproduction, Fertility and Surrogacy
Venue: All India Institute of Medical Sciences, New Delhi, India
Date: 24-25 May, 2014
- 4th National Conference on Gynae Endocrinology
Venue: Hotel Grand, Vasant Kunj, New Delhi
Date: 25-27 April, 2014
- South Zone Yuva FOGSI 2014
Theme: Medical Disorders in Pregnancy
Venue: Mysore, Karnataka
Date: 6-8 June, 2014

Contact Us:

CAC Connect Secretariat, P.O. Box 8862, Vasant Vihar, New Delhi 110 057, E-mail: helpdesk@cacconnect.in

The photographs used in this publication are for illustrative purposes only; they do not imply any particular attitudes, behaviors, or actions on the part of any person who appears in the photographs.



March 10
International Abortion Providers
Appreciation Day



Five Things to Start Doing

•
Practice kindness

•
Love what you do

•
Do what you love

•
Worry less

•
Focus on the positive