

NEWSLETTER



ISPOG

International Society of Psychosomatic
Obstetrics and Gynaecology

2013

WINTER



Dear Readers and ISPOG members,

Obstetric and Gynecological conditions always have an organic-biological, a social and a psychic component, no matter which is more apparent or able to be studied firstly or more easily. It is not the matter which is more important as the human being is a complex and cultural reality.

Health care providers in Obstetrics and Gynaecology and related fields (Reproduction, Perinatology, Oncology, Sexology, etc.) need up to date and proper tools to interact with each woman respecting the three components. She has her special demands, needs and rights, a culture and subjectivity. The professionals also have personal challenges and need interdisciplinary collaboration for taking care of her/himself and of the patient. ISPOG provides tools, sharing of knowledge and shelter for the professionals that take care of women with a biopsychosocial , psychosomatic and integrated approach with the goal of empowering them and the national member societies in their own local circumstances. We have learned a lesson in Berlin: no more walls but bridges.

We will go on building them with the collaboration in harmony of all the professionals concerned with the Health Care and well-being of women in a global perspective.

Carlos Damonte Khoury
president of ISPOG

New ISPOG Board

2013-2016



President:

Carlos Damonte Khoury MD
(Ob Gyn)
Spain

Co founder of the Spanish and Argentinian POG Societies, in 1986 and 1992, nowadays member of the Scientific Committee of the Spanish Ob Gyn National Society and the Secretary General of its Psychosomatic Section from 2004 I will be happy to receive all of you as the president of the International ISPOG Congress of Granada, Spain, in May 2016. My main interest now is to boost emerging POG groups in many countries in which there are no formal POG Societies yet (Czech Rep, Poland, Croatia, Egypt, Lebanon, Iran, Argentina, Brazil, Mexico), encourage POG societies in the the Portuguese and Spanish speaking countries lead by the POG Section of the Spanish SEGO (www.sego.org), and accompany the growth of ISPOG.

This task includes the formation of specific committees (Education, Psychosomatics in Perinatology, Body Image issues, etc.) that are already linked or will link ISPOG to the most important global societies and promote the continuous education of the Ob Gyn specialists and coworkers in psychosomatic and psychosocial issues in their congresses like FIGO, EBCOG, ESC, IAWMH, Marcé, ISGE, WAIMH, Perinatology and IMS.

During 2013 I had the pleasure of being invited to the Israeli POG 2013 Congress and witness the power of their local and international multidisciplinary activity and to the re-foundation of the Uruguayan POG Society in August 2013, from here I want to give the warmest welcome to this new national member society.



Past President:

Karen Marieke Paarlberg MD, PhD
(Ob Gyn)
The Netherlands

Obstetrician-gynaecologist in Gelre Teaching Hospital Apeldoorn, The Netherlands, she is the tutor of Ob/Gyn residents and residents in training for tropical medicine and international health. Her main focuses are: perinatal medicine, prenatal diagnosis and psycho-obstetrics. Her thesis in 1999 carried the title 'Stress exposure and pregnancy outcome: A psychosocial and biochemical study'. She has been President of the Dutch Working Party on Psychosomatic Obstetrics and Gynaecology (www.wpog.nl), of the Dutch Society of Obstetrics and Gynaecology. Currently, she is still active as Immediate Past President of ISPOG. In 2008 she has published a national guideline on female genital cosmetic surgery, approved by the Dutch Societies of Obstetrics and Gynaecology and Plastic and Aesthetic Surgery. In 2013, a PhD thesis on PTTS following childbirth, partly under her supervision, has been published and defended. Her research projects concern depression in pregnancy and fear of childbirth, genital appearance satisfaction and request for labia reduction surgery.



Secretary General:

Heather Rowe BSc (Hons) PhD
Australia

Immediate Past President of the Australian SPOG and Senior Research Fellow in the Jean Hailes Research Unit at Monash University in Melbourne Australia (<http://www.med.monash.edu.au/sphpm/jean-hailes/>). Heather's program of research concerns perinatal mental health promotion and the management of fertility. She is experienced in health professional education, is pleased to be supporting ISPOG's new educational activities, and looks forward to frequent personal contact with many more delegates of ISPOG's national member societies in the future.



President elect 2016-2019:

Sibil Tschudin PD, PhD
(Ob Gyn)
Switzerland

Past president of the Swiss society of POG, Obstetrician-gynaecologist, she sub-specialized in psychosomatic and psychosocial medicine and sexual medicine. Head of the Division of Social Medicine and Psychosomatics at the Department of Obstetrics and Gynaecology of the University Hospital in Basel and lecturer at the University of Basel with special interest in family planning and gynaecological psychosomatics. Her main research activities are directed towards counselling techniques in obstetrics and gynaecology, focusing on topics such as infertility, fertility preservation and prenatal diagnostics. Further topics of interest and research are perinatal depression and C-section on demand, as well as premenstrual syndrome.



Treasurer:

Barbara Maier Prof, PhD
(Ob Gyn)
Austria

Specialist in Obstetrics and Gynaecology, Lecturer at the University of Vienna, she is nowadays the Head of the OB/GYN Department of the Hanusch General Hospital of Vienna Health Insurance Funds. She is also member of the Bioethics-Committee at the Austrian Chancellor, member of the Task Force *Caesarean Section -Reproductive Medicine* at the Austrian Governmental Department of Health and Head of the Department of Gynaecological Endocrinology and Reproductive Medicine at the University Clinic of the Paracelsus Private University Salzburg and President of the Austrian Society of Family Planning and Contraception, and founder and editor-in-chief of the Journal WOMAN. by Elsevier.



Digital Secretary:

Levente Lazar MD, PhD
(Ob Gyn)
Hungary

Specialist in maternal-fetal medicine, clinical and molecular genetics. Head of Prenatal Ward at Semmelweis University Budapest. Interested also in prenatal genetic diagnostics, from 2009 he is a member of executive board of the Hungarian Society of POG. In 2007 he started to renew presence of ISPOG in the Internet, and is working in providing the technical platform for the Education (e learning) and Communication projects of ISPOG.

Secretary General's report of activities:

There has been much activity since the new ISPOG Board was elected in Berlin in May 2013. The Secretariat was moved to Australia and is now in the hands of Ms Bianca Scarlett. The transfer was smooth thanks to the meticulous records and efficient handover from Angie Rollinson and Pauline Slade in the UK. Regular Board meetings are being facilitated by Skype, which enable committee members, from 6 different countries, to speak directly to each other.

The principal focus of the Secretary General's tasks in this triennium is to foster communication among members and their national societies. We do hope that you will keep your contact details up-to-date and respond with your thoughts and ideas when we ask you. We welcome communication at any time.

(admin@aspog.org.au)

Liaison amongst national societies will be assisted by the dynamic and convenient website, which is under the capable and imaginative stewardship of Levente Lazar. There have been many new features added this year, thanks to his work.

After protracted negotiations with InformaHealthcare, the publisher of our official Journal JPOG, we have now signed an agreement for online access to the journal at reduced subscription costs for ISPOG members. We are awaiting details about how members can gain access to the journal and will send you the information as soon as we can in 2014.

The next ExCo meeting will be held at the EBCOG congress (<http://www.ebcog2014.org/>) in Glasgow in May 2014. We will send the Delegates information about the time and venue of the meeting as soon as details are confirmed. I'm looking forward to seeing many of you there.

Digital Secretary's report of activities:

ISPOG is a 50-year-old society, with a unique history and activity in the field of psychosomatics in obstetrics and gynecology. In this half century, hard scientific work and commitment was ongoing in more than 20 national societies all around the world. The most important event in ISPOG's life is the international congress, which is held regularly every three years. The mirror of the scientific activity is the Journal of Psychosomatic Obstetrics & Gynecology, the official journal of the ISPOG.

In the last twenty years, the development of the internet has given new opportunities to spread information, exchange ideas and influence clinical practice around the world. This challenge is one of the most important goals of ISPOG. In today's world, people lead very busy lives, and a well-presented website is a valuable and convenient service for ISPOG members. Staying in regular touch with ISPOG via the website can provide up-to-date information about ISPOG's activities. A dynamic and up-to-date web presence can expand the dissemination of ISPOG's ideas significantly, and makes ISPOG available to people in other time zones and even across the globe, rather than only to a limited audience or local geographical area.

In the previous nine years, the ISPOG Board has worked on establishing a significant presence on the web. The website has been renewed, new features were included and more information about ISPOG past, present and future was added. Online webcasting was performed at the ISPOG Congress in Berlin in May 2013, and presentations can be downloaded from the website. Continuous refreshment of the information allows up to date news of events connected to psychosomatic topics all around the world. ISPOG's presence on social and professional networks, such as Researchgate, BiomedExperts, Twitter and Facebook also provides the possibility of working together in networks and to form groups for communication among specialists with similar interests.

One of the main aims in next few years is to develop an e-learning platform with an organized database of information, lectures, and guidelines in the field of psychosomatic obstetrics and gynecology. An Editorial Board has been formed to review and approve content. The internet platform is in development. Ultimately, the database will be available for all members and non-members who are interested in this exciting and extremely important field of obstetrics and gynecology.

Special thanks to Heribert Kentenich (Berlin, Germany):

We owe him and his coworkers two masterpieces: the ISPOG Standard of Care on Chronic Pelvic Pain and the organization of the highly successful Berlin 2013 ISPOG Congress.

ISPOG Standard of Care Chronic Pelvic Pain in Women

Freely available in our web page, this document is the result of the hard work of a team of experts chaired by Prof Kentenich, and is supposed to be a guidance and a material for discussion **within all our national member societies**. Comments and suggestions are very welcome through our Sec Gen, Web Page or directly to the authors.

The Berlin 2013 Congress



Prof Heribert Kentenich

Martina Rauchfuß

A very unfortunate accident that happened just previous to the Congress prevented Prof Kentenich to be present (shortly after we were happy to know he has recovered again), but this drawback didn't prevent his team, lead by **PD Dr. Martina Rauchfuß, Prof. Dr. Matthias David, Dr. Friederike Siedentopf and Dr. Vivian Pratamaroff**, together with the Secretariat lead by **Mr Böhme** and Heribert's wife **Mechtild** in the social events, to perform a great work

They were so welcoming and efficient that the feeling we all had at the Closing Ceremony couldn't be better. This has been a great, multicultural and truly international ISPOG Congress.



Participation of ISPOG in International Conferences for 2014:

February 12-13th:

Vienna, Austria: Conference on Cesarean Section organized by Our former treasurer Prof Beate Wimmer Puchinger (presentations by Marieke Paarlberg)

April 6-9th

Columbus , Ohio , USA: NASPOG – Marcé - ISPOG Congress (Presentations by Marieke Paarlberg and Sibil Tschudin) (www.naspog.org)

May 7-10th

Glasgow, Scotland, EBCOG Congress . Workshop, Symposium and Ex Co Meeting by many ISPOG Board members and national delegates. Presentation of ISPOG as an Education Platform in POG for Europe. (www.ebcog2014.org)

May 28th

Lisbon, Portugal. Symposium : Carlos Damonte as ISPOG President and Spanish POG Secretary, Sibil Tschudin and Heather Rowe will participate in a joint pre-congress Symposium together with the POG Group of the Portuguese National Gyn Society (SPG) and the local ESC organizers in a link made through Johannes Bitzer, ex ISPOG President and nowadays ESC President and José Martinez de Oliveira, former SPG President (www.esrh.eu)

June 14-18th

Edinburgh, Scotland. Carlos Damonte and Barbara Maier will participate in a joint symposium with WAIMH and French Marcé Society, a liaison fostered by Miri Keren (WAIMH President) and Carlos Damonte (www.waimh.org)

September 3-6th

Cancún, Mexico (Still to be confirmed) ISPOG Symposium in the Perinatology Congress by Carlos Damonte and southamerican delegates from Uruguay, Argentina, Perú and Brazil. (www.wapm.info)

Participation of ISPOG in International Conferences for 2015:

For the moment we have in preparation:

February, Munich, Germany: Dreiländertagung (Vivian Pratamaroff and Sibil Tschudin are organizing)

March, Tokyo, Japan : IAWMH Congress (Heather Rowe will chair the activity)

October, Vancouver, Canada, FIGO (ISPOG Workshop, Symposium and 2015 Ex Co Meeting) (www.figo2015.com)

2016 (Keep the date!) Next ISPOG International Congress:



Season's Greetings with Happy New Year to all!