

60percent – 13 October 2023

CDC Issues First DoxyPEP Guidelines



Poz | 4 October 2023

The Centers for Disease Control and Prevention (CDC) has issued its first proposed guidelines for using the antibiotic doxycycline as post-exposure prophylaxis to prevent bacterial sexually transmitted infections (STIs), an approach known as doxyPEP. The guidelines, published in the Federal Register on October 2, will be open for public comment for 45 days. “Doxy PEP is moving STI prevention efforts into the 21st century,” Jonathan Mermin, MD, MPH, director of CDC’s National Center for HIV, Viral Hepatitis, STD, and TB Prevention, said in a statement. “We need game-changing innovations to turn the STI epidemic around, and this is a major step in the right direction.”

<https://www.poz.com/article/cdc-issues-first-doxy pep-guidelines>

'Motherhood is hard': Young, HIV-positive mums in South Africa open up about regret and anger



News24 | 4 October 2023

In many African cultures, mothers are expected to be resilient, happy and tenacious. But what about the often "silenced" aspect of motherhood? A recent study found that young mothers were dealing with intersecting psychological, socioeconomic, health, cultural and physiological dynamics. Their HIV status created another layer of complexity due to the attached health responsibilities, stigma and shame. It's time to shift the conversation from conventional and rigid constructions of motherhood to a more open, inclusive picture across Africa.

<https://www.news24.com/life/newsletters/lovebytes/morenews/motherhood-is-hard-young-hiv-positive-mums-in-south-africa-open-up-about-regret-and-anger-20231004-4>

Presidential Advisory Council on HIV/AIDS Welcomes 13 New Members



Poz | 5 October 2023

PACHA provides advice, information, and recommendations to the Secretary of Health and Human Services regarding programs, policies, and research to promote effective prevention, treatment, and cure of HIV disease and AIDS. This includes recommendations to the Secretary regarding the development and implementation of the National HIV/AIDS Strategy and the Ending the HIV Epidemic in the U.S. initiative.

<https://www.poz.com/blog/presidential-advisory-council-hiv-aids-pacha-welcomes-13-new-members>

Cervical cancer could be diagnosed earlier with new DNA biosensor



BioPharmaReporter | 5 September 2023

Researchers from Chung-Ang University, Korea have developed a novel DNA biosensor which could result in early diagnosis of cervical cancer.

<https://www.biopharma-reporter.com/Article/2023/10/05/cervical-cancer-could-be-diagnosed-earlier-with-new-dna-biosensor>

Sheryl Lee Ralph Honored by Project Angel Food for Decades of HIV Activism



Poz | 5 September 2023

Emmy Award-winning actress Sheryl Lee Ralph was honored at Project Angel Food's 2023 Awards Gala for her long-standing support as an AIDS activist. The event raised \$750,000 for the Los Angeles organization, which prepares and delivers healthy meals to people impacted by serious illnesses,

including HIV. Fellow actress Lily Tomlin presented the inaugural Sheryl Lee Ralph Legacy Award to Ralph for her participation and commitment to Project Angel Food throughout the last 30 years, according to the organization's website.

<https://www.poz.com/article/sheryl-lee-ralph-honored-project-angel-food-decades-hiv-activism>

Are Women Getting Breast Cancer at Younger Ages?



Health Hive | 6 October 2023

In August 2023, a study was published in JAMA Network that looked at more than 562,000 early-onset cancer patients to determine any patterns that emerged. Many news stories about the study focused on the data suggesting more young women, particularly between ages 40-49, were being diagnosed with breast cancer compared to years before. Kelly Krupa, MD, a breast surgical oncologist at Rochester Regional Health Breast Center, dives deeper into the study findings and shares what breast cancer risk concerns she discusses with patients, and the best ways women can screen for breast cancer.

<https://hive.rochesterregional.org/cancer/young-women-breast-cancer>

MENTAL HEALTH AND GENDER INEQUALITY: THE DUAL CRISIS AFFECTING THE WORLD'S GIRLS AND WOMEN



United Nations Foundation | 6 October 2023

There's a global mental health crisis crying out for action, and it's taking the biggest toll on girls and women, whose rights are rolling back around the world. Three gender equality experts discuss girls' and women's mental and emotional well-being. "Mental health has become a silent pandemic in the lives of many of our young women," Amina J. Mohammed said at the Generation Equality Midpoint Moment during diplomacy's biggest moment, the 78th Session of the UN General Assembly. Shining a light on the severity of the crisis, the Deputy Secretary-General was adamant that gender equality

will remain out of reach — as will, by extension, all 17 of the Sustainable Development Goals — until we address this issue head-on.

<https://unfoundation.org/blog/post/mental-health-and-gender-inequality-the-dual-crisis-affecting-the-worlds-girls-and-women/>

HIV Headlines Two Big Events During One Week in Chicago [VIDEOS]

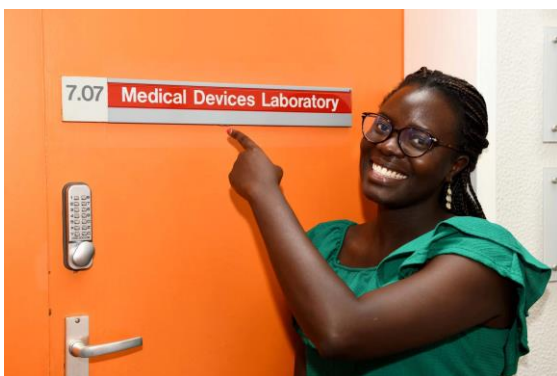


Poz | 6 October 2023

Chicago’s HIV community got a double dose of good news recently. During the last week of September, Howard Brown Health, which operates LGBTQ health centers, opened a five-story clinic in Lakeview. A few days later, the 32nd annual AIDS Run & Walk Chicago, which raises funds for AIDS Foundation Chicago and over 25 community partners, brought in \$520,000. Over 2,500 Chicagoans participated in the event at Soldier Field, reports ABC7Chicago.com (watch the segment above). “We are seeing tremendous declines in new HIV cases by about 25% over the last five years in Chicago, which is incredible. But the challenge is we haven’t seen new cases decline among all groups equally,” John Peller, president of AIDS Foundation Chicago, told the news channel. “And so we really need to double down on racial health equity to make sure that Black and Latinx people have the same opportunities to prevent HIV as their white counterparts.”

<https://www.poz.com/article/hiv-headlines-two-big-events-chicago-videos-howard-brown-health-aids-run-walk>

Interview: A simple device used after birth can help save lives, says award-winning young innovator



Spotlight | 9 September 2023

As a child growing up in the Ugandan capital of Kampala, Maureen Etuket used a screwdriver to dismantle electronic appliances and toy trucks. “I was around eight, nine years old,” she says. “I guess

it just excited me.” Slightly over a decade later, this curiosity is driving her quest to find solutions to public healthcare challenges. Last month, Etuket’s Smart PVD device [Postpartum Haemorrhage Volumetric Drape] won the Mandela Rhodes Foundation’s award for social impact in Africa – the 2023 Äänit Prize – with a cash grant of \$38 000. At the awards ceremony in Cape Town, judges described the device as “a brilliantly practical intervention that can immediately and directly improve outcomes for patients”.

<https://www.spotlightnsp.co.za/2023/10/09/interview-a-simple-device-used-after-birth-can-help-save-lives-says-award-winning-young-innovator/>

[WATCH] Yvette Raphael’s incredible journey of two decades with HIV



Bhekisisa | 9 September 2023

Yvette Raphael has taken antiretroviral (ARVs) pills each day of her life for the past 22 years. She was diagnosed with HIV in 2000. ARVs have transformed her condition from a death sentence to a chronic disease. She can live a long, healthy life, as long as she takes her treatment correctly. But, even though her family helps her to remember to take her pills, it hasn’t been easy. There’s been times she wanted to stop. And people with HIV are up to eight times more likely to have depression and experience anxiety, which makes it harder to stick to treatment. Our Health Beat Team visited Raphael at home and also at a clothing shop she owns. Go with us on this journey and get to know Raphael.

<https://bhekisisa.org/multimedia/videos/2023-10-09-watch-yvette-raphaels-incredible-journey-of-two-decades-with-hiv/>

Fundamental health services for women: Analysing gender disparities



Observer Research Foundation | 9 October 2023

As we commemorate ‘World Mental Health Day’ on October 10 with the theme of achieving good mental well-being as a universal human right, it serves as a harsh reminder that women are most likely silent victims of the mental health epidemic. Bearing this in mind, it is imperative that dialogues on mental well-being delve deeper into understanding gender disparities in mental health.

<https://www.orfonline.org/expert-speak/fundamental-health-services-for-women-analysing-gender-disparities/>

Treating Sexual Health in Cancer Survivorship is Still Challenging, Experts Say



Oncology Nursing News | 9 October 2023

When it comes to cancer survivorship, sexual health is a topic that is often left on the backburner. However, there are researchers seeking to clarify best practices in helping patients navigate cancer-related sexual dysfunction. Noël Arring, PhD, DNP, RN, and Debra L. Barton, PhD, RN, FAAN, FASCO, recently published an article in the Journal of Clinical Oncology, in which they highlighted clinical strategies to address sexual health in female cancer survivors.

<https://www.oncnursingnews.com/view/treating-sexual-health-in-cancer-survivorship-is-still-challenging-experts-say>

AIDS foundation tasks govt, stakeholders on girls' empowerment



Nan News | 9 October 2023

AIDS Healthcare Foundation (AHF), an NGO has called on government and stakeholders to implement policies that promote equal access to healthcare, education and economic opportunities for young women and girls. This was contained in a statement issued by Mr Steve Aborisade, Advocacy and Marketing Manager AHF, on Monday in Abuja, ahead of 2023 International Day of the Girl Child (IDGC). The News Agency of Nigeria (NAN), reports that, IDGC commemorated annually on Oct. 11, focuses on addressing challenges girls face and to promote girls' empowerment and fulfilment of their human rights.

<https://nannews.ng/2023/10/09/aids-foundation-tasks-govt-stakeholders-on-girls-empowerment/>

JERRY COOVADIA: THE SOUTH AFRICAN DOCTOR WHO LED THE FIGHT AGAINST HIV IN CHILDREN



Health-e News | 9 October 2023

South African-born Professor Hoosen “Jerry” Coovadia, renowned academic and prominent anti-apartheid activist, passed away on 4 October. As a paediatrician I was privileged to know and work with him over two decades. Prior to that I knew him when we were both health activists in apartheid South Africa. In 2019 Coovadia was profiled in the leading health academic journal, *The Lancet*, as an icon in South African health. The profile described him as the “Nelson Mandela of health”. This was in tribute to his dedication to ameliorating the diseases that afflicted children of South Africa, like malnutrition, measles and HIV, and his role in health activism.

<https://health-e.org.za/2023/10/09/jerry-coovadia-the-south-african-doctor-who-led-the-fight-against-hiv-in-children/>

Over 1.5 million cancer deaths in women worldwide could be avoided through proper prevention, says report by *The Lancet*



Peoples Dispatch | 10 October 2023

A recent *The Lancet* Commission analyzed data on the intersection of gender, power, and cancer distribution, issuing warnings about the unequal burden of disease still shouldered by women. A report published by *The Lancet* at the end of September warns against the unequal distribution of the burden of cancer between women and men globally. The report found, among other things, that at least 1.5 million cancer-related deaths in women could be avoided through proper prevention and early detection. An additional 800,000 deaths could be avoided if all women had access to proper cancer care.

<https://peoplesdispatch.org/2023/10/09/over-1-5-million-cancer-deaths-in-women-worldwide-could-be-avoided-through-proper-prevention-says-report-by-the-lancet/>

PREVENTION IS NEEDED ON ALL FRONTS TO STEM THE TIDE OF NEW HIV INFECTIONS



Health-e News | 10 October 2023

New HIV infections are still a major driver of the epidemic. According to UNAIDS adolescent girls and young women are disproportionately affected. Around the world, this population group accounts for about 4000 new infections every week. In South Africa, where the highest number of people with HIV live, new infections among women and girls aged 15-24 is estimated at 43,300 a year. But the country is adding new tools to its HIV-prevention arsenal. In August the country started a pilot roll-out study of the PrEP ring or Dapi-Ring in Maria Rantho Clinic in Soshanguve, north of Pretoria.

<https://health-e.org.za/2023/10/10/prevention-is-needed-on-all-fronts-to-stem-the-tide-of-new-hiv-infections/>

Why Is Mental Health Crucial For Pregnant Women?



Healthsite.com | 10 October 2023

World Mental Health Day 2023: Pregnancy is a blissful journey filled with anticipation and joy, but it can also be a time of heightened emotional and mental vulnerability. While the physical well-being of the mother and the baby is a top priority, it's equally important to prioritize mental health. Here's Dr Hansaji Yogendra, Director of The Yoga Institute, highlighting why mental health is paramount for pregnant women.

<https://www.thehealthsite.com/pregnancy/why-is-mental-health-crucial-for-pregnant-women-1018706/>

World Mental Health Day: Mental health is a universal human right, declares WHO

IOL | 10 October 2023

WHO Regional Director for South-East Asia, Poonam Khetrpal said, "The focus of human rights has historically been on needs such as food, shelter, and healthcare. "However, mental health stands as a critical pillar for human wellbeing. Recognising that mental health is a universal human right is acknowledging the relationship between mental health and the overall quality of life."

<https://www.iol.co.za/lifestyle/health/mind/world-mental-health-day-mental-health-is-a-universal-human-right-declares-who-dc779adb-ed46-593b-ab7f-8bda5d996d2f>

WATCH: SA women bemoan new sanitary pad video, want 'menstruation advert with zero theatrics'



IOL | 11 October 2023

When it comes to "that time of the month," many women find themselves writhing over in pain, unable to complete menial tasks like taking a shower or even lifting our heads from the pillow. It's a relatable reality that binds us in the sisterhood of menstrual pains.

<https://www.iol.co.za/lifestyle/health/watch-sa-women-bemoan-new-sanitary-pad-video-want-menstruation-advert-with-zero-theatrics-978223f4-cd33-44dd-9c29-8bbda3ed251f>

WHO issues global plan to tackle leading cause of death in childbirth



WHO | 11 October 2023

WHO today released its first roadmap to tackle postpartum haemorrhage (PPH) – defined as excessive bleeding after childbirth - which affects millions of women annually and is the world's leading cause of maternal deaths. Despite being preventable and treatable, PPH results in around 70 000 deaths every year. For those who survive, it can cause disabilities and psychological trauma that last for years.

<https://www.who.int/news/item/11-10-2023-who-issues-global-plan-to-tackle-leading-cause-of-death-in-childbirth>

Understanding Gender-Based Perception During Pregnancy: A Qualitative Study



Shibeshi K, Lemu Y, Gebretsadik L, Gebretsadik A, Morankar S, et al.

Dovepress | 11 October 2023

Gender-based perceptions about maternal health care during pregnancy draw attention to the existence of gender inequity in maternal health care. This study aimed to understand the gender-based perception of gender roles and norms, gender relations, social support, and psychosocial variation in maternal health care during pregnancy.

<https://www.dovepress.com/understanding-gender-based-perception-during-pregnancy-a-qualitative-s-peer-reviewed-fulltext-article-IJWH>

The Vital Role of Accountability in Improving Adolescent Health and Well-being



PMNCH | 11 October 2023

On October 11th and 12th, stakeholders will come together at the Global Forum for Adolescents (1), a historic gathering of youth, advocates, researchers, practitioners, and decision-makers. The Global Forum's purpose is to advance adolescent health and well-being by strengthening evidence-based political commitments, policies, and mobilization of domestic financing and official development assistance. Informed by the Adolescent Well-Being Framework, (2) findings of the 'What Young People Want' survey, (3) and the Global Consensus Statement on Meaningful Adolescent and Youth Engagement, (4) the programme will promote the multi-dimensional nature of adolescent well-being in our conflict-affected world, still recovering from a global pandemic.

<https://pmnch.who.int/news-and-events/news/item/11-10-2023-the-vital-role-of-accountability-in-improving-adolescent-health-and-well-being>

Mixed-methods cross-sectional study of the prevention of vertical HIV transmission program users unaware of male partner's HIV status, in six South African districts with a high antenatal HIV burden

BMC Public Health | 12 October 2023

Tshiamo M. Mmotsa, Vuyolwethu Magasana, Duduzile F. Nsibande, Mbongeleni Buthelezi, Reshmi Dassaye, et al.

Elimination of vertical HIV Transmission (VHT) and maternal deaths are global health priorities. Male involvement is one of the most important factors that influences women's decisions, including the uptake of Prevention of vertical HIV transmission (P-VHT). We sought to understand not knowing a male partner's HIV status (MPHIVs) amongst women using services to prevent vertical HIV transmission in six South African districts with high antenatal HIV burden.

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-023-16921-z>

Towards Universal Health Coverage, Strengthening Primary Health Care: A whole of Government, whole of Society approach conference



The South African National Department of Health, the Department of Planning, Monitoring and Evaluation, the World Health Organization and Health Systems Trust cordially invite you to participate in a Primary Health Care (PHC) themed, **Towards Universal Health Coverage, Strengthening Primary Health Care: A whole of Government, whole of Society approach**, conference to be held at the East London International Conference Centre from 14-17 November 2023.

The goals of the conference are to reinvigorate South Africa's commitment to the PHC approach as a strategic component of comprehensive health services in a unified health system, within a National Health Insurance (NHI) dispensation and to re-commit the country (i.e. government, citizens and social partners) to the PHC principles as being central to health promotion, disease prevention, and building a people-centred and resilient health system that is able to adapt and respond to emerging health challenges in a rapidly changing world.

For more information do go to the [conference web page](#)

<https://www.hst.org.za/media/Pages/PHC-Conference.aspx>

The Public Health Association of South Africa (PHASA) – calling all public health champions!



PHASA is a voluntary organisation of individuals passionate about population health improvements and the reduction of health inequities, and whose work focuses on the prevention of disease, the promotion of health, and the improved functioning of the country's health care system. Are you passionate about improving the health and wellbeing of communities? Do you want to expand your professional network and stay current in the field of public health? Do you want to be part of the movement to improve Public Health? Then join the Public Health Association of South Africa today to make a difference and enhance your career!

As a member, you will:

- Gain access to cutting-edge research, resources, and best practices
- Connect with public health professionals from around the world
- Participate in educational events and conferences
- Contribute to shaping the future of public health
- Have access to mentors in the field
- Be at the forefront of advocacy initiatives.

To become a member, simply visit our [website](#) and complete the membership application. Don't miss this opportunity to advance your career and improve public health.

<https://phasa.org.za/index.php/get-involved/membership>

Subscribe to the Health Systems Trust Bulletin



The Health Systems Trust (HST) produces a weekly bulletin on Fridays focusing on key public health news, peer-reviewed journal articles and other important primary healthcare resources.

<https://www.hst.org.za/Pages/Subscription.aspx>