

Headline **Birth control pills the best option: Doc**  
Date **27 Aug 2010**  
MediaTitle **Daily Express (KK)**  
Section **Nation**  
Journalist **N/A**  
Frequency **Daily (EM)**  
Circ / Read **30,557 / 97,836**

Language **English**  
Page No **12**  
Article Size **318 cm<sup>2</sup>**  
Color **Black/white**  
ADValue **655**  
PRValue **1,966**



# Birth control pills the best option: Doc



Miss Malaysia 2007, Deborah Henry, stressing a point while addressing Monash University Sunway staff and students during the Women's Week event.

Headline **Birth control pills the best option: Doc**  
Date **27 Aug 2010**  
MediaTitle **Daily Express (KK)**  
Section **Nation**  
Journalist **N/A**  
Frequency **Daily (EM)**  
Circ / Read **30,557 / 97,836**

Language **English**  
Page No **12**  
Article Size **318 cm<sup>2</sup>**  
Color **Black/white**  
ADValue **655**  
PRValue **1,966**

**KUALA LUMPUR:** A Universiti Malaya medical doctor has endorsed birth control pills as the best form of contraception.

Prof Jamiyah Hassan, consultant obstetrician and gynaecologist at the University Malaya Medical Centre placed these pills head and shoulders above other contraception methods, highly recommending it to young women.

"Empowered women who are well aware of contraception education know that unplanned pregnancies lead to unplanned births and inevitably, unplanned lives of both the mother and child.

"While the pill is safe and reliable, its health benefits should not be ignored," she said, adding that the pill had been proven to lower ovarian cancer risks by 50 to 80 per cent, ovarian cysts by 50 per cent and also endometrial cancer.

"This is already 2010 and educated women should not be afraid to discuss sexual health, which includes contraception education," she said to a room full of staff and students of the Monash University Sunway campus during the institution's celebration of Women's Week recently.

The history of contraception may have had a comical beginning but with medical advances, contraception methods, which have saved millions of lives, should be taken seriously, Jamiyah said.

Paired with the habit of practising safe sex by way of using condoms, women (and men) will also avoid sexually transmitted diseases (STDs), which has been steadily increasing, especially among women yearly, she added.

The Human Papilloma Virus, better known as HPV is a STD, which causes cervical cancer while other common STDs are HIV and chlamydia.

Miss Malaysia 2007, Deborah Henry, who advocates "pregnancy by choice, not by chance" shared the realities of unplanned pregnancies with the Sunway campus staff and students.

"We know the consequences of unprotected sex and we know the contraceptive options, so there is no

excuse for us to not take the responsibility to protect ourselves," she said.

Her dialogue sessions with scenarios like "how would a pregnancy change your life", not only encouraged the women to open up, but the men as well.

"Pregnancies are supposed to be celebrated, so it is very sad when a woman has to hide her pregnancy from friends and families," she added.

The women from the Breast Cancer Welfare Association (BCWA) also presented an informative talk and conducted a workshop where participants were encouraged to examine prosthetic breasts for lumps.

The BCWA has conducted training for numerous organisations in Malaysia and aims to improve quality of life for its members and their families.

"We cannot stress enough for women to do self breast-examinations and to see a doctor immediately when in doubt because early detection saves lives," said BCWA volunteer, Sarah Chee.

Social work officer from Women's Aid Organisation, Umadevi said that millions of women are tolerating sexual harassment every day.

"Regardless of age, race, religion, profession, social status and culture, these women are enduring harassment in various ways be it physical, verbal, visual or psychological.

"Just because you tolerate it, does not mean you accept it," she said, while stressing that in Malaysia, women were afraid to lodge reports due to a lack of knowledge on laws or the fear of not being believed, losing their jobs or that the report would be ignored.

"If you think you are being sexually harassed, take these steps - always record time, date, witness, and chronology of events, as proof and as soon as it happens, tell someone you trust. Then, write a letter to the management and keep a copy for yourself. Only when no action is taken by the management should you go to the police," she advised.

For more information contact Shamini Darshni at 019-274 8877 or 03-5514 4956 or Michelle Kiob at 016-263 8134 and 03-5514 4940.



**Prof Jamiyah**