



# AOFS NEWSLETTER

February 2016

Issue 17

Dear Members and friends of AOFS,

Welcome to 2016 and I wish everyone a happy healthy and successful year. I look forward to 2016 producing a very high quality AOFS Conference for us all to enjoy and benefit from, in increasing our professional knowledge and the networking opportunities that will be provided.

Korea is a fascinating country and exploration of it before or after the conference adds to the excitement of attending the conference. There is a small introduction to Busan included on page 3.

AOFS is a small regional organisation and we depend on all persons interested in promoting healthy positive sexuality and ameliorating the distress suffered by individuals experiencing sexual difficulties and dysfunctions working together. AOFS is our organisation to achieve this goal. I ask that we all pull together to achieve the best we can and attending our conference is one very positive way to be seen and to be supportive. I hope that many of you have submitted research and other papers for active participation in the conference.

Big changes are also occurring in the location of our office and in the constitution. Hong Kong has been our home for many years and we are moving to relocate in Australia. This requires a change from a Memorandum and Articles of Association (Hong Kong) to a Constitution under the Associations Incorporation Act 2009 (Australia). The Constitution sub-committee has been working on the new constitution which will be presented for voting at the AGM being held during the conference in Busan. Attendance at the AGM is requested.

An organisation is only as good and strong as the needs of its members being met. I therefore ask that if you have any ideas for change or inclusion in the organisation or needs that are not being met and could be, then please communicate with us and let us know. Only in this way will we be able to grow in strength.

I look forward to meeting you in Busan

Warm regards  
Dr Margaret Redelman OAM



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**The 14<sup>th</sup> CONGRESS of ASIA-OCEANIA FEDERATION for SEXOLOGY**

"Think Sexual Rights, Talk Sexual Health"

Date: 31(Thu) Mar. - 3(Sun) Apr. 2016  
Venue: Commodore Hotel, Busan Korea

## The 14th Congress of ASIA OCEANIA FEDERATION for SEXOLOGY

“Think Sexual Rights, Talk Sexual Health”



The 14th Congress of AOFS 2016 is being held in Busan, Korea from 31 March –3 April 2016.

The meeting aims to cover the latest and most important issues in the field of sexual medicine. A large number of world-renowned scholars and clinicians are invited to share their remarkable achievements and findings. The conference will be an academic place where experts engaged with Sexual Medicine can discuss their opinions and share up to date knowledge. The Social Program will include a Gala Dinner, Presidential Dinner and concert of Korea traditional music.

The Busan Commodore Hotel, venue of AOFS 2016 has been home to countless conferences, events and exhibitions and encompasses the newest and largest state-of-the-art facilities in Busan, Korea.

Please visit the congress website ([www.aofs.2016.org](http://www.aofs.2016.org)) for details of the scientific program, various social activities and registration information.

We warmly welcome you to join us and look forward to meeting in the beautiful city, Busan in Korea.

Sincerely,  
Professor Nam Cheol Park  
Conference President



## Attractions to see in Busan



Jagachi Fish Market



Seokbulsu Temple



Haeundae Beach



Haedong Yonggung Temple

Gamcheon Culture Village

Geumgang Park Cable Car

Beomeo-Sa



## NEWS FROM INDIA

### One day seminar on Sexual Dysfunctions

Dr.G.Venkata Ramana, Professor & HOD, Department of Dermatology, Osmania Medical College was elected as President of Telangana State IADVL.

Dr Ramana is conducting a one day seminar on Sexual Dysfunctions for Post-graduates of all teaching hospitals in Telangana State on 7th March 2016 in Hyderabad.



Dr.G.Venkata Ramana

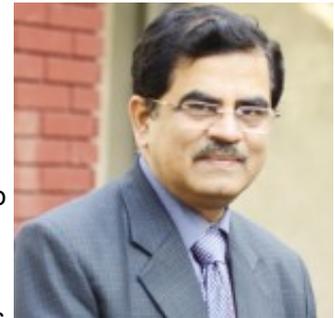
### Indian Andropause Society, Andrology India and CSEPI

are organising the **10th Men's Health World Congress 2016** on the 26th to 28th of February 2016 at the Pullman Hotel in New Delhi.

There will be a Pre-Congress Workshop on the 25th of February 2016.

The 10th Annual Congress on Men's Health integrates all sub-specialties catering to Men's Health.

The Men's Health World Congress is an annual national conference that educates practitioners on the latest advances in men's health science and practice in addition to networking of all those with interest in men's health.



Dr.Rajeev Sood  
Organizing Chairman –  
MHWC 2016

[Comments and summaries from the conference for the next Newsletter will be appreciated](#)

### Abstract from the Hindi news

**The Hindi      Saturday October 17, 2015**

**Religion, not sex, a touchy issue among TV viewers.**

Anuranha Raman

**New Delhi:** Are Indian Television Viewers getting more tolerant of sex and nudity and less tolerant of insults to religion and community?

Are they becoming more aware of gender stereotypes and portrayal of the minority communities?

The broadcasting Content and Complaints Council (BCCC) an independent self-regulatory body mandated by broadcasters to look into complaints on general entertainment channels, has found that the highest number of complaints have to do with a category called "harm and offence" which accounted for 39 per cent of the total complaints, covering a swathe of issues like portrayal of persons with disabilities, ill-treatment of animals and stereotyping of women.

Complaints on 'religion and community' came second, with 28 per cent. In some ways both categories represented a departure from the earlier years when viewers took offense to sex, obscenity and nudity.

The figures were culled from a total of 4,545 specific complaints received between July 3<sup>rd</sup> 2014 and August 22<sup>nd</sup> 2015.

In its second report since 2012, the BCCC said sex, obscenity and nudity now attract only eight per cent of the complaints and a large number of these were forwarded by the Information and Broadcasting Ministry. The BCCC addresses complaints from 350 entertainment channels.

The seven categories under which complaints are received are "crime and violence"; "sex, obscenity and nudity"; "horror and occult"; "drugs, smoking and tobacco, solvents and alcohol"; religion and community"; "harm and offence" and "general restrictions".

## WAS Youth Initiative 2016



WE ARE LOOKING FOR...

Hello. I am Masayoshi Yanagida from Japan. I am an activist for youth sexual and reproductive health and rights in my country Japan and also I am a member of WAS YOUTH INITIATIVE. This time I am wondering a possibility to establish YOUTH COMMITTEE in AOFS. This group will have mission to promote the young people's solidarity throughout creating youth network to support youth sexual health in Asia-Oceania region This group will cooperate with WAS YOUTH INITIATIVE.

NOW WE ARE LOOKING FOR the Candidates for the board members:

- President candidate: Masayoshi Yanagida (Japan)
- Vice president: To be identified
- Secretary General: To be identified
- Member: To be identified
- Member: To be identified

Candidate should be age between 15 to 35.

If you are interested in becoming a board member, please let me know by email.

If you are over 35 but you know someone nice to be candidate, please let me know as well.

EMAIL: [myanagida@link-r.org](mailto:myanagida@link-r.org)

Please check FACEBOOK page below for further information.

I will post information on the page of WAS YOUTH INITIATIVE until the new committee is established.

<https://www.facebook.com/youthsexhealth/>

J Sex Med 2015; 12:2168–2177.

## Low Quality of Life and Depressive Symptoms as an Independent Risk Factor for Erectile Dysfunction in Patients with Obstructive Sleep Apnoea

Yung Jin Jeon, MD, Dae Wui Yoon, PhD, Doo Hee Han, MD, PhD, Tae-Bin Won, MD, PhD, Dong-Young Kim, MD, PhD, and Hyun-Woo Shin, MD, PhD

### ABSTRACT

**Introduction.** Accumulating evidence indicates that obstructive sleep apnoea (OSA) is associated with a high prevalence of erectile dysfunction (ED), but the factors that predict the risk of ED in OSA patients have yet to be defined clearly.

**Aims.** The aims of the present study were to investigate the clinical characteristics of OSA patients with ED and to identify plausible predictors of ED.

**Methods.** The present cross-sectional analysis included 713 male patients who visited Seoul National University Hospital for snoring and/or daytime sleepiness from 2006 to 2014. An in-laboratory polysomnography procedure was conducted to obtain objective recordings of OSA and other sleep parameters.

**Main Outcome Measures.** The demographic data of all patients were obtained, and each patient completed all requirements of the following questionnaires: the Calgary Sleep Apnoea Quality of Life Index (SAQLI), the Korean version of the International Index of Erectile Function (KIIEF-5), the Beck Depression Inventory (BDI), and the Epworth Sleepiness Scale (ESS). ED and OSA were defined as a KIIEF-5 < 21 and a respiratory disturbance index (RDI) ≥ 5, respectively. Depressive symptoms were defined as a BDI ≥ 10.

**Results.** The frequency of ED did not differ significantly according to OSA severity. In Spearman's correlation analysis, the BDI and the ESS were inversely correlated with the KIIEF-5, whereas the SAQLI was positively correlated with the KIIEF-5. The RDI and the lowest oxygen saturation (SaO<sub>2</sub>) did not exhibit significant correlations with the KIIEF-5. A multivariate logistic regression analysis adjusted for possible confounding factors showed that ED was independently associated with the SAQLI and depressive symptoms, but there was no significant association of ED with either the RDI or the lowest SaO<sub>2</sub>.

**Conclusions.** The present study demonstrated that depressive symptoms and a low quality of life specific to sleep apnoea are independent risk factors for ED in OSA patients.

**Key Words.** Obstructive Sleep Apnoea; Erectile Dysfunction; Calgary Sleep Apnoea Quality of Life Index; International Index of Erectile Function; Beck Depression Inventory; Epworth Sleepiness Scale; Polysomnography.



**Haesindang Park** sits on a hillside overlooking the town and the nearby sea. As the story goes, a young virgin was left on a nearby island by her fiance so that she could collect seaweed. However, the weather soon turned for the worse, and the fiance couldn't rescue the young maiden, who drowned in the stormy sea. From that moment, the fisherman were unable to catch enough fish to fill their nets.

Eventually, someone decided that the spirit of the young woman might be appeased by the carving of several penises. When the fish returned soon after the offering, the town carved more and more statues, many of them very large and very lifelike, to satisfy the spirit of the maiden.

## Efficacy and Safety of Flibanserin in Women with Hypoactive Sexual Desire Disorder: A Systematic Review and Meta-Analysis

Zhenli Gao, MD, Diandong Yang, MD, Luxin Yu, MD, and Yuanshan Cui, MD

### ABSTRACT

**Introduction.** Flibanserin, is a postsynaptic agonist of serotonin receptor 1A and an antagonist of serotonin receptor 2A, has been shown to increase sexual desire and reduce distress in women with hypoactive sexual desire disorder (HSDD).

**Aim.** We carried out a systematic review and meta-analysis to assess the efficacy and safety of the drug in women with HSDD.

**Methods.** A literature review was performed to identify all published randomized double-blind, placebo-controlled trials of flibanserin for the treatment of HSDD. The search included the following databases: MEDLINE, EMBASE, and the Cochrane Controlled Trials Register. The reference lists of the retrieved studies were also investigated.

**Main Outcome Measures.** Four publications involving a total of 3,414 patients were used in the analysis, including four randomized controlled trials that compared flibanserin with placebo.

**Results.** For the comparison of flibanserin with placebo, primary efficacy endpoints: satisfying sexual events (the standardized mean difference [SMD] = 0.59, 95% confidence interval [CI] = 0.37–0.80,  $P < 0.00001$ ); sexual desire score (the SMD = 1.91, 95% CI = 0.21 to 3.60,  $P = 0.03$ ) and Female Sexual Function Index (FSFI) desire domain score (the SMD = 0.32, 95% CI = 0.19–0.46,  $P < 0.00001$ ) and key secondary efficacy endpoints: FSFI total score, Female Sexual Distress Scale-Revised (FSDS-R) total score, FSDS-R Item 13 score, Patient's Global Impression of Improvement score and Patient Benefit Evaluation indicated that flibanserin was more effective than the placebo.

Safety assessments included the proportion of women who experienced an adverse event (odds ratio = 1.54, 95% CI = 1.34 to 1.76,  $P < 0.00001$ ), nervous system disorders and fatigue indicated that flibanserin was well tolerated.

**Conclusions.** This meta-analysis indicates that flibanserin to be an effective and safe treatment for HSDD in women.

**Key Words.** Flibanserin; Hypoactive Sexual Desire Disorder; Meta-Analysis; Randomized Controlled Trial.

## Sulbing

Sulbing is a wonderfully subtle dessert invented in Busan. It is a bowl of shaved frozen milk topped with soybean powder and sliced almonds. New variations experiment with yogurt, fruit and chocolate.

Injulmi Bingsu comes with condensed milk which you drizzle on top to add sweetness to your dessert. Injulmi is also known as Korean Rice Cake coated in sweet bean powder. The bingsu in sulbing is not the typical bingsu. From the word itself, it is 'sulbing' which means 'snow ice'. It is similar to shaved ice, but the ice are shaved so thin like snow. None of that crunchy texture, but a powder of snow that just melts in your mouth! And instead of ice, frozen milk is used.



## Curtin University collaboration with UNESCO

### Article provided by Jacqui Hendriks

PhD PGradDipSexol PGradDipHltProm BSc

Curtin University has recently collaborated with the UNESCO Asia-Pacific Regional Bureau for Education on a range of strategies seeking to address school-based bullying, violence and/or discrimination in the region due to sexual orientation, gender identity and expression or intersex status (SOGIEI). A multidisciplinary team was established by Dr Sam Winter, from Curtin University in Australia, and was supported by an international reference group.

The project sought to develop a range of technical products that could be used by countries within the Asia-Pacific Region to improve the evidence base and scale-up programs seeking to prevent and address bullying, and related issues, on the basis of SOGIEI. The tools that were developed focused heavily on youth in educational settings, as two recent UNESCO reports have highlighted the significance of this issue for both this age group and this setting (see *From Insult to Inclusion* — <http://apo.org.au/resource/insult-inclusion> — for more information).

An extensive critical review was conducted to investigate the various youth-focused instruments that have assessed SOGIEI-related bullying, violence and/or discrimination throughout the Asia-Pacific Region. Following from this, a template of an online survey instrument was devised to collect data on the nature, scope and impact of bullying due to SOGIEI. The template can be amended for use in either community-based or school based settings and is supported with guidelines in relation to ethical issues, sampling, recruitment and data analysis. Finally, two auditing tools which could be used by schools were developed. The first tool assists a school to examine how supportive and inclusive the school environment is for students who have intersex variations, are gender diverse and/or report diverse sexual orientations. It considers a whole-school approach to implementation. The second tool helps a school to examine the explicit curriculum delivered to students in this area.

Curtin University hopes to support UNESCO and individual research groups to utilise these tools within various countries throughout the Asia-Pacific. For further information regarding this project, please contact the Project Manager, Dr Jacqui Hendriks at [jacqui.hendriks@curtin.edu.au](mailto:jacqui.hendriks@curtin.edu.au).

### 2016 Regional conferences

- |                        |   |
|------------------------|---|
| <b>14-15 May</b>       | <b>7th Sexual Dysfunction Conference</b><br>Auckland, New Zealand<br><a href="http://www.sdc.conferenceworks.com.au">www.sdc.conferenceworks.com.au</a>   |
| <b>16-17 September</b> | <b>Society of Australian Sexologists</b><br>Brisbane, Australia<br>Preparation in progress  |
| <b>14-16 November</b>  | <b>2016 Australasian Sexual Health Conference</b><br>Adelaide Convention Centre, Adelaide, SA<br><a href="http://www.sexualhealthconference.com.au/">www.sexualhealthconference.com.au/</a><br><a href="mailto:shconference@ashm.org.au">shconference@ashm.org.au</a> |

Thank you to all those who have submitted material for this edition.

Please submit any material that you think may be of interest for your colleagues.