



Economic and Social Council

Distr.: General
7 December 2015

Original: English

Commission on the Status of Women

Sixtieth session

14-24 March 2016

**Follow-up to the Fourth World Conference on Women and
to the twenty-third special session of the General Assembly entitled
“Women 2000: gender equality, development and peace for
the twenty-first century”**

Statement submitted by FEMM Foundation, a non-governmental organization in consultative status with the Economic and Social Council*

The Secretary-General has received the following statement, which is being circulated in accordance with paragraphs 36 and 37 of Economic and Social Council resolution 1996/31.

* The present statement is issued without formal editing.



Statement

Meeting Women's Health Needs in the Sustainable Development Agenda

The Fertility Education and Medical Management Foundation is a knowledge-based health program for women, inspired by the right of women to be informed participants in their own healthcare to make voluntary decisions based on options, information, and understanding of their reproductive health. Goal 3 of the Sustainable Development Goals recognizes that health is an important component of authentic development. The Fertility Education and Medical Management Foundation is invested in scientific research and program development to advance women's reproductive health.

Fertility Education and Medical Management teaches women to understand the importance of hormonal health to their overall health. Teaching women to understand and monitor the signs of their hormonal activity empowers them to make better and more informed health decisions in all areas of their lives. It allows them to identify abnormalities at an early stage to seek appropriate health care and treatment. It allows them to make informed choices about their health, relationships, and family planning. And it helps them to put those health and family planning goals into action to achieve the results they want.

Additionally, Fertility Education and Medical Management is ideal for sustainable development efforts because it is easy to learn, low-cost, and meets the underlying needs of women. Comprehensive health care for women can now be provided through basic health delivery systems, making this approach to women's health more effective, cheaper to deliver, and providing stronger health outcomes for women.

Education

The Fertility Education and Medical Management Foundation provides women education about their bodies to enable them to make informed choices about their health care. Informed consent involves a choice made voluntarily with information and understanding about the various treatment options and is a bedrock principle of medical care and ethics. Women are often unable to make informed choices about their health and family planning decisions because they lack information about how certain methods work and what effects they might have on their health.

To make an informed choice, women must be informed during family planning counselling about how their bodies work, what is necessary for health, how various family planning methods affect their bodies, and how soon after discontinuation their fertility will return. Fertility Education and Medical Management education enables women to make truly informed choices.

Health

A woman who understands how her body works can monitor her health and seek help when needed. The Fertility Education and Medical Management Foundation knows that hormones are essential to reproductive and overall women's health. Ovulation is the sign of health in women because it is the proof of sufficient hormone levels in the 9 essential hormones that influence women's health. The

Fertility Education and Medical Management Foundation teaches women to understand this information and the signs that this presents in their body. In this way, women are able to identify abnormalities as they arise, seek health treatment when necessary, and ensure that their symptoms or complaints are not dismissed.

Signs of hormonal imbalance are common to many women. They range from acne, to weight gain, depression, migraines, pain, irregular bleeding, and conditions such as poly cystic ovarian syndrome. Many women are told that these symptoms are not important or just in their head. They are told that irregular cycles are “normal” for them, and that these associated pains are simply the difficulty of being a woman. We now have the science to understand that this is not true, and the ability to diagnose and treat the underlying cause of these symptoms and conditions. This is exciting and empowering for women.

The Fertility Education and Medical Management program trains doctors to diagnose and treat reproductive health problems, with a holistic view of a woman’s body that incorporates recent research on the complex hormonal interactions between different body systems. This interaction, and the delicacy of the hormonal activity in a woman’s body, is essential to the experience of health in the entire female body. The Fertility Education and Medical Management Foundation has developed innovative protocols that allow doctors to identify underlying problems with precision and treat them effectively.

Family Planning

The World Health Organization indicates that 225 million women have an unmet need for family planning. Since Fertility Education and Medical Management focuses on informed choice and the education of women, it is uniquely situated to provide new solutions in this area, which lead to women’s empowerment and increased health outcomes. Fertility Education and Medical Management Health takes into consideration all these issues, and provides solutions. It offers reproductive and hormonal education and helps women to understand the way various family planning methods work and their potential side effects.

Women’s health is essential for inclusive and integrated Sustainable Development.

Goal 3 of the new Sustainable Development Goals states that by 2030 we should “Ensure healthy lives and promote well-being for all at all ages.” Women have a right not merely to family planning, but to the education and information needed to make informed choices about their health. We cannot achieve Sustainable Development Goal 3 without taking into account women’s health.

The rights to adequate family planning and the education and development of reproductive and sexual health in accordance with the culture, religion and beliefs of every community and every woman have long been recognized, but not always respected in practice. Fertility Education and Medical Management is an excellent solution for both developed and developing countries that meets these needs holistically and respectfully. It teaches women (and men) about their bodies and health, preventing and treating diseases, and enabling better health and family planning outcomes.

With Fertility Education and Medical Management, there is no reason why we cannot improve the health of all women and girls.

Conclusion

Women around the world can benefit from Fertility Education and Medical Management, regardless of country, income level, educational background, literacy, or fertility goals. Policies and funding must reflect the needs and desires of women and what will actually work to meet them. This may involve examining education and preventive approaches to women's health care, such as Fertility Education and Medical Management. When women are educated through The Fertility Education and Medical Management Foundation, they are empowered to make their own health-focused decisions, resulting in a healthier world.

Women's rights requires the investment in education to ensure informed consent, thus ensuring that women understand the decisions and choices that they make. We know that informed decisions lead to healthier decisions, and that women play a key role in family and community health outcomes. To make informed and empowered decisions about their health, women need to understand how their bodies work. The knowledge gained through Fertility Education and Medical Management can allow women to identify underlying health concerns and to achieve or avoid pregnancy. Fertility Education and Medical Management Health urges this commission on the status of women and member states to consider carefully women's overall and reproductive health in a holistic way through their policies, and to look for practical ways to support and enrich women's health and education programs in their countries.
