

Dear Committee Secretary,

Prof Danielle Mazza and I, representatives of the Royal Australian College of General Practitioners (RACGP), thank the Committee for the opportunity to appear before the Senate Community Affairs Committee on the 28 February 2023 to discuss universal access to reproductive healthcare. The RACGP's response to the two questions taken on notice at the hearing are detailed below with supporting attachments.

Regarding a list of medications that should be on PBS

Please find attached a summary of medications that are currently not on the PBS.

- Table 1 outlines a list of Menopausal Hormone Therapy and Menopausal Hormone Therapy products not available on the PBS that has been adapted from the Australian Menopause Society Guide to Equivalent MHT/HRT Doses Australia only resource.
- Table 2 details a list of TGA approved contraceptives not listed on the PBS. This has been adapted from Submission 53- Department of Health and Aged Care, Attachment 1 Therapeutic Goods Administration approved contraceptives and PBS listing.

Regarding 1800 MYOPTIONS

1800 My Options is a service of Women's Health Victoria. 1800 My Options provides information about contraception, pregnancy options (including abortion) and sexual health via, a confidential, free phone and online service.

1800 My Options is a confidential, pro-choice, and non-clinical service. It provides callers with details of multiple services that can meet their needs, taking into account access issues such as financial capacity, medical complexity, distance to travel, and psychosocial issues. It incorporates the phone line with an online database of geomapped Sexual and Reproductive Health (SRH) service providers across Victoria that provide contraception, medical and surgical abortion, Sexually Transmitted Infections (STI) testing, cervical screening, pharmacy, imaging and counselling services.

The online database has been developed through years of intensive engagement with the SRH sector including hospitals, primary care, community health, counsellors, pharmacies, and imaging services. Through these networks and relationships with the service system, 1800 My Options supports healthcare providers and services to build capacity in the system and understand and meet demand.

Since launching in 2018, 1800 My Options has received over 23,000 calls, over 600 per month, with most calls being from abortion seekers. It is considered a trusted and integral part of the Victorian SRH system, having made a complex system easier to navigate, whilst reducing stigma, managing demand to match supply, and empowering clinical service providers.

1800 My Options is successful because of its engagement with high numbers of SRH seekers because as an independent and impartial service it is trusted by the SRH sector. Callers and service providers recognise that 1800 My Options works to meet the individual needs of callers and ensures that pathways provided to them are appropriate and tailored to their situation. The work of 1800 My Options is enhanced by the current and historical work of Women's Health Victoria in engaging with, supporting and advocating for the SRH system in Victoria. 1800 My Options also works closely with the broader Victorian Women's Health Services Network, to build understanding and capacity relating to regional and population based SRH issues.

I trust these answers are of assistance to the committee.

Kind regards,

Dr Nicole Higgins

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President

Council



Response to Committee Secretary, Senate Community Affairs

Committee questions on notice

Question on notice 1: A list of medications that should be on PBS

Table 1 outlines a list of Menopausal Hormone Therapy and Menopausal Hormone Therapy products not available on the PBS that has been adapted from the Australian Menopause Society Guide to Equivalent MHT/HRT Doses Australia only resource.

Table 1. List of Menopausal Hormone Therapy and Menopausal Hormone Therapy products not available on the PBS

Product	Presentation	Composition
EstroGel Pro	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	1 pump (0.75mg oestradiol) daily, and 2 capsules (200mg) micronised progesterone orally for 12 days out of a 28-day cycle
Trisequens*	tablet	1 and 2mg oestradiol/1mg norethisterone
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	2 pumps (1.5mg oestradiol) daily, and 2 capsules (200mg) micronised progesterone orally for 12 days out of a 28-day cycle
Angeliq1/2*	tablet	1mg oestradiol/2mg drospirenone
Kliovance*	tablet	1mg oestradiol/0.5mg norethisterone
Bijuva*	capsule	1mg oestradiol/100mg micronised progesterone
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	1 pump (0.75mg oestradiol) daily, and 1 capsule (100mg) micronised progesterone orally for 25 days out of a 28-day cycle [^]
Livial*, Xyvion*	tablet	2.5mg tibolone
Duavive* (oestrogen/SERM combination)	tablet	0.45mg conjugated equine oestrogens / 20mg bazedoxifene
Kliogest*	tablet	2mg oestradiol/1mg norethisterone
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	2 pumps (1.5mg oestradiol) daily, and 1 capsule (100mg) micronised progesterone orally for 25 days out of a 28-day cycle [^]
Estrofem*	tablet	1mg oestradiol
Premarin*	tablet	0.3mg conjugated equine oestrogen
EstroGel*	gel	0.75mg oestradiol = 1 pump daily
Estrofem*	tablet	2mg oestradiol
Premarin*	tablet	0.625mg conjugated equine oestrogens
EstroGel*	gel	1.5mg oestradiol = 2 pumps daily
EstroGel*	gel	2.25mg oestradiol = 3 pumps daily or 3.0mg oestradiol = 4 pumps daily
Prometrium*	capsule	100mg micronised progesterone orally for 25 days out of a 28-day cycle [^] or 200mg orally daily for 12 days out of a 28-day cycle
Mirena* (PBS indication for contraception/ menorrhagia)	device (5 years)	20mcg levonorgestrel
Mirena* (PBS indication for contraception/ menorrhagia)	device	20mcg levonorgestrel (5 years)
Prometrium*	capsule	200mg micronised progesterone orally daily for 12 days out of a

		28-day cycle. Safe continuous dose unknown due to insufficient data
Mirena*(PBS indication for contraception/menorrhagia)	device	20mcg levonorgestrel (5 years)

Table 2 details a list of TGA approved contraceptives not listed on the PBS. This has been adapted from Submission 53- Department of Health and Aged Care, Attachment 1 Therapeutic Goods Administration approved contraceptives and PBS listing.

Table 2 Therapeutic Goods Administration approved contraceptives not available on the PBS

Progestin (mcg)	Estrogen (mcg)	PBS listed brands (®)	Privately available brands (®)
Monophasic combinations			
First and second generation progestins			
Nomegestrol acetate (2500)	Estradiol (1500)	N/A	Zoely
Third and fourth generation progestins			
Drospirenone (3000)	Ethinylestradiol (20)	N/A	Yaz Yana Bella
Drospirenone (3000)	Ethinylestradiol (30)	N/A	Yasmin Isabelle Petibelle Yelena
Cyproterone (2000)	Ethinyl estradiol (35)	N/A	Diane 35 ED Estelle – 35 ED Juliet – 35 ED Brenda-35 ED
Dienogest (2000)	Ethinylestradiol (30)	N/A	Valette
Multiphasic combinations			
Levonorgestrel (50,125)	Ethinylestradiol (50,50)	N/A	N/A
Dienogest (0,2000,3000, 0,0)	Estradiol (3000,2000,2000,1000,0)	N/A	Qlaira
Extended combinations			
Levonorgestrel (150)	Ethinylestradiol (30)	N/A	Seasonique
Progestin only			
Drospirenone (4000)	None	N/A	Slinda
Vaginal ring, monthly			
Etonogestrel (releases 120 mcg/day)	Ethinyl estradiol (releases 15 mcg/day)	N/A	Nuvaring
Intrauterine device (devices)			
Copper IUD	None	N/A	Cu375 (5 years) TT 380 standard (10 years)