



## News and Updates from DKT International

January Newsletter 2025

Dear Friend of DKT,

As a new administration takes office, we face critical challenges to reproductive health worldwide. The anticipated reinstatement of the [Global Gag Rule](#) will undermine access to essential care, leaving countless individuals without the resources they need. While a Republican administration has historically not been good for reproductive and sexual health freedoms, DKT is resilient and determined. This latest challenge is just one of many that we have overcome for more than three decades. We will continue to work closely with our global offices and partners to counter these threats and ensure everyone can maintain control over their reproductive lives. **Your support makes this work possible.**

Our affiliate [carafem](#) continues to respond to mounting domestic threats by expanding access to compassionate, evidence-based care. Through in-person clinics and telehealth services offered in 16 states and Washington DC, [carafem](#) is reaching women across the country to provide safe abortion care, birth control services, and more.

[Donate to carafem](#)

**We remain committed to the work.** Donations of any size help us empower everyone to shape their own reproductive destinies.

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The new year brings both challenges and excitement. Positive long-term changes and expanded freedoms are evident in the stories below. Free long-acting reversible contraceptive (LARC) services are now available in underserved regions of [Myanmar](#), thanks to a collaboration with [The Swedish International Development Cooperation Agency \(SIDA\)](#). Additionally, DKT has influenced greater hormonal IUD usage in [Nigeria](#), while provider training sessions in [Ghana](#) and [Pakistan](#) are poised to benefit local communities for years to come. There is much to celebrate and look forward to in 2025.

Best,  
Chris Purdy

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### SIDA and DKT Myanmar partner to provide free contraceptive services to women and comprehensive

## training sessions to healthcare providers

[The Swedish International Development Cooperation Agency \(SIDA\)](#) and [DKT Myanmar](#) have partnered on an initiative to scale up access to affordable, high-quality contraceptives in underserved regions in Myanmar. This partnership will include the distribution of free contraceptive services and products and comprehensive healthcare provider training sessions. Through expanding access, [SIDA](#) and [DKT Myanmar](#) are helping to alleviate the socio-economic pressures of unplanned pregnancies in Myanmar's most vulnerable communities.

Learn more about the positive impacts of this collaboration on parents and healthcare providers alike below.



### **Ko Myo Min Oo and Ma Tin Zar Maw**

were able to access free contraceptive services thanks to an initiative led by DKT Myanmar and SIDA

“We had no family planning before our first child. Our healthcare provider explained that implants are 99% effective. We no longer have to worry about the financial burden of buying contraceptives monthly. Now we can focus on our future and decide the right time for our next child. This support system is crucial for working-class families like ours.”

[Read Ko Myo Min Oo and Ma Tin Zar Maw's Full Story Here](#)



## Dr. Khin Maung Htay

has transformed his practice thanks to a specialized training in Long-Acting Reversible Contraception methods led by DKT Myanmar and SIDA

“Before the training, I could only offer limited options. Now, I provide implants that last up to four years, giving women more reliable options. This training has built my confidence and allowed me to educate patients about their choices. Family planning empowers communities to focus on health and education. This creates a ripple effect of positive change in the community”

[Read Dr. Khin Maung Htay's Full Story Here](#)

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## DKT grows the total IUD market

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DKT continues to scale up global access to affordable LARCs.

As the **sole importer of copper IUDs in Nigeria**, [DKT](#) has played an important role in increasing access to long-acting reversible contraceptives in the country. The recently released [RHSC Family Planning Market Report](#) found that in 2024 there was a significant increase in copper IUD procurement in Nigeria, 600,000 units –three times the number from previous years. DKT remains steadfast in empowering both the public and private sectors to secure contraceptive products, broadening women’s choices, and transforming access to high-quality, affordable reproductive healthcare.

Additionally, in 2024, [DKT WomanCare](#) and [Medicines360](#) [partnered to distribute Avibela](#), an innovative lower-cost hormonal IUD that provides up to eight years of pregnancy prevention and can help manage heavy menstrual bleeding. This partnership focuses on addressing the needs of women in low-resource settings across Africa, Asia, Central America, and the Caribbean.

As a member of the [Hormonal IUD Access Group](#), DKT collaborates with governments to introduce and scale up access to hormonal IUDs. In December 2024, representatives from 19 countries met to discuss strategies for improving awareness, increasing demand, and strengthening partnerships to support greater access to hormonal IUDs. Learn from the discussion: [Key Conversations: Unlocking Global Access to the Hormonal IUD](#).



Through these initiatives, DKT positively impacts women across the world with greater knowledge of and access to reproductive health products.

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## Increasing sustainability through provider training sessions that lead to long-term change in Pakistan and Ghana

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In [Pakistan](#), the [Dhanak Health Care Centers](#) network—a system of over 1,000 clinics—has improved access to affordable, high-quality family planning (FP) services. These clinics are managed by dedicated community midwives who prioritize providing essential healthcare to their communities. Hear from Shazia Munir in Morangabad, Gujranwala, Punjab, and Madiha Munsif in Dhilanwali, Gujranwala, Punjab, as they share how the specialized training they've received from DKT Pakistan has enabled them to offer more comprehensive services. Their efforts have significantly enhanced the well-being of their communities by expanding access to crucial health services.



Similarly, in Ghana, [DKT Anglophone West Africa \(AWA\)](#) is building local capacity and driving innovation through training sessions on DMPA-SC, a self-injectable contraceptive. In November 2024, a comprehensive session focused on the proper administration techniques for DMPA-SC and effective client counseling. 44 participants gained practical, hands-on experience, equipping them to deliver innovative contraceptive services. This initiative is expanding access to essential reproductive healthcare across Ghana, ensuring more individuals can benefit from these vital services.

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