

Combating Overpopulation – New Frontier in Gynecology and Obstetrics

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Overpopulation exacerbates environmental and health problems, from climate change to biodiversity loss and pandemics. It is the “upstream” driver of numerous existential threats. Addressing this compassionately – always – should be axiomatic for doctors. Our profession, by dramatically reducing death-rates since the 1800s while birth-rates remained high, sadly bears – unintendedly – some responsibility for the increase: one billion then, eight billion looming.

Therefore, as doctors, especially the ones in the field of gynecology and obstetrics, we must surely be uniquely motivated to: be involved in rights-based policies and services with unbroken supply chains ensuring optimal contraceptive care being available to all couples worldwide, remove well-known tangible (contraceptives unavailable) and intangible (cultural, religious and mis-informational) barriers to women’s choice to access family planning everywhere, while achieving full gender equity, especially in education, (3) warn how overpopulation risks all planetary life, through optimal environmental education both for colleagues and the public, and campaign for a maximum of two children (replacement fertility – or less) on principle.

However, overpopulation has become taboo, affecting many doctors and even people claiming to care passionately about a sustainable future. Their silence implies conservation goals are achievable regardless of human numbers, while studies show they are not. It is time for reaching a new frontier in gynecology and obstetrics – an acknowledgment of overpopulation as the greatest challenge for gynecology of the 21st century and direct, systematic and global involvement of gynecologists and their organizations, with particular focus on Africa where the problem is (and will be) most severe.

Biography: Jan Greguš is an OBGYN from the Czech Republic. He graduated from Masaryk University in 2012 and completed his gynecological specialization in 2017 (European exam). He decided to focus on family planning, as his primary concern is human overpopulation and its environmental and healthcare implications. He is a founding member of Doctors for future, Czech Republic. Currently, he is completing his master’s degree in philosophy, writing a thesis Toward Sustainable Humanity. He has published eight papers in Czech and European scientific journals and presented at numerous congresses, including in Rio de Janeiro, London, Oxford, Vienna, Paris, Philadelphia, and Berlin.