

Abstract

Role of Combined Oral Contraceptive Pills as Add back Therapy in Patients Receiving GnRH Analogue

Kalaivani G¹, Shuhaila A¹, Rizal AM², Norzilawati MN¹

¹Department of Obstetrics & Gynaecology, ²Department of Community Health, Faculty of Medicine, Universiti Kebangsaan Malaysia Medical Centre, Jalan Yaacob Latif, Bandar Tun Razak, Cheras, 56000 Kuala Lumpur, Malaysia.

Objectives:

To assess the role of COCP as add back therapy in alleviating vasomotor symptoms in patients receiving GnRH analogue.

Methods:

This was a randomised control trial involving 25 patients on GnRH analogue in a university hospital over period of six months. The patients were randomised into two groups, twelve patients were treated with GnRH analogue and low dose COCP (treatment group) as add back therapy and thirteen patients were treated with GnRH analogue alone (control group) for three months.

Results:

There were no significant differences in socio-demographic data between both groups except for BMI ($p=0.034$). There were significant difference observed among both groups in term of hot flushes ($p=0.008$), night sweat ($p=0.010$) and vasomotor symptoms ($p=0.004$) at the end of third month. There were also significant differences in term of bleeding pattern in which women in the treatment group experienced more bleeding episodes. However no differences in haemoglobin level in patients in both groups. Besides that, there were also noted significant differences in pad usage in both groups. With regards to side effects of low dose COCP, headache had p value of 0.001 which is statistically significant. There were no significant differences in term of vaginal dryness and weight differences between two groups before and after treatment with COCP.

Conclusion:

This small study strongly suggests that low dose COCP is a safe and tolerable as add back therapy as it resulted in a significant reduction in vasomotor symptoms at the end of third month in treatment group. However patient may experience bleeding irregularities and headache. Therefore it can be considered as a safe alternative to other add back therapy for a better quality of life.