

## **Cycle control, side effects and satisfaction from the use of two low and lowerdose oral contraceptives in a multicenter study**

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Objective: Comparison of cycle control, side effects and degree of satisfaction from the use of two oral monophasic contraceptives containing 150 micrograms (mcg) desogestrel (DSG) and 30 or 20 mcg ethinylestradiol (EE). Methods: Randomized, multicentered, open-label study including 466 healthy women surveyed in 6 centers treated with 30 mcg EE/150 mcg DSG (n = 237) and 20 mcg EE/150 mcg DSG (n = 229) for six cycles. The method used is variational analysis, statistical pack SPSS - 8. Results: Irregular bleeding is non significantly more frequent with 20 mcg EE/150 mcg DSG users being 33,2% in the 1st month, compared to 24,9% for the other group with marked decrease with prolongation of use and in the 6th month being 12,7% and 8,9% respectively. Spotting is more frequent with both groups. The most frequent side effects for both groups are breast tenderness, headache and nausea, with one or more side effects registered in 47,6% for the 20 mcg EE users and no significantly higher for 30 mcg EE users - 52,3%. No significant difference is established in the degree of satisfaction. Satisfied, without complaints are 69,9% of those who have used 30 mcg EE/150 mcg DSG and 67,2% of those who have taken the lower estrogen dose. Conclusion: Both combinations provide good cycle control with similar side effects and pronounced level of satisfaction.