

A comparison of the cycle control, lipid metabolism and side effects of two monophasic oral contraceptives containing 30 and 20 micrograms ethinylestradiol and 150 micrograms desogestrel

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Objective: Comparison of cycle control, lipid metabolism, blood pressure, body mass index (BMI) and side effects of two monophasic oral contraceptives of 30 and 20 micrograms (mcg) ethinylestradiol (EE), both with 150 mcg desogestrel (DSG). **Methods:** Randomized, open-label, twelve month study including 105 healthy women administering 30 mcg EE/ 150 mcg DSG (n = 54) and 20 mcg EE/ 150 mcg DSG (n = 51), monitored for a total of 1260 cycles. The method is variational analysis - statistical pack SPSS-8. **Results:** No significant difference is registered in the irregular bleeding with the two contraceptives. In the 30 mcg EE/ 150 mcg DSG users the frequency is 22,2% in the 1st month, 7,4% in the 6th and 9,3% in the 12th. In the 20 mcg EE/150 mcg DSG group- 29, 4%, 11,8% and 15,7%. No significant changes are observed in BMI and in blood pressure. For side effects significantly lower ($p < 0,05$) is the frequency of breast tenderness and nausea with those with the lower dosage of EE. A significant increase ($p < 0,05$) is registered in HDL in the third and twelfth months with both groups and in triglycerides in the same months only with 30 mcg EE/150 mcg DSG users. **Conclusion:** Both combinations provide good cycle control, display high tolerability and have relatively favorable lipid profile.