

## **Weight change during the use of low-dose oral contraceptives, containing 20 mcg ethinyloestradiol and 75 mcg of gestodene**

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In the selection of the best method of contraception for the particular woman, the question of weight changes during the use, of this method, plays very important role.

Objective: To evaluate clinical effectiveness and weight change, in the group of healthy women, using low-dose oral contraceptive (OC), containing 20 mcg ethinyloestradiol and 75 mcg of gestodene. Design & Method: The low-dose OC, containing 20 mcg ethinyloestradiol and 75 mcg of gestodene was administered to 800 patients visiting, selected gynecologists offices, all over the Poland, during the period of 1st October 1999 – 30th September 2000. These patients were asking, their doctors, for reliable and safe OCs. Basic examination and qualification (with use of including/excluding criteria) for the use of OC was taken during the first visit. Re-examinations were taken after 3 and 6 month of usage of tried OCs.

Results: 700 patients completed the full course of observation. Observation was made on 4,510 (total number) of observed cycles. There were no cases of pregnancy, or any other serious side effects. The mean Body Mass Indexes (BMI), in the group of observed patients were; 21,0 kg/m<sup>2</sup> [SD ±2,7] - during the first visit, 20,99 kg/m<sup>2</sup> [SD±2,66] - during the second visit, and 20,97 kg/m<sup>2</sup> [SD±2,59] - during the third visit (after six month of OC use). The observed differences of BMI, during the course of observation, were statistically not significant.

Conclusion: On a basis of observation carried out in the population of patients living in Poland, the tried low-dose OCs seems to be clinically very effective and have not caused weight gain.