

Cycle Control with Combiphasic Hormonal Contraception

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Objective: The study deals with cycle control in adolescent girls with recurrent atypical bleeding during the use of oral hormonal contraception (OC), who have changed the contraceptive due to this at least twice in the past year. Organic cause of the bleeding was foreclosed in the whole group of the girls.

Method: Three groups were formed from the patients using a third (or fourth, fifth, etc.) contraceptive without a pause. Group A received monophasic OC with 30 µg of EE and group B received triphasic OC (comprising modern gestagen). These two control groups were compared with group C (combiphasic OC - Gracial®) and the occurrence of cycle disorders was monitored for 3 months.

Results: The frequency of atypical bleeding gradually decreased in all of the groups, in group A from 39.1% (1st cycle) to 12.8% (3rd cycle) and in group B from 22.3% to 7.8%. In all of the monitored cycles the best results were achieved in group C, where 14% of the patients had problems in the first cycle and only 5.3% in the third cycle. The occurrence of amenorrhoea was significantly lower in group C - 1.1! % compared to 4.1% (group A) or 1.9% (group B). **Conclusion:** Combiphasic OC seems to be the optimum choice for young girls with problematic cycle control when using OC.