Abstract

Objective: The matter of the choice of the available contraceptive methods has increased in the last few years. Physicians have a wide range of contraceptive methods to choose but in the same time are in a big concern about the appropriate type of contraception they should select for their patient and the effects in woman’s health and couple’s wellbeing. We present the outcome of 3 different audits in a large population of Northern Greece and we discuss the outcome of their results.

Method: Three different audits studied medical data from 14.880 women, of different ages, which presented to the outpatient family planning clinic of our hospital. They were all interviewed using a standardized questionnaire, from which we got important information about behavior, the use, effects and reactions of contraceptive methods. The only exclusion criterion from the study was the use of the pill for less than three months, removal of IUD in less than three months, failure to attend for follow up and women who had moved away from the geographical area. The data of our analysis were retrospectively selected from the case files of 11.129 women between 15 to 40 years old, who used reversible contraception between the years 1984-2011.

Results: In the first audit, 2120 women participated, users of any type of oral contraceptive pills? They gave information about the satisfaction, the side-effects and the main reasons of discontinuing the use of the pill. In the second audit 9009 women chose different types of Intrauterine Devices (IUD) as a contraceptive method. All of them have been examined in outpatient department and they have been checked for the safety of their IUD in correlation with unexpected pregnancy. Data about outcome, side effects and unexpected pregnancies were recorded.

The third audit refers to the concerns about the use of oral sex steroids in relationship with cervical cancer and pathology in smear test. In the IUD group, we had more often results of inflammatory changes, negative for malignancy, in comparison with the contraceptive pill group. There was not statistically significant difference between the two groups regarding low and high grade squamous intraepithelial lesions (LGSIL/HGSIL).

Conclusions: By studying the results of all these audits, we can get some important information about the behavior, the side-effects and ways of improving the usage of all types of reversible contraception. These results can be used as a baseline from which to monitor trends in the use of contraception in correlation to similar studies.

Keywords: Contraception; Oral contraceptives; Intrauterine device; Cervical neoplasms

Introduction

Since 1959, when the first birth control pill was marketed, contraception has been in continuous development. Many types of pills and differently shaped Intrauterine Devices (IUDS) has been launched, fertility awareness methods have been refined and most recently new ways of administering combined hormonal contraception methods have been created [1].

Since its introduction, oral contraception has evolved to provide, on one hand, a range of products in which the dose of estrogen has been gradually reduced to overcome concerns associated with unwanted side effects and on the other hand, products with new progestins [1,2]. The two main intrauterine devices currently used, are copper and levonorgestrel containing devices (Mirena). These devices are chemically active and they have continuous elution of copper or a progestational agent. Both devices induce a local inflammation inside the uterus, leads to lysosomal activation and other inflammatory reactions which are spercimidal. Finally, the endometrium is transformed into a hostile site for implantation. Both have contraceptive but not abortifacient role [2].

The health care provider has to exam carefully the woman and to council her about the best option for her. He has to be able to compare the possible methods of contraception, to discuss the method failure rate (the failure rate inherent in the method if the patient uses it correctly 100% of the time) and the typical failure rate (the failure rate seen as the method is actually used by patients, that is, factoring in the mistakes in usage everyone will make from time to time). Although efficacy is important in the choice of contraception, we also need to consider the complications, the availability, the cost and the personal acceptability to woman and her partner.

In this paper we present the outcome of three different audits studied randomly selected women, of different ages, in a large population of Northern Greece and we discuss the outcome of their results. We address the side effects, complications and reason for discontinuing the pill or the Intrauterine Device (IUD). We also provide some interesting data regarding the concerns about the use of oral sex steroids in relationship to the pathology in smear tests.

Keywords: Contraception; Oral contraceptives; Intrauterine device; Cervical neoplasms

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Received July 30, 2013; Accepted August 22, 2013; Published August 26, 2013


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Materials and Methods

Three different audits studied medical data from 14,880 women, of different ages, who presented to the outpatient family planning clinic of our hospital. They were all interviewed using a standardized questionnaire, from which we got important information about behavior, the use, effects and reactions of contraceptive methods. The available reversible contraceptive methods used in our department apart from counseling for condoms are COP and IUDs. The only exclusion criterion from the study was the users of the pill for less than three months, removal of IUD in less than three months, failure to attend for follow up and women who had moved away from the geographical area. We have counted as different cases those women who opted to change after 6 months from COP to IUD and vice versa. The data of our analysis were retrospectively selected from the case files of 11,129 women who used reversible contraception between the years 1984-2011. There population studied were all native female Greek women living in the city of Thessaloniki. No other demographic or social criteria were used.

In the first audit participated 2120 women between 15 to 40 years old, users of any type of oral contraceptive pills. They gave information about the satisfaction, the side-effects and the main reasons of discontinuing the use of the pill. Follow up was 6 monthly and for at least two years for the participants. In the second audit 9009 women chose different types of Intrauterine Devices (IUD) as a contraceptive method. All of them have been followed up in outpatient department 6 monthly for at least two years and they have been checked for the safety of their IUD in correlation with unexpected pregnancy. Data about outcome, side effects and unexpected pregnancies were recorded.

The third audit practically combined data from the first two audits. The population contained all 11,129 women presented to the family planning outpatient department from 1985 until 2011. The third audit referred to the concerns about the use of oral sex steroids in relationship planning outpatient department from 1985 until 2011. The third audit analysis of the smear test results 780 women (7%) had a LGSIL/ASCUS and 167 women (1.5%) a HGSIL smear. In group A (IUD group) 622 women (6.9%) had a LGSIL/ASCUS and 128 women (1.46%) HGSIL. In group B (COP group) 158 women (7.45%) had LGSIL/ASCUS and 35 (1.65%) had HGSIL. In group A, we had more often results of inflammatory changes, negative for malignancy, in comparison with group B. There was not statistically significant difference (p=0.3839) between the two groups regarding intraepithelial lesions LGSIL and no significant difference regarding the HGSIL (p=0.4092).

Discussion

Women’s contraceptive choices are often based on advice from healthcare providers or from family, friends even from partners. Effectiveness is usually mentioned as the single most important reason for choosing a contraceptive. Therefore, communicating effectiveness of the various methods to the lay person who needs contraception in a manner that is comprehensible is crucial for informed choice. Women demand to know which factors affect contraceptive effectiveness and those that may limit the usefulness of the method. It appears in...
the cervix. Studying the last ones, we can say that the risk of cervical dysplasia and oral contraceptive use, and the risk of cervical cancer increases after five years [10,11]. It is still unclear if these associations have a causal basis because there are many factors who can bias the result, for example HPV virus or the time getting the sample and many others so it is difficult to correlate our result with the incidence of cervical alternations in Pap smear.

**Conclusion**

By studying the results of all these audits, data can be extracted about the behavior, the side-effects and ways of improving the usage of all types of reversible contraception. These results can be used as a baseline from which to monitor trends in the use of contraception in correlation to similar studies.

**References**