

ORAL CONTRACEPTIVES
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Week 22

Educational Objectives:

1. Understand how the pill works and how to select the appropriate pill type for an individual woman
2. Describe the contraceptive options available to the female patient
3. Know the risks/benefits and contraindications of oral contraceptive pills
4. Use oral contraceptive pills effectively during the peri-menopausal transition for relief of symptoms and for contraception

CASE ONE:

Ms. O. is a 23-year-old, G0, healthy business woman who often travels, has a boyfriend, and wishes to start taking the pill. She states she wants something to improve her skin that won't cause weight gain.

Questions:

1. What other history do you need to ask her?

CASE ONE CONTINUED:

Ms. O. has regular, normal periods with an otherwise unremarkable history.

2. Do you need to examine her before prescribing oral contraceptives? If so, what features of the exam would you focus on?

9. What should she do if she forgets to take a pill?

10. What are her options for other contraceptive pills with respect to risks, benefits and side effects?

Primary References:

1. Masimasi N. Sivanandy MS. Thacker HL. Update on hormonal contraception. *Cleveland Clinic Journal of Medicine*. 2007. 74:186, 188-190, 193-194. (include pages 186, 188-90 only)
2. Petitti DB. Clinical practice. Combination estrogen-progestin oral contraceptives. *New England Journal of Medicine*. 2003. 349(15):1443-50. Including Supplementary Appendix 1.
3. Cerel-Suhl SL. Yeager BF. Update on oral contraceptive pills. *American Family Physician*. 1999. 60(7):2073-84. Tables 4, 6, and 9 only.
4. The Medical Letter. Vol. 42, Issue 1078, May 15, 2000. Pages 42-44.

Additional References:

5. The Medical Letter, Vol. 37, Issue 941 February 3, 1995, pp.9-12.
6. The Medical Letter, Vol. 46, Issue 1175 February 2, 2004, p 9.
7. The Medical Letter, Vol. 48, Issue 1244 September 25, 2006, p77.
8. Van Winter, Jo et al. Oral Contraceptive Use During the Peri Menopausal Years, *American Family Physician*. 1998; 58 (6): 1373-1380.
9. www.webmd.com
10. UpToDate Inc, 2007.