

Evaluation bleeding pattern ,body weight and blood pressure variation during use of cyclofem in womens referring to Isfshan health centers in 2010 year

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INTRODUCTION: Injectable contraceptive methods,depot-medroxyprogesterone acetate)DMPA(and cyclofem provide a highly effective , reversible methods of preventing pregnancy and don't use at time of coitus.

Although they are used in many countries ,their acceptability could be limited by common side effects such as bleeding pattern disturbance and weight gain.

Majority researcher showed these side effects is lower in cyclofem than DMPA users. However there is controversy in our knowledge about this subject.

This study aimed to Evaluation the effects of cyclofem on bleedin pattern and body weight and blood pressure varriaton .

METHODS: This cross-sectional study was conducted emong 300 healthy women user of cyclofem contraceptivewho reffered to health centers at Isfahan IRAN)2010(.

In two groups womens evaluated in 3 time:3,6 and 9-12 month after primery injection.At this study anyone only once evaluated.The users that refer at 6 and 9-12 month , information about 3month ego recorded of their files .

Elegible subjects included Regularity of menstrual bleeding at the before of use injectable methods and without any disease that cause contraindication for use injectable contraceptive.

Data were collected by questionnaire and analysed with spss software and descriptive statistics.

RESULTS: The results showed at the end 3,6,9-12 month after primary injection 41/4%, 7/6% and 3/5 % of cyclofem had spotting that reduced with time.

35/3%, 14% and 4% of cyclofem users experienced amenorrhea at the end 3,6,9-12 month .

Oligomenorhea experienced in 23/3%,34/5% and 8/8% of cyclofem users .

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At the end 3,6,9-12 month after primary injection 11/4% ,2/3% and 3/5 % of cyclofem users had polymenorrhea and 17/5 % . 1/2 % and 4/7% experienced menorrhagia that most incidence was seen in 3 month after primary injection.

The result showed progressive increase in weight with time , 0/05-2/13Kg in cyclofem users.

Womens with mean weight 60/43 kg at before injection, at the end 3,6,9-12 month after primary injection had mean weight about 60/48,61/34,62/56 kg.

Blood pressure increased with time in both groups.systole pressuer increased 1-3 mmHg in cyclofem users and diastole pressuer increased 1-31 mmHg .

Womens with mean Blood pressure 101/67 at the end 3,6,9-12 month after primary injection had mean Blood pressure 102/68,105/90 and 105/98 mmHg .

DISCUSSION: Regarding to lower incidence of disruption of menstrual bleedin such as amenorrhea and spotting in cyclofem ,compare DMPA users , it is necessary to full explantion and counselling about side effects of this methods and encourage elegible client to use of cyclofem contraceptive method.

Based on our finding, in users of injectable contraceptive methods such as cyclofem , weight and blood pressure increased with time.Therefore recommended to management and exactly control of body weight and blood pressuer in these users.

KEYWORDS: BLEEDING PATTERN,BODY WEIGHT,BLOOD PRESSURE,CYCLOFEM