



Long Term Contraception in Operations as a tool to increase women performance and safety



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Introduction

- ▷ Women increased role on Army;
- ▷ 2018 – first women class in AMAN – combatant branch;
- ▷ Most of women in the military are of reproductive age.



<https://agenciabrasil.ebc.com.br/educacao/noticia/2018-02/exercito-recebe-mulheres-na-aman-para-ensino-militar-belico-pela-primeira#>

Demand of specific approach in women's health care

- ▷ Health Affairs Women's Health Issues Working Group (HAWHIWG):
 - ▷ Men and women had the same top five medical reasons for non-battle theater evacuations;
 - ▷ Women evacuated for genitourinary conditions was close to three times that of men;
 - ▷ Female Urinary Diversion Device.

**House Report 113-446, Page 164:
Deployment Health for Women**



**Office of the Assistant Secretary of Defense
Health Affairs**

July 2015

Demand of specific approach in women's health care

▷ HAWHIWG

- ▷ Focus on optimizing the use of contraceptives for both menstrual management and family planning in military women;
- ▷ Irregular bleeding, amenorrhea, menstrual symptoms, pelvic pain, pain with urination, vaginal symptoms, contraceptive care, suspected pregnancy, and routine wellness.

**House Report 113-446, Page 164:
Deployment Health for Women**



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Demand of specific approaching in women health's care

- ▷ Unintended pregnancy
 - ▷ 72/1000 in military x 52/1000 in general population;
 - ▷ Peculiar routine;
 - ▷ Unpredictable access of contraception;
 - ▷ Sexual violence.

ORIGINAL RESEARCH ARTICLE | VOLUME 92, ISSUE 6, P589-595, DECEMBER 01, 2015

Unintended pregnancy among active-duty women in the United States military, 2011

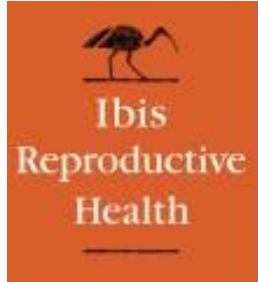
Kate Grindlay  Daniel Grossman

Published: September 03, 2015 • DOI: <https://doi.org/10.1016/j.contraception.2015.07.015> •



Grindlay K, Grossman D. Unintended pregnancy among active-duty women in the United States military, 2011. *Contraception*. 2015 Dec;92(6):589-95. doi: 10.1016/j.contraception.2015.07.015. Epub 2015 Sep 4. PMID: 26345183.

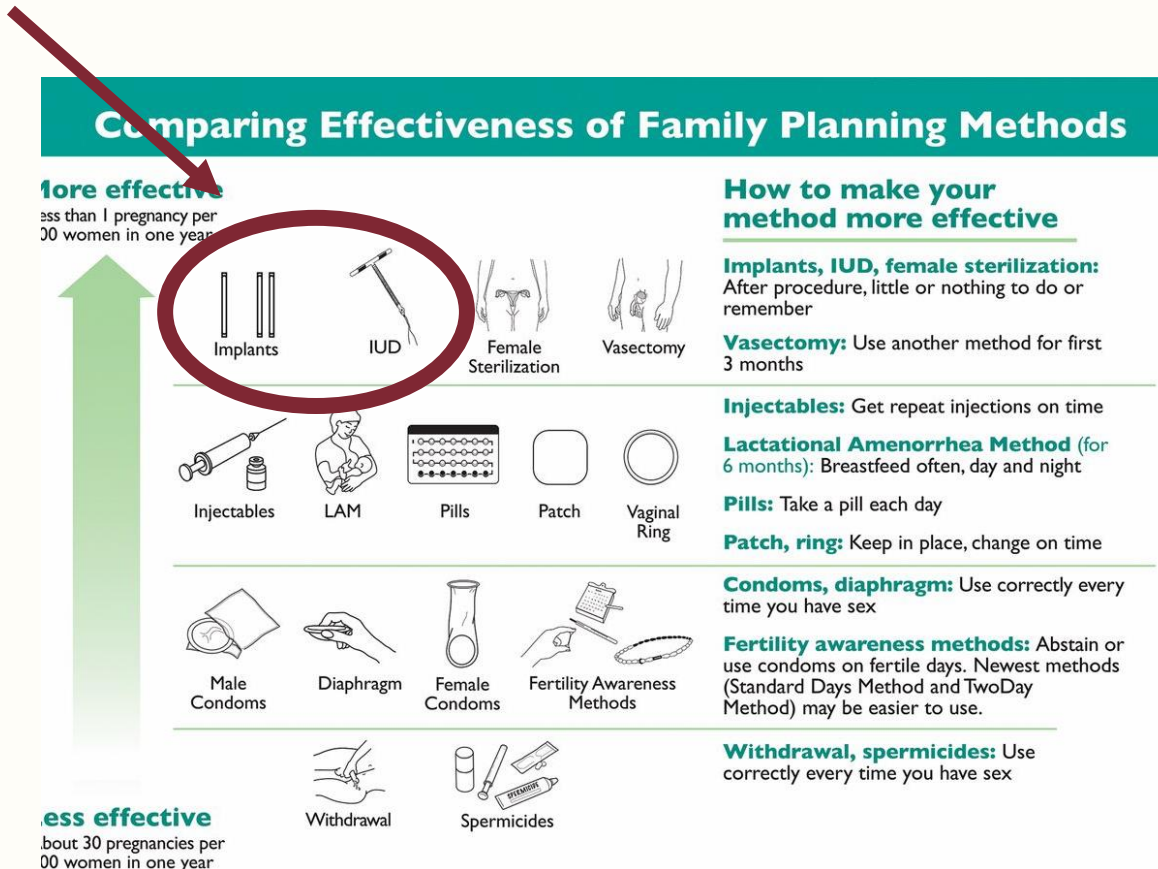
Demand of specific approach in women's health care



Sexual and reproductive health of women in the US military
Issue brief 4: The impact of unintended pregnancy
on servicewomen and the military

- ▷ Unintended Pregnancy impacts:
 - ▷ Troop readiness;
 - ▷ Deployment;
 - ▷ Military health care costs.

Long-Acting Reversible Contraception



- ▷ Safe and Practical;
- ▷ Less than 1 pregnancy per 1000 women in one year;
- ▷ Maintain their high efficacy regardless of the users' motivation.

World Health Organization Department of Reproductive Health and Research (WHO/RHR) and Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP), Knowledge for Health Project. Family Planning: A Global Handbook for Providers (2018 update). Baltimore and Geneva: CCP and WHO, 2018

Long-Acting Reversible Contracepcion

- ▷ **LARCs available in Brazil:** Copper IUD, Silver IUD, IUS-LNG (Mirena[®] and Kyleena[®]), Implant (Implanon NXT[®])

294 Review



Long-Acting Reversible Contraception*

*Contracepção reversível de longa ação**

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Cristina Aparecida Falbo Guazzelli⁴ Milena Bastos Brito⁵ Marta Franco Finotti⁶
Jaqueline Neves Lubianca⁷ Luis Carlos Sakamoto⁸ Silvio Antonio Franceschini⁹



Levonorgestrel - IUS



Mechanisms of action:

- ▷ Cervical Mucus Thickening;
- ▷ Endometrial alterations and atrophy;
- ▷ Decreased sperm motility and its survival

Levonorgestrel - IUS

	 Kyleena™	&	 Mirena™
Conteúdo total de LNG	19,5 mg		52 mg
Média diária da taxa de liberação de LNG (1 ano)	~ 12 µg durante o 1 ano de uso		~ 20 µg durante o 1 ano de uso
Tempo de uso	5 anos		5 anos
Medidas	28 mm x 30 mm		32 mm x 32 mm
Diferencial em exames de imagem – anel de prata	Sim		Não
Cor dos fios	Azul		Marrom
Diâmetro do tudo insertor	3,8 mm		4,4 mm
Indicação	Contraceção		<ul style="list-style-type: none"> - Contraceção - Menorragia idiopática - Proteção da hiperplasia endometrial durante a terapia de reposição estrogênica
Índice de Pearl (5 anos)	0,29%		0,20%

Bula de Kyleena® e bula de Mirena®

Levonorgestrel - IUS



Beneficial effects:

- ▷ Increased hemoglobin concentration;
- ▷ It is an effective treatment for menorrhagia;
- ▷ Alternative to hysterectomy and endometrial ablation;
- ▷ Prevents anemia.

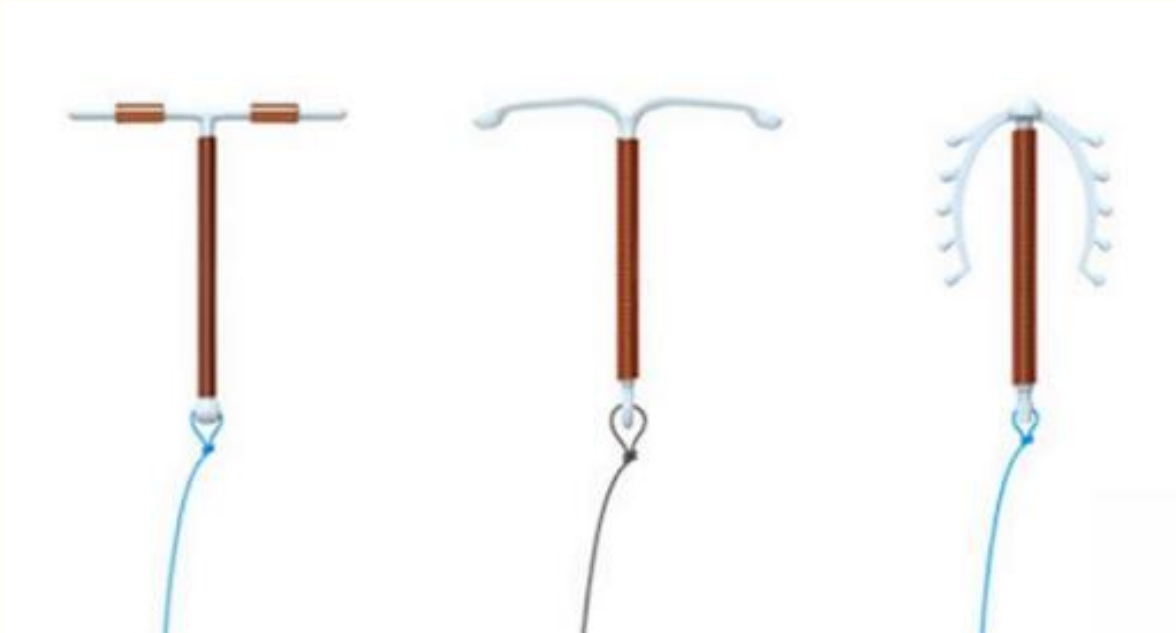
Implant



Mechanisms of action:

- ▷ Consistent ovulation inhibition;
- ▷ Alterations in the cervical mucus that hinder sperm passage;
- ▷ Alterations in the endometrium, making it less suitable for nidation.

Copper IUD/ Silver IUD



Mechanisms of action:

- ▷ Alteration of sperm motility and decrease of its viability caused by cervical mucus.

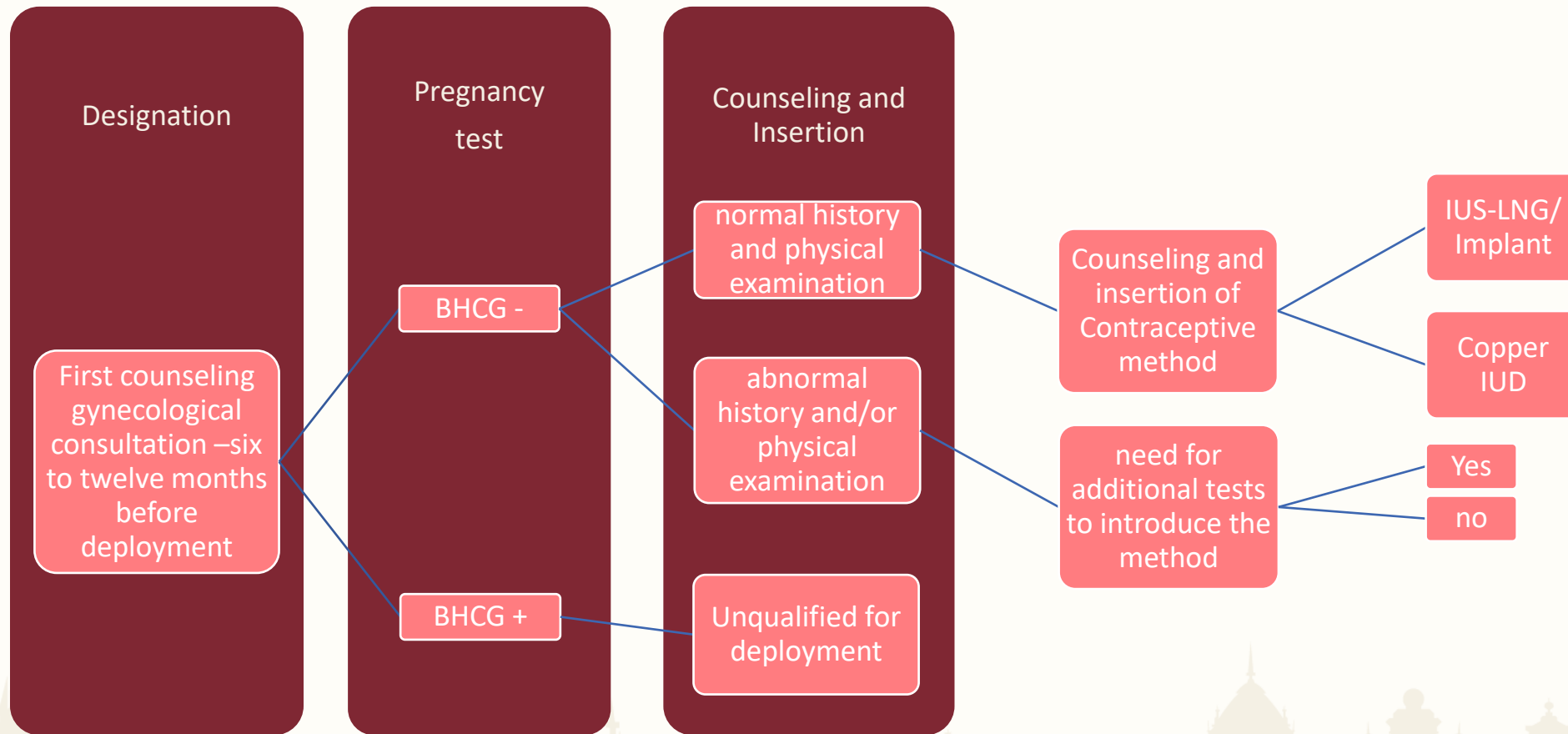
No Hormones
Low cost

Increased menstrual
bleeding and
cramping

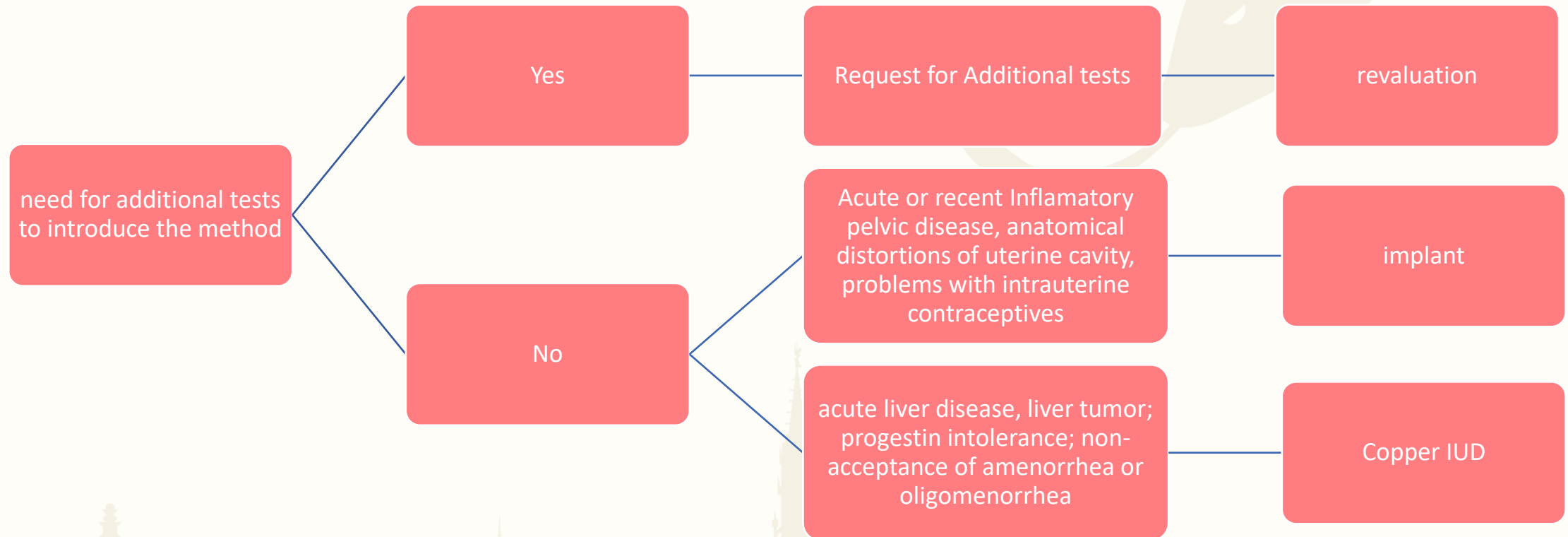
Comparison of Methods

Methods				
Duration	Up to 8 years	5 years	3 years	3-10 years
Pearl Index	0,2	0,29	0,05	0,8
Bleeding pattern	Reduced	Normal to Reduced	Variable	Increased
Menstrual Cramps	reduced	Reduced	reduced	increased

Contraception Counseling Protocol



Contraception Counseling Protocol



Contraception Counseling Protocol

- ▷ Reevaluation 45 to 60 days after method insertion;
- ▷ Colateral effects;
- ▷ Adaptation Issues.

Conclusions

- ▷ A contraception Counseling protocol is of paramount importance to improve the quality of care with the female segment of the troop, avoiding casualties, protecting health and increasing their performance;
- ▷ Evidence shows that the adoption of long-term hormonal contraceptive methods, such as the LNG-IUS, are the most appropriate conduct, aiming at safety and practicality.



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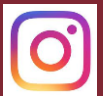
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