

ACOG: Intrauterine device insertion linked to weight loss

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(HealthDay) -- Women who undergo postpartum or interval insertion of Levonorgestrel-releasing Intrauterine System (LNG-IUS) or Copper T 380A (CU-T) intrauterine devices experience weight loss in the two years following insertion, according to a study presented at the annual clinical meeting of the American College of Obstetricians and Gynecologists, held from May 5 to 9 in San Diego.

Erika M. Kwock, M.D., M.P.H., from Kaiser Permanente Northern California in Santa Clara, and colleagues compared weight changes over two years following insertion of LNG-IUS and CU-T in women aged 15 to 44 years. One hundred eleven CU-T and 112 LNG-IUS users were included in the study. [Demographic data](#) and clinical predictors of weight gain were collected.

The researchers found that there were no significant differences in [demographics](#) or clinical indicators of weight gain between the groups. In both postpartum and interval insertion CU-T users, the percent mean weight change was -1.00 in year one and -0.84 in year two. For LNG-IUS users, the changes were -1.07 and -0.86 in years one and two, respectively.

"Weight loss rather than [weight gain](#) was an unexpected finding in postpartum and interval insertion CU-T and LNG-IUS users," the authors write. "These results may help women make informed decisions about their contraception."

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