

# LARC deemed safe for women with cardiovascular conditions

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(HealthDay)—For women with cardiovascular conditions, long-acting

reversible contraception (LARC) appears safe with few complications, according to a study published in the Jan. 15 issue of *The American Journal of Cardiology*.

Quyen Vu, from the University of Washington School of Medicine in Seattle, and colleagues conducted a retrospective chart review of 470 women diagnosed with cardiovascular disease who had a copper intrauterine device (IUD), levonorgestrel-releasing intrauterine system, or contraceptive implant. Patient demographic characteristics, medical conditions, indications from LARC placement, and complications were abstracted and analyzed.

The researchers found that 87.23 percent of women chose the levonorgestrel-releasing intrauterine system, 7.02 percent chose the copper IUD, and 4.89 percent chose the etonogestrel implant. Overall, 3.83 percent of patients had a confirmed IUD expulsion, 0.43 percent became pregnant, and 0.85 percent had [pelvic inflammatory disease](#). No cases of perforation were reported. No confirmed cases of infective endocarditis linked to LARC insertion were reported.

"LARC devices appear safe with few complications for women with [cardiovascular conditions](#)," the authors write. "Clinicians can be reassured that LARC may be offered as an appropriate option when counseling [women](#) with [cardiovascular disease](#) on safe contraceptive methods."

**More information:** [Abstract](#)  
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