

Are women with epilepsy using effective contraception?

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Generalized 3 Hz spike and wave discharges in a child with childhood absence epilepsy. Credit: Wikipedia.

In the largest study of contraceptive practices of women with epilepsy, 30% did not use highly effective contraception despite being at higher risk of having children with fetal malformations due to the anti-epilepsy medications they take.

The study also found that almost one-half of the women used hormonal contraception, which is considered highly effective but has yet to be proven so in women with [epilepsy](#).

Women who were insured, Caucasian, and older were more likely to use highly effective contraception, and only about one-quarter of the [women](#) consulted their neurologist in selecting contraception, according to Dr. Andrew Herzog, lead author of the *Epilepsia* article.

More information: Herzog, A. G., Mandle, H. B., Cahill, K. E., Fowler, K. M., Hauser, W. A. and Davis, A. R. (2016), Contraceptive practices of women with epilepsy: Findings of the epilepsy birth control registry. *Epilepsia*. [DOI: 10.1111/epi.1332](https://doi.org/10.1111/epi.1332)

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