

Contraceptive use up for women with congenital heart disease

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(HealthDay)—Women with congenital heart disease (CHD) use a

spectrum of contraceptive methods, with barrier methods and oral contraception (OC) preferred, according to a study published in the March 15 issue of *The American Journal of Cardiology*.

Pamela D. Miner, R.N., from the UCLA Medical Center in Los Angeles, and colleagues recruited [women](#) aged >18 years from nine adult CHD (ACHD) centers to examine [contraceptive](#) practices. A 48-item questionnaire was completed by 505 participants, and their medical records were reviewed.

The researchers found that 86 percent of participants had used contraception, including barrier methods (87 percent) and OC (84 percent), as well as intrauterine device (18 percent), Depo-Provera (15 percent), vaginal ring (7 percent), patch (6 percent), hormonal implant (2 percent), Plan B (19 percent), and sterilization (16 percent). There was no difference in OC use by complexity of CHD. Compared to those with less complex CHD, women with CHD of great complexity were more likely to report a thrombotic event while taking OC (9 versus 1 percent; $P = 0.003$). Forty-three percent of subjects reported contraception counseling by the ACHD team. Twenty-five percent of women reported unplanned pregnancy, with no significant difference based on CHD complexity.

"Contraceptive practices of women with complex CHD are highly variable, and the prevalence of blood clots while taking OC is not insignificant, while provision of contraception counseling by ACHD providers appears lacking," the authors write.

More information: [Abstract](#)
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