

Contraception

with the combined oral contraceptive pill

Numbers are for girls and women aged 14 to 39 years who did not take the oral contraceptive pill (or took a placebo sugar pill) or who took the oral contraceptive pill. The observation time was from three months up to one year.

	10,000 women who <u>did not take</u> the oral contraceptive pill (or took a placebo)	10,000 women who took the oral contraceptive pill
Benefits		
How many women got pregnant within one year?	8,500*	253
How many women felt they experienced an improvement in their period (e.g., reduction in blood loss, pain) within six months?	4,240	7,910
How many women observed a change in their weight after three months?	no difference between the two groups	
Harms		
How many women suffered from a blood clot in a vein (thrombosis) within one year?	2	5-12**
How many women recognized a change in their moods between their menstrual periods within three months?	Women who took the pill tended to state that they felt a slight negative change in their moods between their menstrual periods.	
How many women recognized a change in the quality of their sexual experience within three months?	Women who took the pill tended to state that they felt a slight negative change in the quality of their sexual experience.	

*Without contraception. **The risk varies according to the specific progestogen hormone

Short summary: Compared to women who did not take the pill, the pill resulted in fewer pregnancies and had positive effects on heavy menstrual bleeding. The risk of blood clots in the vein is increased when taking the pill and the pill may have a slight negative effect on mood or sexual function.

Sources: [2] Yamazaki et al. *Contraception* 2015, 92(5): 445-452. [3] Trussel. *Contraception* 2011, 83(5): 397-404. [4] Lethaby et al. *Cochrane Database Syst Rev* 2019 (2):CD000154. [5] Gallo et al. *Cochrane Database Syst Rev* 2014 (1):CD003987. [6] BfArM: Venöse Thromboembolien und kombinierte hormonale Kontrazeptiva 2018. [7] Lundin et al. *Endocr Connect* 2017 Feb (76): 135-143. [8] Ciaplinksiene et al. *Eur J Contracept Reprod Health Care* 2016, 21(5): 395-400.

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<https://www.hardingcenter.de/en/fact-boxes>