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Levonorgestrel intra uterine system (LNG-IUS) for heavy menstrual bleeding to avoid hysterectomy

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Introduction: Heavy Menstrual Bleeding (HMB) is an important cause of ill health in women and it accounts for 12% of all gynecology referrals in the UK. Hysterectomy is often used to treat women with this complaint but medical therapy may be a successful alternative. The intrauterine progesterone device was originally developed as a contraceptive but also resulted in a large reduction in menstrual blood loss. Hence, the use of the same in abnormal uterine bleeding was introduced.

Material & Methods: A total of 40 women were taken up for the study of Levonorgestrel intra uterine system (MIRENA) with heavy menstrual bleeding after ruling out malignancy by uterine curettage. All the women had failure of medical treatment with oral progestogens. The duration of heavy menstrual bleeding was between 2-4 years. There were 15, 20 and 5 women with dysfunctional uterine bleeding, adenomyosis and endometriosis respectively. Irrespective of the diagnosis control of bleeding was seen in 90% of cases. Menstrual blood loss was significantly reduced in 23 (57.5%) women and 15 (37.5%) had complete amenorrhea. Of the 40 patients irregular spotting was seen in all women for duration of one to two months. Displacement into cervical canal was seen in two women and both underwent hysterectomy as the bleeding continued heavily.

Conclusions: The LNG-IUS was the more effective first choice for management of menorrhagia compared with conventional medical treatment. More women were satisfied with the LNG-IUS and hysterectomy has been avoided in most of them.

Biography

Pratap Kumar is the Head of the Division of Reproductive Medicine at Manipal University and a National Vice President of the Federation of Obstetrics and Gynecology for the year 1999. He had several positions which includes: Inspector, Examiner and Advisor, National Board of Examinations, Examiner of Undergraduates and Postgraduates in several universities Chairman of Board of Studies Clinical Embryology at Manipal University and also appointed on the Editorial Committee of several journals (*Fertility & Sterility*, *Indian Section*, *Journal of Human Reproductive Sciences*, *Journal of Indian Obstetrics and Gynaecology*, *Journal of Perinatal and Neonatal Care*, *Journal of Fertility Science and Research*, *Journal of Women's Health & Gynaecology*). He has more than 250 publications and presented more than 500 presentations in national and international congresses.

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