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The Effects of Combine Oral Contraceptive Pills on Cardiovascular Risk Factors: A Systematic Review on Clinical Trials

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Background: The combine contraceptive pills (COCPs), included a combination of estrogen and progesterone, are an accepted therapeutic for pregnancy prevention. Several studies indicated that COCP intake might have some side effects, such as cardiovascular diseases (CVD). Therefore this study aimed to investigate the effects of COCP on CVD risk factors.

Methods: Google Scholar, PubMed and Magiran Library databases were systematically searched to find relevant clinical trials investigating the effects of COCPs on CVD from inception up to June 2020.

Results: Included articles (n = 10) assessed several risk factors such as blood pressure, serum levels of total cholesterol, triglyceride, low-density lipoprotein (LDL) and high-density lipoprotein (HDL). A total of the articles indicated the increment of blood pressure, serum levels of cholesterol, triglyceride, LDL and reduction in HDL following COCPs intake.

Conclusions: The results of studies showed that COCP intake for long time is related to the increase of the CVD risk factors and most probably they have an adverse effects on cardiovascular disease.

Keywords: Contraceptive Pills, Cardiovascular Disease, Lipid Profile

Biography

Ghasemof Juyomi is a midwife, graduated from Shiraz University of Medical Sciences, Shiraz, Iran; that participated in international conferences related to women health and cardiometabolic risk factors. She is interested in the fields of Neonatal and Maternal complication, and disorders and side effects of medications that taken before, during and after pregnancy.