EVALUATION OF THE BODY MASS INDEX IN USERS OF THE LEVONORGESTREL-RELEASING INTRAUTERINE SYSTEM
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The levonorgestrel-releasing intrauterine system (LNG-IUS) is a highly effective contraceptive and presents few side effects, although there are concerns related to its impact on body weight. Objective: evaluate the body mass index (BMI) of users of LNG-IUS after one year of insertion. Methods: retrospective study which analyzed data collected from medical records from January 2009 to December 2010 of LNG-IUS users at the Family Planning Outpatient Clinic of the Irmandade Santa Casa de Misericórdia, São Paulo (ISCMSP). Medical records: age, parturition, BMI at the time of insertion and one year after the insertion of the LNG-IUS. The system was inserted according to medical indication: contraception, dysfunctional metrorrhagia, prevention of endometrial hyperplasia in hormone replacement therapy. There was approval by the Ethics Committee of ISCMSP. Statistical test applied: Wilcoxon. Results: Sample was composed of 68 women. Distribution of patients by age: women under 18 corresponded to 58.8% whereas women over 35 corresponded to 48.5%. As far as parturition is concerned, multiparous women corresponded to 51.5%, nuliparous to 8.8% and primiparous women to 32.4%. Mean BMC value before insertion was 27.1 (dp: 5.9) and after one year of use of the system, it was 27.7 (dp: 6.2) p=0.001. Patients under 35 presented mean BMC of 25.6 prior to the insertion of the system and of 26.1 after insertion with p=0.00. Patients under 35 presented mean BMC of 25.6 prior to the insertion of the system while patients over 35 had mean of 26.2 prior to the insertion and of 27.2 after one year with p=0.290. The group of nuliparous and primiparous had a relevant increase in their BMC (p=0.002). Conclusion: the LNG-IUS is a hormonal contraceptive method which seems to affect the weight of its users. The BMC increased among younger users and groups of nuliparous and primiparous patients.