



LARC in the perimenopause



**family
planning
victoria**

Reproductive & Sexual Health
Care. Education. Advocacy.



Rozita

- Rozita is 50 years old and is taking the combined pill
- Amenorrhoeic
- Wants to stop the pill
- Does she need contraception?



Contraception in 50 years + users

- No contraception
 - Little evidence, conception unlikely
- Barriers
 - Methods with high failure rate, e.g. diaphragm might be adequate
- Combined hormonal contraception
 - Switch to another method
 - Higher back ground risk of VTE, stroke, myocardial infarct and breast cancer
- Depot medroxyprogesterone acetate (DMPA)
 - Recommended to switch to another method
 - Lowered oestrogen associated with ↓ bone density and theoretical increase in risk of arterial disease
- Progestogen only pill
 - More effective in those >40 years compared to younger women
 - Very low dose
 - ? Deviations from 3 hours schedule



LARC in 50 + LNG-IUD

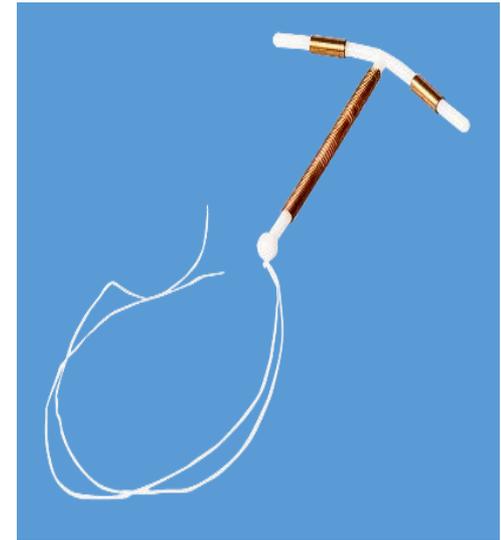
- LNG- IUD 52 mg
 - inserted from the age of 45 years + can be left in place until 55 years or until menopause is determined using FSH
 - Advantages: controls heavy bleeding, ↓ dysmenorrhoea
 - Can be used as endometrial protection in users of MHT
 - Must be changed 5 yearly
 - Can consider continued use beyond 55 on a case by case basis

Does not
apply to
lower dose
LNG-IUDs
available
OS



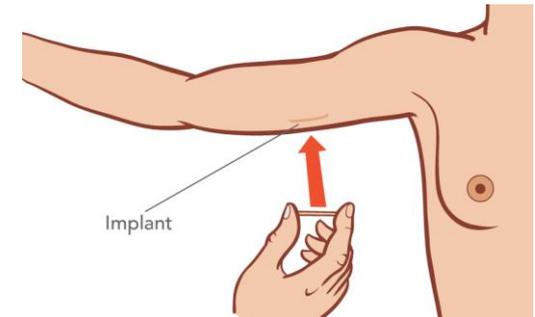
LARC in 50 + copper IUD

- Copper IUD
 - Any copper IUD approved for use in Australia, inserted from the age of 40 years + can be left in place until menopause is determined
 - Increases menstrual bleeding
 - Menopause determined by symptoms
 - Remove a year after the last period (2 years if <50 years)



LARC in 50+ implant

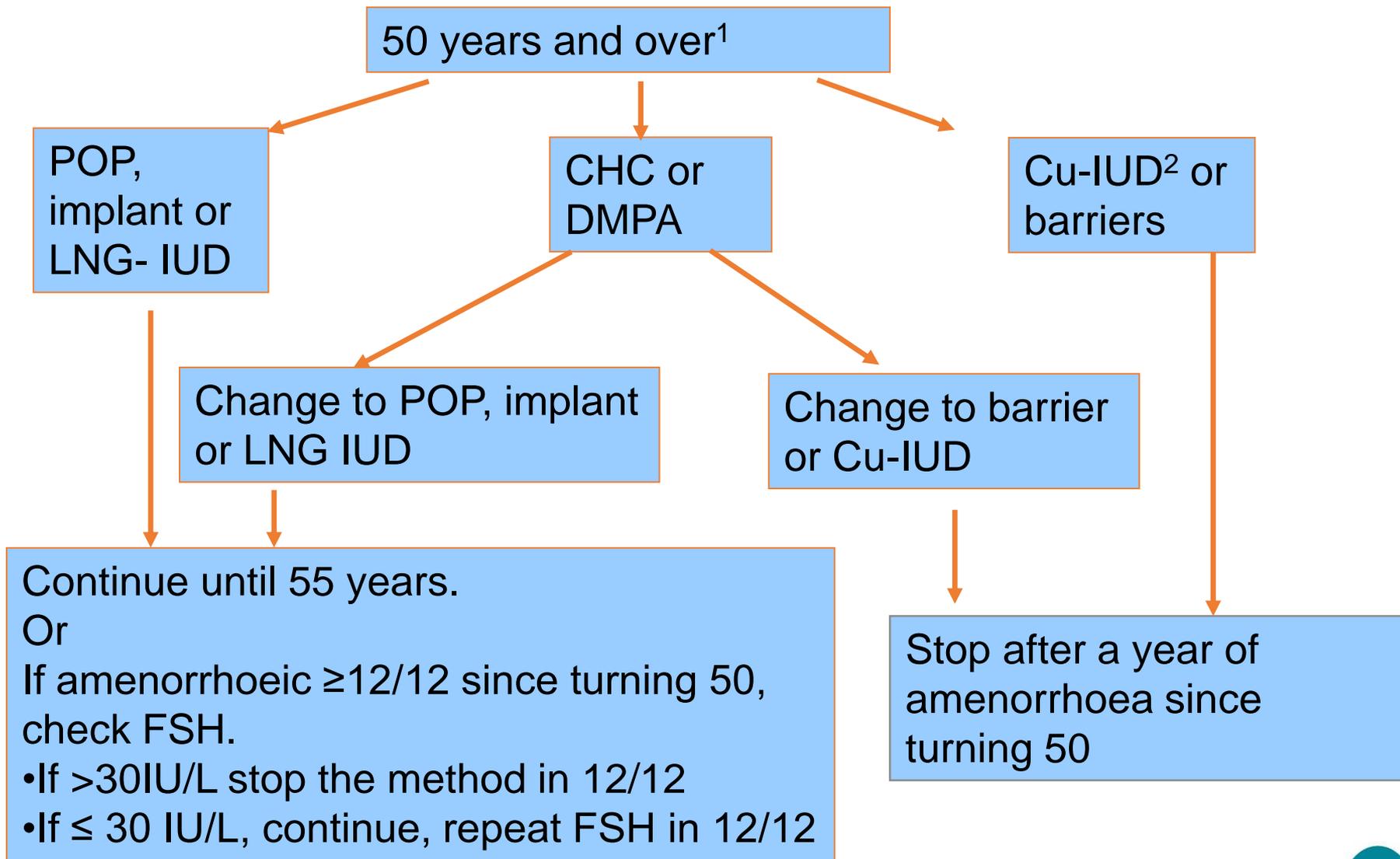
- Can be left in place until 55 years (changed 3 yearly) or until menopause is determined using FSH
- Cannot be used as endometrial protection
- Can be used with sequential MHT



Principles

- CHC and DMPA generally should be stopped at 50 years
- Menstrual bleeding patterns are unhelpful when a woman is using exogenous hormones
- FSH can be measured in those aged 50 years + to determine menopause when using progestogen only methods
- The risk of conception in those 55 years + is extremely low, even if bleeding continues





1. Investigate suspicious bleeding.



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