



# *Intrauterine contraception: from menarche to menopause*

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# Your speakers



**Gilbert Donders**

Professor of Obstetrics & Gynaecology  
University of Antwerp, Belgium



**Kristina Gemzell-Danielsson**

Professor of Obstetrics & Gynaecology  
Karolinska Institutet, Sweden



**Jeffrey Jensen**

Professor of Obstetrics and Gynecology  
Oregon Health & Science University, USA



**Rossella Nappi**

Professor of Obstetrics and Gynecology  
University of Pavia, Italy

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# Overview of today's session



**Introduction**

**Contraception for younger and nulliparous women**

**Heavy menstrual bleeding: a silent public health issue**

**Postpartum IUD insertion**

**Long-term and late reproductive stage contraception**

**Open discussion with audience**

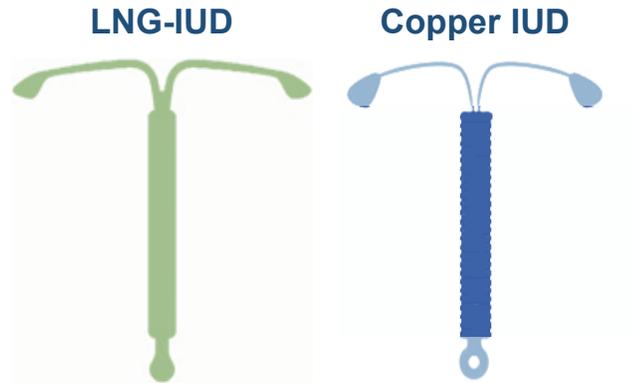
**Summary and close**

IUD, intrauterine device.

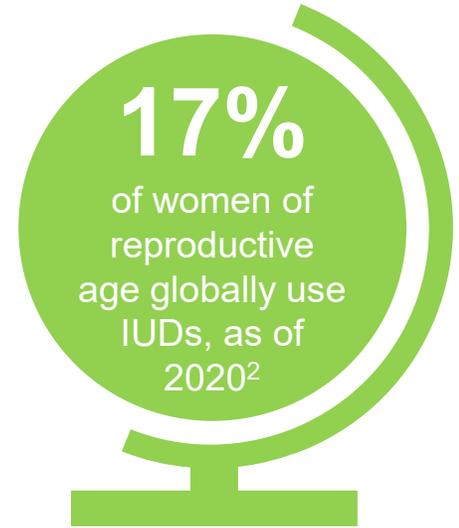
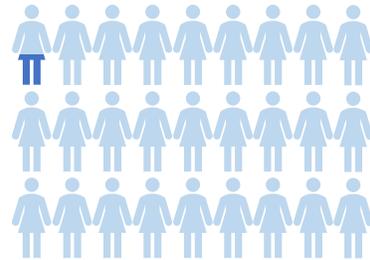
# Introduction



## Intrauterine contraception



**<1%**  
typical IUD use failure rate<sup>1</sup>



IUD, intrauterine device; LNG, levonorgestrel.  
1. Trussell J, et al. Contraceptive technology. 21st ed. New York, NY: Ayer Company Publishers, Inc., 2018; 2. United Nations Department of Economic and Social Affairs. 2022; <https://desapublications.un.org/file/1128/download>.

# IUDs address a woman's needs in different stages of her life; from menarche to menopause and beyond...



**Young and/or  
nulliparous**

Reproductive stage

Postpartum

Perimenopause

IUD, intrauterine device.

# Contraception in young or nulliparous women



Many women and HCPs mistakenly believe that IUDs are unsuitable for younger and/or nulliparous women<sup>1-4</sup>

## Common concerns include<sup>1-4</sup>:



Pain during and ease of IUD placement



Adverse events



Aversion to hormonal exposure



Bleeding profile changes

HCP, healthcare provider; IUD, intrauterine device.

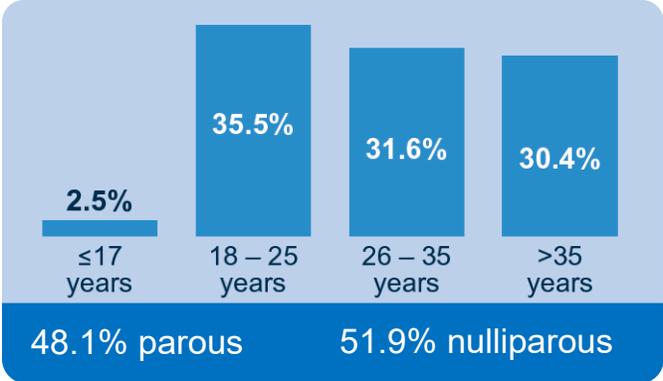
1. Merki-Feld GS, et al. Eur J Contracept Reprod Health Care. 2018;23:183-93; 2. Caetano C, et al. Int J Gynaecol Obstet. 2020;151:366-76; 3. Hladky KJ, et al. Gynecol. 2011;117:48-54; 4. Buhling K, et al. Eur J Obstet Gynecol Reprod Biol. 2014;183:146-54.

# Contraception for younger and nulliparous women

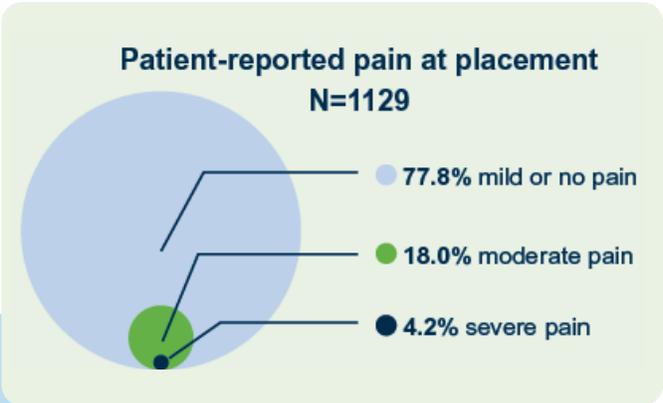
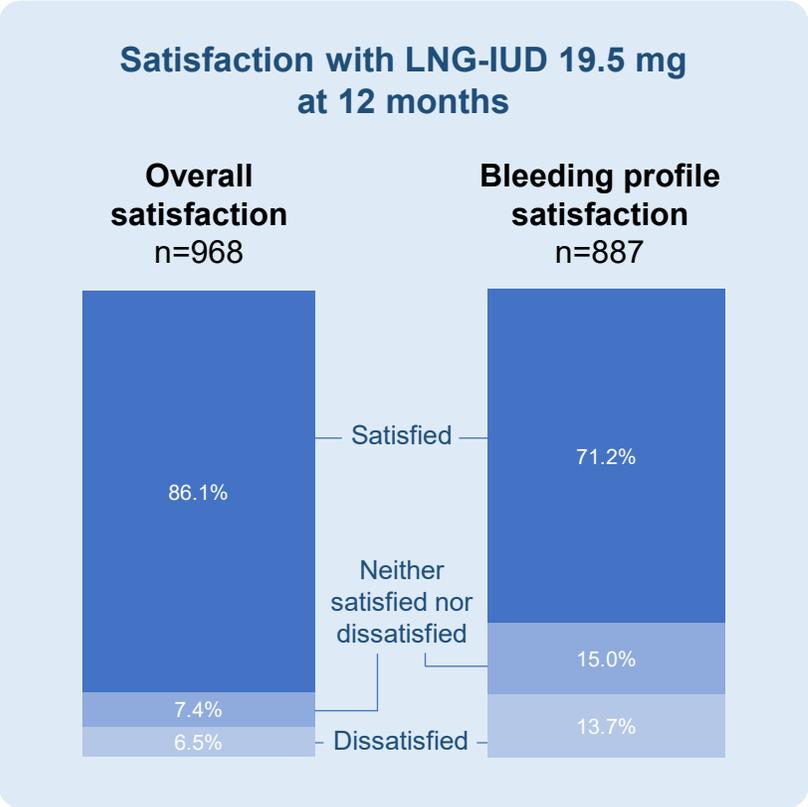
## With data from the Kyleena® Satisfaction Study (KYSS)



KYSS was a multinational observational study assessing placement pain and user satisfaction at 12 months in 1129 women who independently chose LNG-IUD 19.5 mg after routine counselling<sup>1,2</sup>



There were no significant associations of age or parity with overall LNG-IUD 19.5 mg satisfaction



Over two-thirds of younger (<26 years) or nulliparous participants experienced little to no pain during placement

IUD, intrauterine device; LNG, levonorgestrel.  
 1. Stovall DW, et al. Eur J Contracept Reprod Health Care. 2021;26:462–72; 2. Donders G, et al. Eur J Contracept Reprod Health Care. 2023;28:1–9.

# IUDs address a woman's needs in different stages of her life; from menarche to menopause and beyond...



Young and/or  
nulliparous

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IUD, intrauterine device.

# Heavy menstrual bleeding: a silent public health issue



**1 in 3 women of all ages** will experience heavy menstrual bleeding (HMB) at some point in their lives<sup>1</sup>  
**Many women go untreated:** women may not recognise their bleeding as abnormal and treatable, and HCPs may struggle with HMB diagnosis and management<sup>1-3</sup>



**80%** worry about  
bleeding-related accidents<sup>3</sup>



**70%** avoid social  
activities<sup>3</sup>



**64%** experience  
fatigue<sup>3</sup>



**40%** experience  
embarrassing situations  
related to bleeding<sup>3</sup>



**3 years** is the average time that  
women endure their symptoms  
before seeking help<sup>3</sup>

HCP, healthcare provider; HMB, heavy menstrual bleeding.

1. Singh S, et al. J Obstet Gynaecol Can. 2013;35:S1-S28; 2. Bahamondes L, Ali M. F1000 Prime Rep. 2015;7:33-7; 3. da Silva Filho AL, et al. Eur J Contracept Reprod Health Care. 2021;26:390-8.

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IUD, intrauterine device.

# Postpartum IUD insertion



Postpartum placement of IUDs can be performed and is effective, and convenient for women<sup>1\*</sup>



Immediate postpartum placement of IUDs is supported by US clinical guidelines<sup>2\*</sup>



Some HCPs wrongly believe women are unsuitable for postpartum IUD placement due to concerns about expulsion and uterine perforation<sup>3-5\*</sup>

\*Please consult your local Prescribing Information for further details on postpartum IUD placement  
HCP, healthcare provider; IUD, intrauterine device; US, United States.

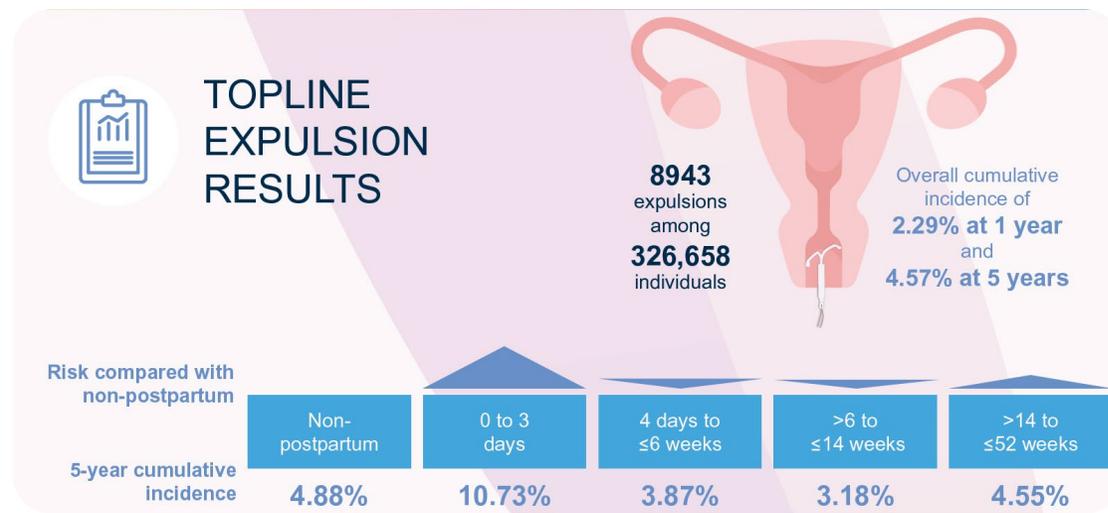
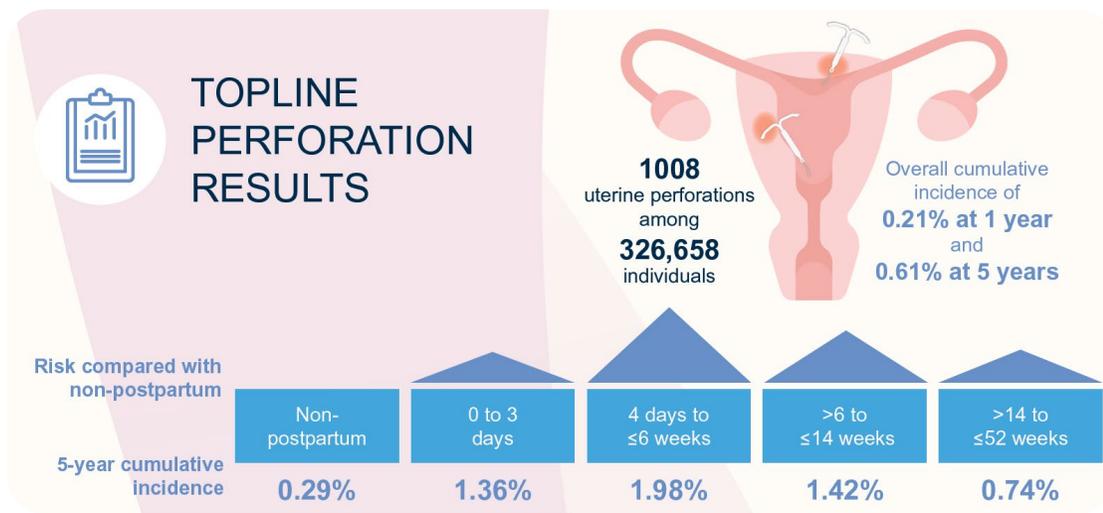
1. Averbach SH, et al. Am J Obstet Gynecol. 2020;223:177-88; 2. ACOG Committee on Obstetric Practice. Obstet Gynecol. 2016;128:e32-e37; 3. Barnett C, et al. Eur J Contracept Reprod Health Care. 2017;22:424-8; 4. Reed SD, et al. Lancet. 2022;399:2103-12; 5. Armstrong MA, et al. JAMA Netw Open. 2022;5:e2148474.

# Postpartum IUD insertion

## With data from the Association of Perforation and Expulsion of IntraUterine Device (APEX-IUD) study



APEX was a retrospective cohort study evaluating the risk of uterine perforation and expulsion in women who were postpartum at the time of IUD placement<sup>1,2</sup>



The absolute risks of IUD expulsion and uterine perforation are low. Any slight risk increase is generally outweighed by the contraceptive benefits, with little clinical impact

The risk of uterine perforation is higher for women who had their IUD placed postpartum compared with non-postpartum

The risk of expulsion is highest for women who had their IUD placed immediately postpartum compared with 4 days to 52 weeks postpartum or non-postpartum

IUD, intrauterine device.

1. Reed SD, et al. Lancet. 2022;399:2103–12; 2. Armstrong MA, et al. JAMA Netw Open. 2022;5:e2148474.

# IUDs address a woman's needs in different stages of her life; from menarche to menopause and beyond...



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IUD, intrauterine device.

# Perimenopause: long-term and late reproductive stage contraception



**Perimenopausal women can still become pregnant** and perimenopausal pregnancies are high risk<sup>1,2</sup>



IUDs are a long-lasting contraceptive method suitable for menopausal women. LNG-IUDs can also **treat perimenopause-associated bleeding irregularities**\*<sup>5,6</sup>



**Menstrual bleeding changes** are common in perimenopause<sup>3,4</sup>



In women using estrogen hormone therapy, concurrent LNG-IUD use can **protect against endometrial Hyperplasia**\*<sup>7</sup>

**\*DISCLAIMER:** Check in country if this is an approved indication

IUD, intrauterine device; LNG, levonorgestrel.

1. Lindh I, et al. Acta Obstet Gynecol Scand. 2022;101:248–55; 2. Baldwin M, Jensen JJ. Maturitas. 2013;76:235–45; 3. El Khoudary SR, et al. Menopause. 2019;26:1213–27;

4. Shifren JL, et al. Menopause. 2014;21:1038–62; 5. Yu Y, et al. Comput Math Methods Med. 2022;5648918; 6. Grandi G, et al. Int J Womens Health. 2022;14:913–29;

7. Varila E, et al. Fertil Steril. 2001;76:969–73.

# Long-term and late reproductive stage contraception

## With data from the Mirena<sup>®</sup> Extension Trial (MET)



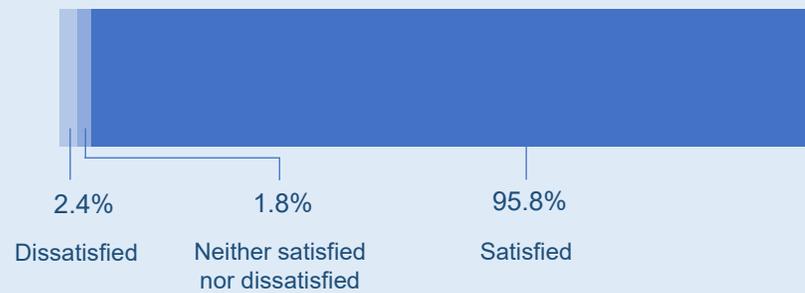
MET was a US-based, single-arm Phase 3 trial to assess the efficacy and safety of LNG-IUD 52 mg from 6 to 8 years of use<sup>1</sup>

**2**  
pregnancies  
from 362 women

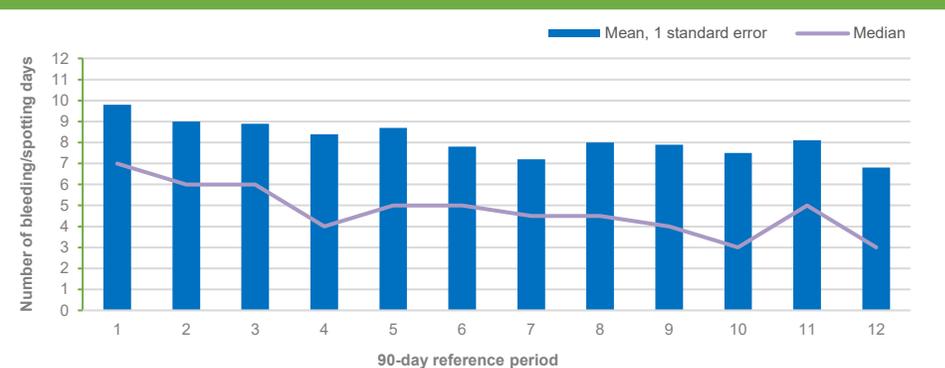
**0.68%**  
cumulative pregnancy  
probability for years 6–8

**0.28**  
Pearl Index  
for years 6–8

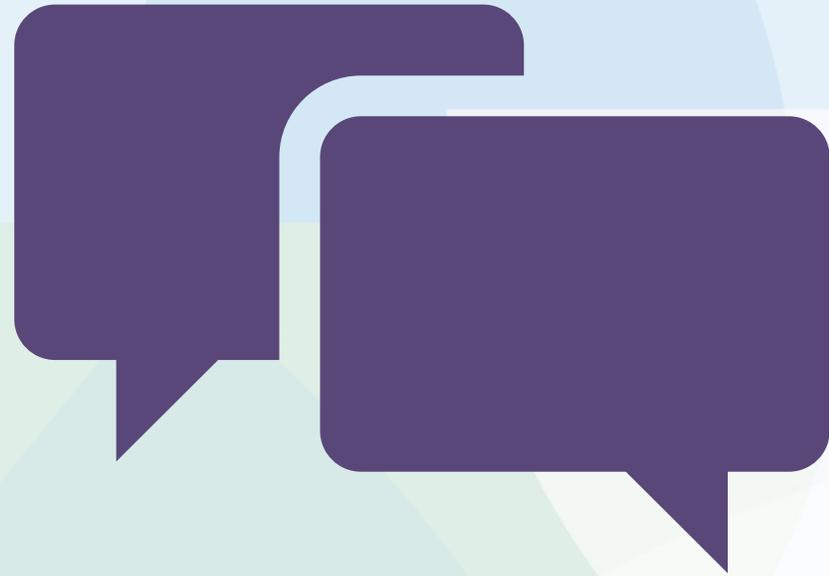
Satisfaction with LNG-IUD 52 mg at 8 years or final visit (if discontinued prematurely)



Bleeding/spotting days per 90-day period (n=362)



IUD, intrauterine device; LNG, levonorgestrel; US, United States.  
1. Jensen JT, et al. Am J Obstet Gynecol. 2022;227:873.e1–873.e12.





**IUDs are suitable for women across their life course,  
from menarche to menopause and beyond...**



IUD, intrauterine device.



***Thank you!***

***Please complete the survey with your  
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