

October 16, 2017

Combined Hormonal Contraceptives (CHC) and Adolescent Bone Health

Combined hormonal contraception (CHC) has been an important birth control method for over 50 years. However, only in the last decade have adolescent women (at least in North America) commonly used it. Another shift has been the CHC indication—now in Canada it is more commonly taken for treatment of cramps, acne, irregular cycles and heavy flow than for contraception. These changes, and the fact that adolescents are still gaining peak bone mass mean that we need to understand the relationship between CHC and changes in bone mineral density (BMD).

Learning objectives:

1. What is current CHC use in adolescents and young women in Canada (CaMOS)?
2. Is there a change in peak bone mineral density (BMD) accrual in CaMOS adolescents by CHC use?
3. Does a meta-analysis of spine BMD by adolescent CHC use show a difference from controls?—Dr. Goshtasebi
4. Are there appropriate/safe alternative contraceptive and treatment options for adolescents?

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Rounds are held weekly on Mondays from 12:00 pm to 1:00 pm in the VGH Research Pavilion, Room 700, 7th Floor, 828 West 10th Avenue, Vancouver, BC.

Visit www.C2E2.ca for information about previous and upcoming rounds. If you are interested in presenting or attending remotely please email pamela.lee@ubc.ca.