



**The 5th International Congress  
on Cardiac Problems in Pregnancy (CPP 2018)**

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## **Contraception for Women with Cardiac Disease**

**Carolina B Gouvea, Felipe Favorette Campanharo, Patricia A Morais, Marcia Barbieri,  
Cristina F Guazzelli**

**UNIFESP - Federal University of São Paulo, Brazil  
Family Planning - Brazil**



# Previously on CPP 2014 ...



## OPEN ACCESS

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## RESEARCH ARTICLE

# The Impact of Cardiac Diseases during Pregnancy on Severe Maternal Morbidity and Mortality in Brazil

**Felipe F. Campanharo\*<sup>1</sup>, Jose G. Cecatti<sup>2</sup>, Samira M. Haddad<sup>2</sup>, Mary A. Parpinelli<sup>2</sup>, Daniel Born<sup>3</sup>, Maria L. Costa<sup>2</sup>, Rosiane Mattar<sup>1</sup>, Brazilian Network for Surveillance of Severe Maternal Morbidity Study Group<sup>¶</sup>**

**1** Department of Obstetrics, Federal University of São Paulo (UNIFESP), São Paulo, Brazil, **2** Department of Obstetrics and Gynecology, State University of Campinas (UNICAMP) School of Medicine, Campinas, Brazil, **3** Discipline of Cardiology, Federal University of São Paulo (UNIFESP), São Paulo, Brazil

**¶** Membership of the Brazilian Network for Surveillance of Severe Maternal Morbidity Study Group is provided in the Acknowledgments.

\* [favorette@hotmail.com](mailto:favorette@hotmail.com)

## ***In Other Words ...***

### **Conclusion**

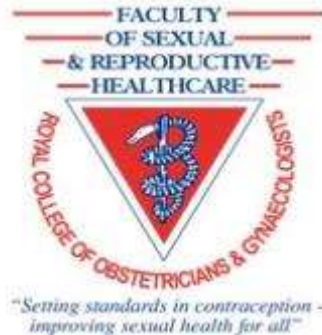
In the Brazilian Network for Surveillance of Severe Maternal Morbidity, heart disease was significantly associated with a higher occurrence of maternal near miss events and maternal deaths. Potentially life-threatening conditions differed among groups. Clinical-surgical causes and clinical criteria for maternal near miss events were more common in the cardiac group. In the current study, the majority of complications occurred in cardiac patients with known heart disorders before pregnancy, reinforcing the importance of family planning counseling and specialized prenatal follow-up care in this group.

***HUGE Unmet Needs for Contraception !!!***

# Method

- We monitored 58 Cardiac Patients (CP) in our family planning service.
- Review of Medical Records

Eligibility criteria:



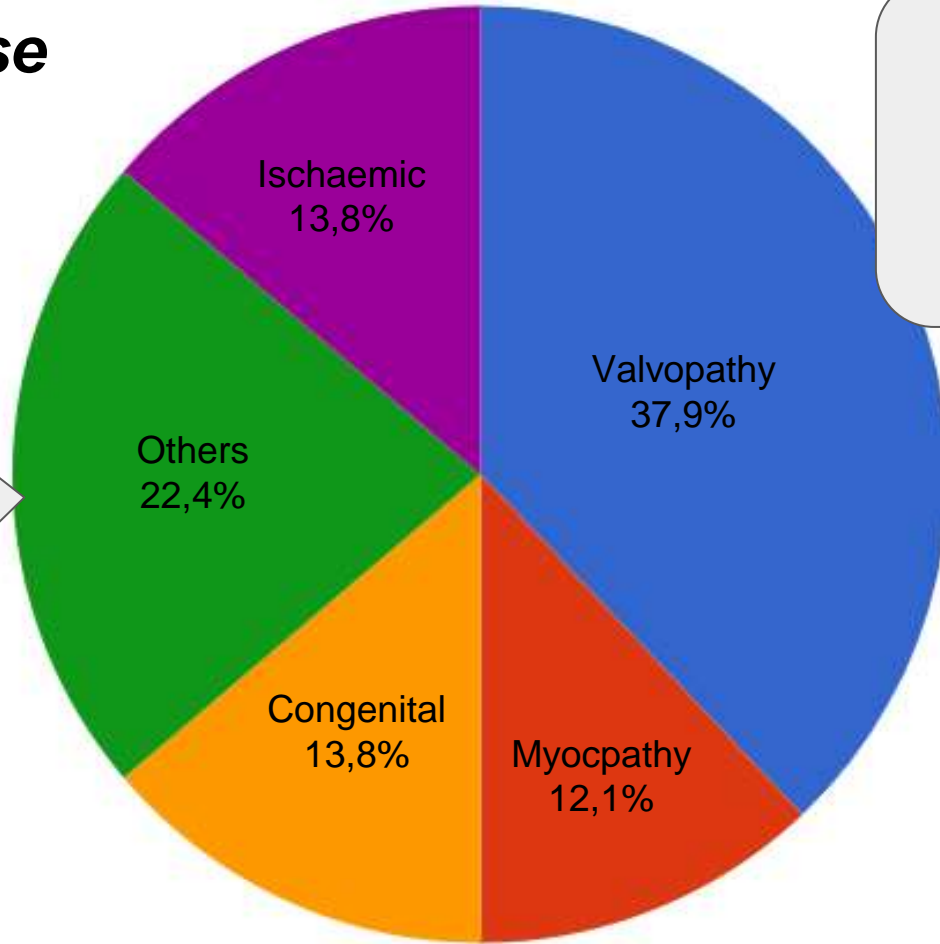
	CHC	POP		IMP		DMPA/ NET-EN	LNG-IUS		Cu-IUD	Condoms	Diaphragm	Sterilisation
Current ischaemic heart disease	4	1	C	1	C	3	1	C	1	1	1	D
History of ischaemic heart disease		1				3	1	C	1	1	1	C
Uncomplicated valvular or congenital heart disease		2	3	2	3		2	3			1	C
Complicated valvular or congenital heart disease (e.g. with pulmonary hypertension)						1	1	2	2	1		

# MOST OF THE SITUATIONS CLASS 1 and 2



# **Cardiac Disease**

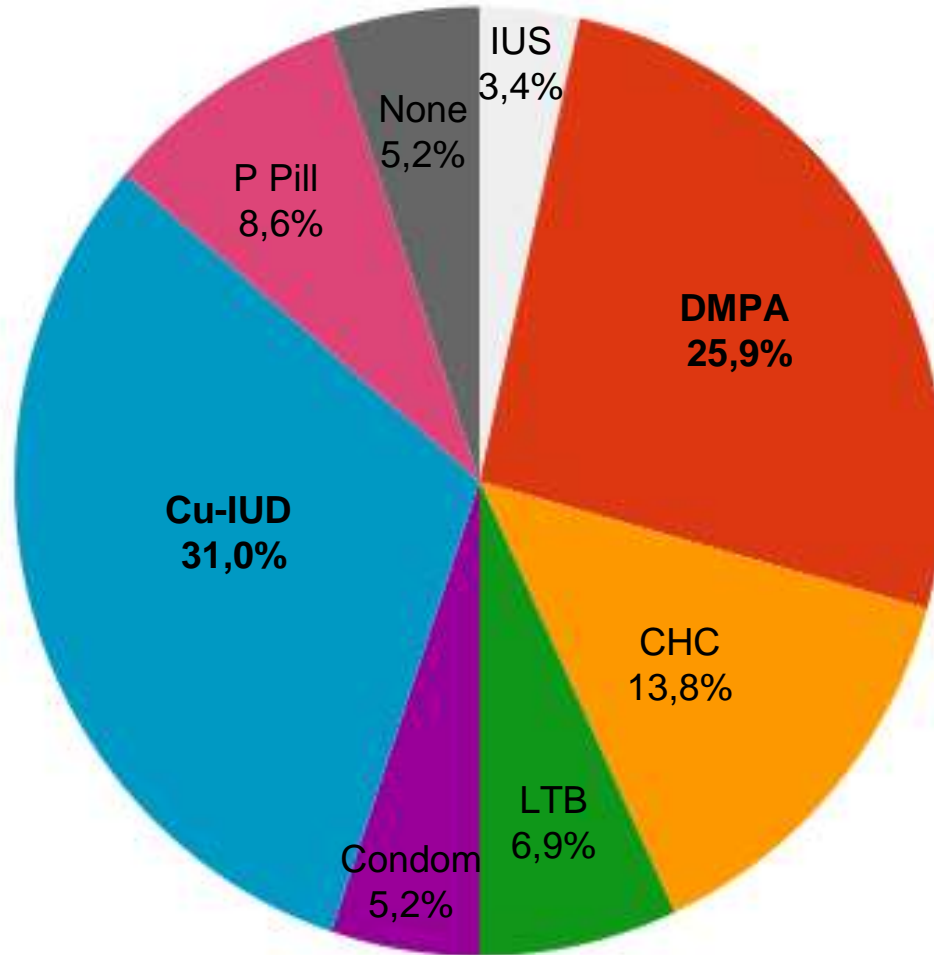
## **58 Patients ...**



Two Recent Deaths:  
Septic Shock due to  
Endocarditis;  
Aortic Aneurysm in a  
Marfan patient.

Marfan's Syndrome,  
Arrhythmia  
Pulmonary Ht  
...

# Contraceptive "Choice"



## Anticoagulation 18%

Attempt to Achieve  
Amenorrhea

20% SIU 20% PP  
20% LT 10% Depo  
( 20% IUD )  
( 10% Condon )



# Conclusion

- CP should be encouraged to perform family planning and the choice of contraceptives should be individualized according to the eligibility criteria.
- LARC (IUD´s + Depot Medroxyprogesterone) accounted 60% of all methods.
- We have plans to increase use of Levonorgestrel IUD\* in this population, especially in CP under anticoagulation

\* Special Thanks

International Contraceptive Access (ICA) Foundation

- Donate the Levonorgestrel IUD´s -







THANK YOU  
[favorette@hotmail.com](mailto:favorette@hotmail.com)