Contraception for Women with Cardiac Disease

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Previously on CPP 2014 …

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

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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:
Most of the situations class 1 and 2
Cardiac Disease
58 Patients ...

- Valvopathy (37.9%)
- Ischaemic (13.8%)
- Others (22.4%)
- Congenital (13.8%)
- Myocpathy (12.1%)

Marfan’s Syndrome, Arrhytmia, Pulmonary Ht ...

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

Anticoagulation 18%
Attempt to Achieve Amenorrhea
20% SIU 20% PP
20% LT 10% Depo
( 20% IUD )
( 10% Condom )
**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
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