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Specific benefits of OC use for
patients with endometriosis

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THE PATIENTS

Pelvic endometriosis

- ✓ 2.5-10% of young women
(Eskenza et al., Ob Gyn Clin North Am 1997;24:235-258)
- ✓ 15-71% of women with pelvic pain
(Berube et al., Epidemiology 1998;9:504-510)

THE BENEFITS OF OC USE

- ✓ Relief of pain
- ✓ Prevention of endometrioma recurrence
- ✓ Protection against ovarian cancer

DYSMENORRHEA

- ✓ Prevalence: 65% of patients
- ✓ The cost: 10.000 EURO/woman/year
(ability to function – health care)

*(Nnoaham et al., F.S. 2001;96:366-373
Simoens et al., H.R. 2012;27:1292-1299)*

DYSPAREUNIA

Prevalence: "54% of the patients reported a
negative impact on their intimate relationships"

(Fagervold et al., Acta Obstet Gynecol Scand 2009;88:914-919)

PELVIC PAIN

- ✓ Early onset
- ✓ Mean time to diagnosis: 11 years
- ✓ Each patient see a mean of 7 health care
professionals before starting the treatment

(Nnoaham et al., F.S. 2001;96:366-373)

WHY THE PAIN?

Inflammation :

- ✓ accumulation of activated macrophages
(Hornung et al., Mol H R 2001;7:163-168)
- ✓ increased production of interleukin 1 β
(Taylor et al., Ann N Y Acad Sci 2001;943:109-121)

PAIN: SURGICAL THERAPY

- ✓ Only in 50% of cases pain relief is still effective after 1 year
(Stratton and Berkley, H R U 2011;17:327-346)
- ✓ Repeated surgical procedures are reported by more than 40% of patients
(Sinaii et al., F S 2007;87:1277-1286)

OC USE FOR THE CONTROL OF PELVIC PAIN

Actions: OC down-regulates cell proliferation and enhances apoptosis in the ectopic endometrium

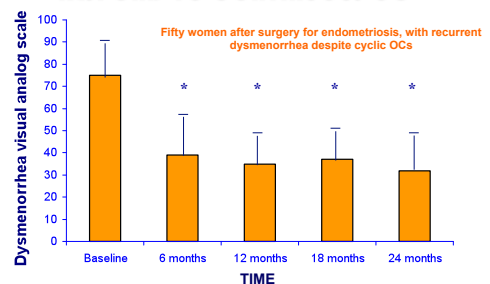
(Meresman et al., F S 2002;77:1141-1147)

Efficacy: OC and GnRH analogs are equally effective in 80% of patients

(Vercellini et al., F S 1993;60:75-79)

Practicability: can easily be used for 10-20 years

NOT ALL PATIENTS RESPOND BUT 50% OF CASES RESISTANT TO CYCLIC TREATMENT RESPOND TO CONTINUOUS OC



(* Mean ± SD. P < 0.001 compared with baseline, paired t test)

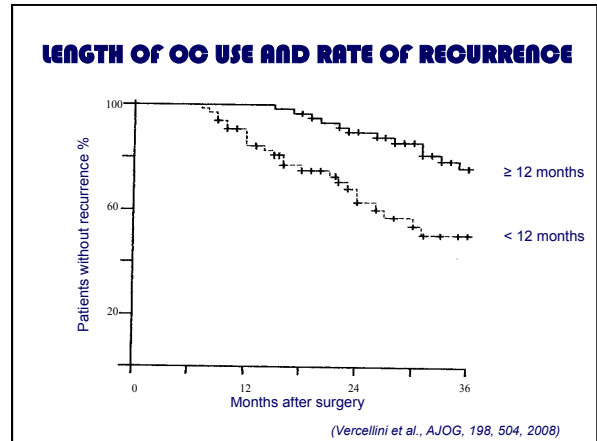
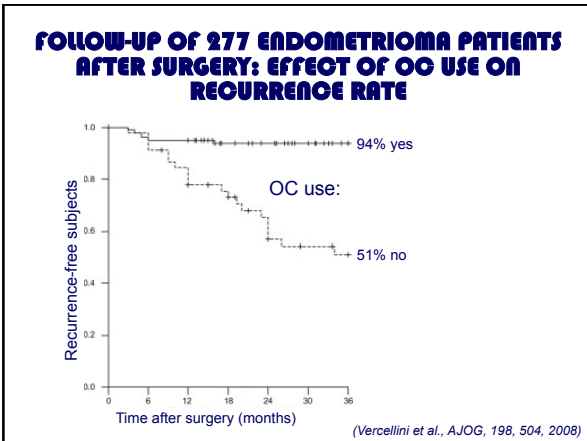
(Vercellini et al., F.S. 80, 560-563, 2003)

OC: ADDITIONAL BENEFITS FOR YOUNG PATIENTS

- ✓ Contraception
- ✓ Control of the cycle
- ✓ Skin effect

ENDOMETRIOMA: THE RISK OF RECURRENCE AFTER SURGERY

- ✓ 10-30% after 2-5 years of follow-up
(Vercellini et al., AJOG, 2003; Porpora et al., FS, 2010)
- ✓ Raised in the presence of spontaneous ovulation
(Porpora et al., FS, 2010)
- ✓ Reduced by hormonal contraception
(Vercellini et al., AJOG, 2006)



RISK OF OVARIAN CANCER IN WOMEN WITH PELVIC ENDOMETRIOSIS

Endometriosis is associated with a 4 to 5 fold increase in risk of endometrioid and clear-cell ovarian carcinomas

(Modugno et al., AJOG 2004;191:733-740)

OCs PROVIDE PROTECTION AGAINST OVARIAN CANCER

The studies:

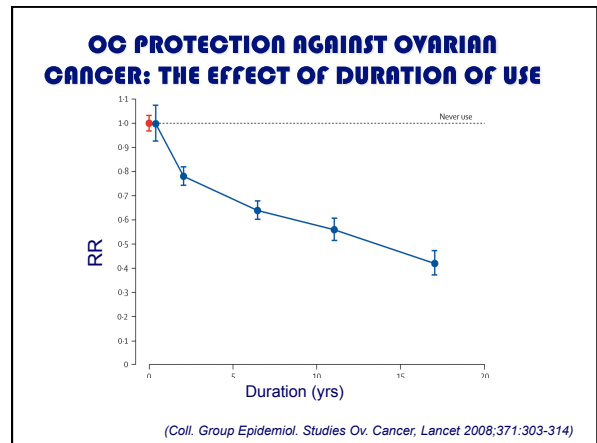
- ✓ several observational in the past
- 2007 ✓ nurses' health study (107,900 women, 28 years follow-up)
(Tworoger et al., Am.J.Epidemiol., 166, 894-901, 2007)
- 2008 ✓ meta-analysis of 45 epidemiological studies (23,257 women with ovarian cancer)
(Coll. Group Epidemiol. Studies Ov. Cancer, Lancet, 371, 303-314, 2008)

RE-ANALYSIS OF DATA FROM 45 EPIDEMIOLOGICAL STUDIES

Patients: 23257 women with cancer (cases) and 87303 without cancer (controls)

OC users: 7308 (31%) of cases and 32717 (37%) of controls

(Coll. Group Epidemiol. Studies Ov. Cancer, Lancet 2008;371:303-314)



OC: OVARIAN CANCER CASES PREVENTED

- ✓ 30.000 per year
- ✓ The exact mechanism of this profound and long-lasting protection is not understood

RECENT DATA FROM THE TWO LONG TERM OBSERVATIONAL STUDIES ON OC USE

Study	Length (yrs)	Women enrolled (No.)
Oxford FPA <i>(Vessey et al., Contraception 2010;82:221-229)</i>	35-41	17032
RCGP <i>(Hannaford et al., BMJ 2010;340:c927)</i>	39	46112

REDUCED MORTALITY FROM OVARIAN CANCER IN OC USERS (RR)

Oxford FPA	RCGP
0.40 (0.30-0.60)	0.53 (0.38-0.72)

LONG-TERM USE OF OC STRONGLY PROTECTS AGAINST OVARIAN CANCER

Length of OC use	Patients with endometriosis	Controls
	OR (95% CI)	OR (95% CI)
≥ 10 years	0.21 (0.08-0.58)	0.47 (0.37-0.61)

(Modugno et al., AJOG 2004;191:733-740)

WOMEN WITH PELVIC ENDOMETRIOSIS

Long-term OC use should be favored

CONCLUSION - I

In the majority of patients with endometriosis OC can be used as a safe, effective and long term control of the pelvic pain

CONCLUSION - 2

After surgery for ovarian endometriosis
OC use exerts a strong protection against
the frequent recurrence of endometrioma

CONCLUSION - 3

For all patients with endometriosis long
term use of OC reduces by 50% the
4 fold increased risk of ovarian cancer

THE GROUP

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