

# Non-Contraceptive Indications For Hormonal Contraceptive Products

## Medical Conditions Caused or Exacerbated by Menses

- Menorrhagia
- Dysmenorrhea
- Premenstrual syndrome
- Endometriosis
- Menstrual migraines

- Irregular menses
- Iron-deficiency anemia
- Some seizure disorders
- Menstrual flares of rheumatoid arthritis
- Coagulation defects (e.g., menstrual porphyria)

Conditions in this group often improve with any hormonal contraceptive product (progestin-only or combined estrogen-progestin). However, for additional benefit and enhanced convenience, hormonal contraceptives can be used continuously – that is, the hormone-free week of pills, patch, or vaginal ring can be skipped. Continuous use of hormonal contraceptives provides extra benefit for the conditions above by eliminating menses.

## Other Conditions Alleviated by Hormonal Contraceptives

- Vasomotor symptoms of perimenopause
- Acne

- Hirsutism
- Polycystic ovary syndrome

## Risk Reduction through Use of Hormonal Contraceptives

- Ovarian cancer
- Endometrial cancer

- Colorectal cancer
- Osteoporosis

## List of Hormonal Contraceptive Product Types

- Oral contraceptive pills: progestin-only
- Oral contraceptive pills: estrogen-progestin
- Contraceptive patch: estrogen-progestin

- Contraceptive vaginal ring: estrogen-progestin
- Progestin depot injection
- Progestin implant
- Progestin-releasing intrauterine device