

RESULTS

A prospective study of the low dose combined OCs (Gynera) was conducted at Benha University Hospital during the period from July 1992 to January 1993.

A total of 50 women among those attending the family planning clinic Received Gynera pills, According to preprinted sealed envelopes opened at the time of admission.

Blood samples before and after 6 months of pills intake, from were subjected for analysis of TC, TG, LDL-C and HDL-C. The results are shown in the next tables and figures.

Age range for the 50 women included in this study is between 20-35 years (29.12 ± 3.35), (table 1 and figure 1). The parity ranged from 2-7 (3.3 ± 1.22), (table 2 and figure 2).

Table (1) : Age distribution for the subjects in the study group years (n = 50).

Age group (years)	No. of cases	Percent
20 - 24	4	8%
25 - 29	22	44%
30 - 35	24	48%
Range	20-35	
Mean	29.12	
SD \pm	3.35	
SEM	0.47	

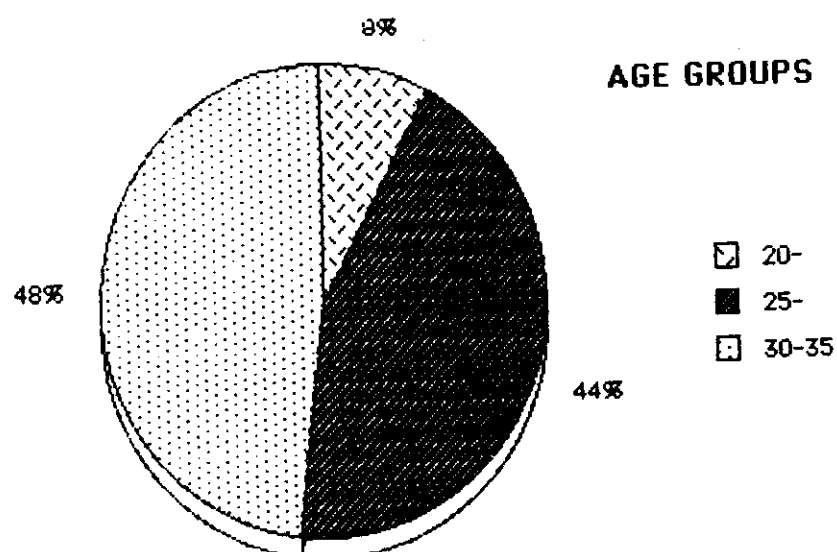


Fig. (1): Age distribution for subjects of this study.

Table (2) :Parity configuration for the subjects in the study group (n = 50) .

Parity	No. of cases	Percent
2	14	28%
3	19	38%
4	9	18%
5	5	10%
6	2	4%
7	1	2%
Total	50	
Range	2 - 7	
Mean parity	3.3	
SD \pm	1.22	
SEM	0.17	

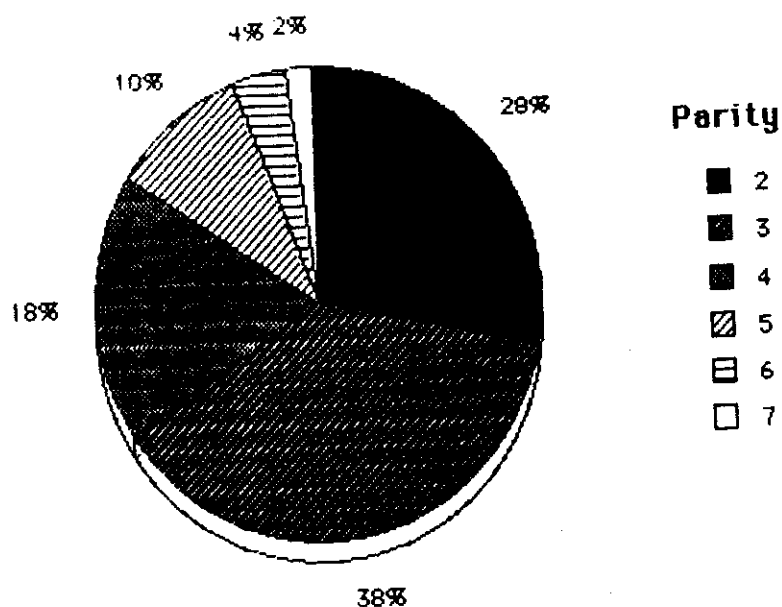


Fig. (2) : Parity distribution for subjects of this study.

Weight changes with the use of Gynera OCs for 6 months are presented in table (3) and figure (3). There is a statistically insignificant increase of the total body weight as a result of gynera pills intake.

Table (3) : Mean \pm S.D of weight before and after 6 months of pills administration (Kg).

Parameter	Before no = 50		After no = 50		t	P
	Mean	SD	Mean	SD		
Weight	74	6.87	74.18	6.77	1.24	>0.05 N.S.

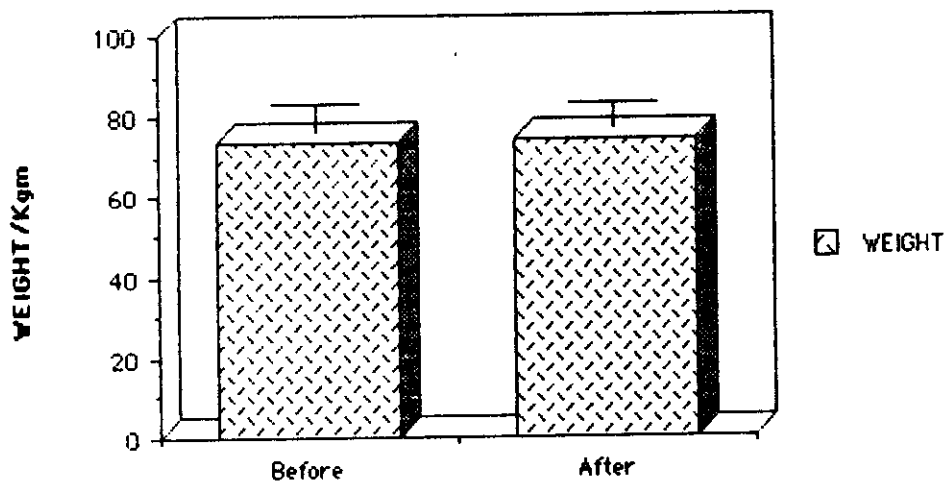


Fig. (3) : Mean \pm SD of e weight before and after 6 months of pills administration.

Blood pressure changes with Gynera pills use :

The blood pressure measurement was repeated after 6 months of (Gynera) pills use and the results was compared with the preadministration levels in table 4 and figure 4.

Table (4): Mean \pm SD of systolic and diastolic B.P. changes before and after 6 months of pills administration (mm/Hg) .

Parameter	Before no = 50		After no = 50		t	P
	Mean	SD	Mean	SD		
Systolic B.P.	123.3	7.04	124.1	6.90	1.39	N.S.
Diastolic B.P	79	4.74	79.4	4.59	0.78	N.S.

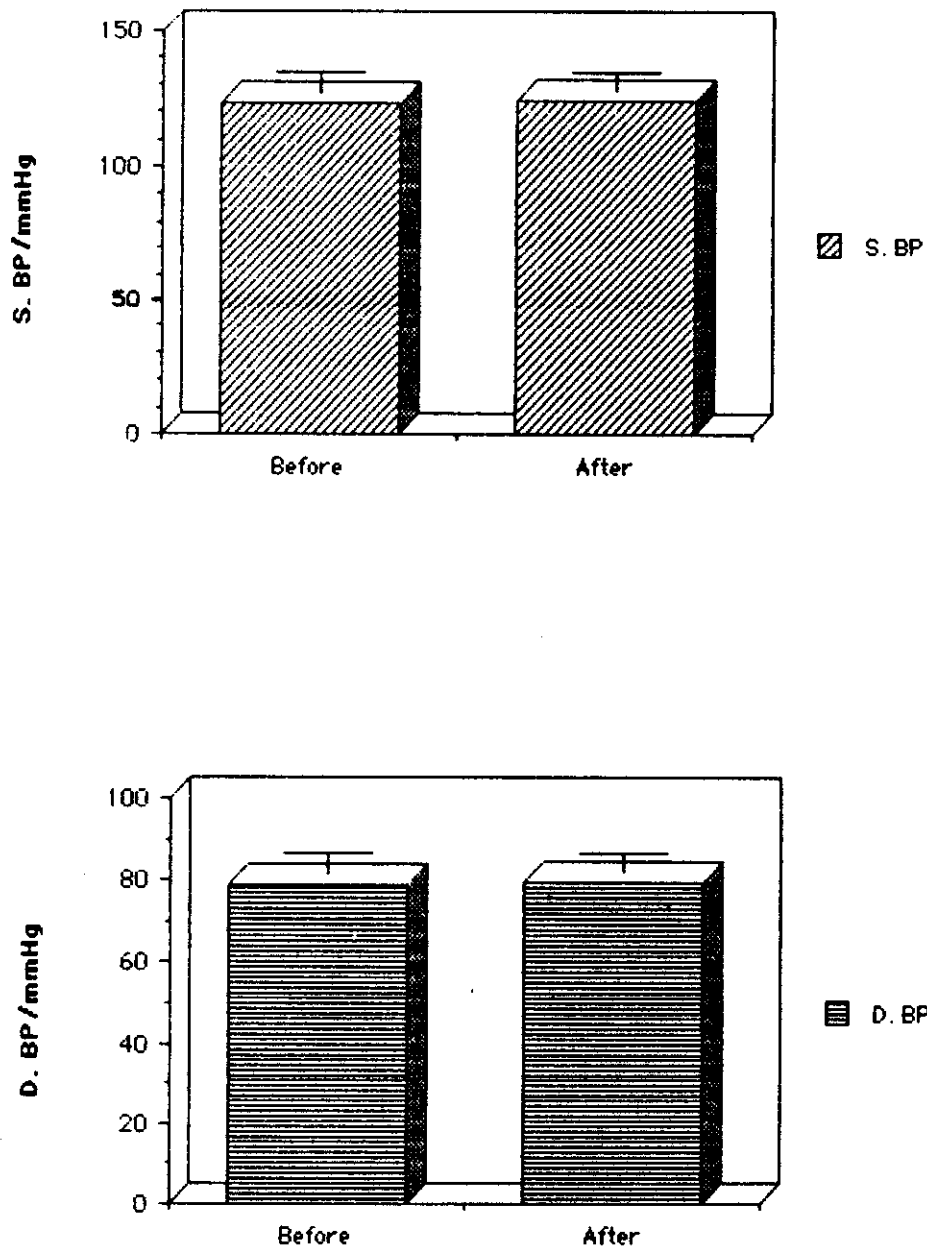


Fig. (4): Mean \pm SD of the systolic and diastolic blood pressure (mm/Hg) before and after 6 months of pills administration.

There is statistically insignificant increase in the systolic and diastolic blood pressure after 6 months of pills administration.

Table (5): Mean \pm SD of serum cholesterol (T.C) before and after 6 months of Gynera administration (mg/dl).

Parameter	Before no = 50		After no = 50		t	P
	Mean	SD	Mean	SD		
T.C.	179.55	11.98	180.12	13.18	0.44	N.S.

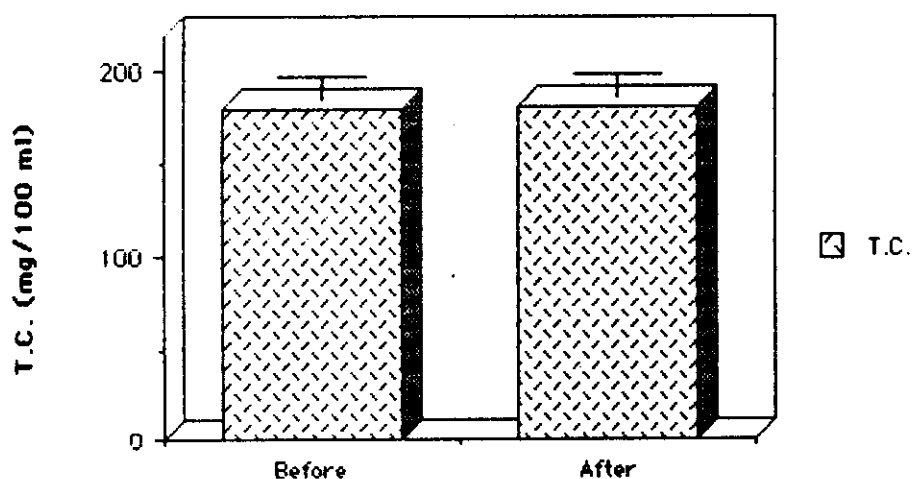


Fig. (5): Mean \pm SD of serum total cholesterol before and after 6 months of gynera pills administration (mg/dl).

There is no statistically significant changes in serum TC. after 6 months of Gynera pills intake.

Table (6): Mean \pm S.D of serum triglycerides before and after pill intake (mg/ dL)

Parameter	Before no = 50		After no = 50		t	P*
	Mean	SD	Mean	SD		
TG.	91.31	9.29	98.85	11.65	6.37	* <0.01 Sig.

* Significant difference.

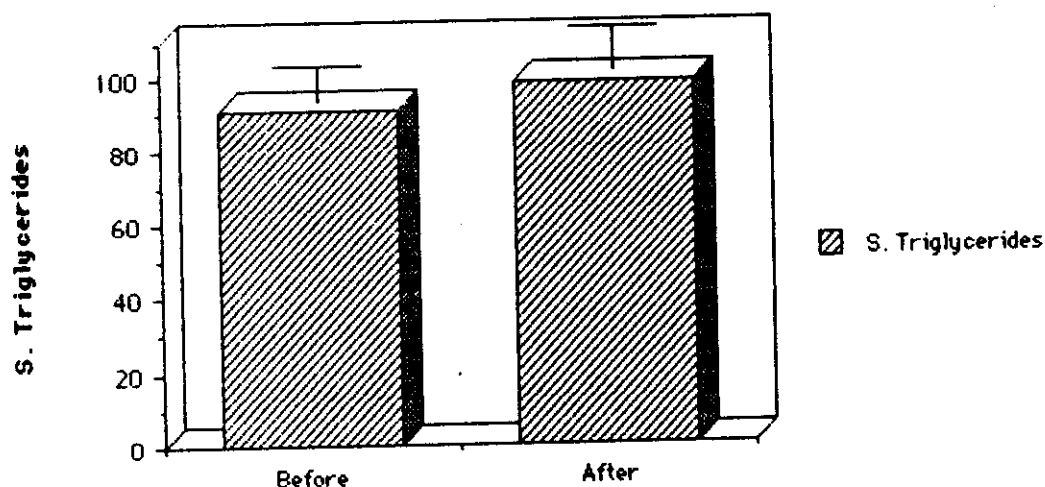


Fig. (6): Mean \pm SD of serum triglycerides before and after 6 months of gynera pills administration (mg/dl).

As shown in table 6 and figure 6 the serum triglycerides was statistically significant ($P < 0.01$) over a period of admission and 6 months use, but still within the normal range (normally from 30-135 mg/dl).

Table (7): Mean \pm S.D of serum LDL-C before and after pills intake (mg/dl).

Parameter	Before no = 50		After no = 50		t	P
	Mean	SD	Mean	SD		
LDL-C	119.33	8.05	119.74	9.60	0.69	N.S.

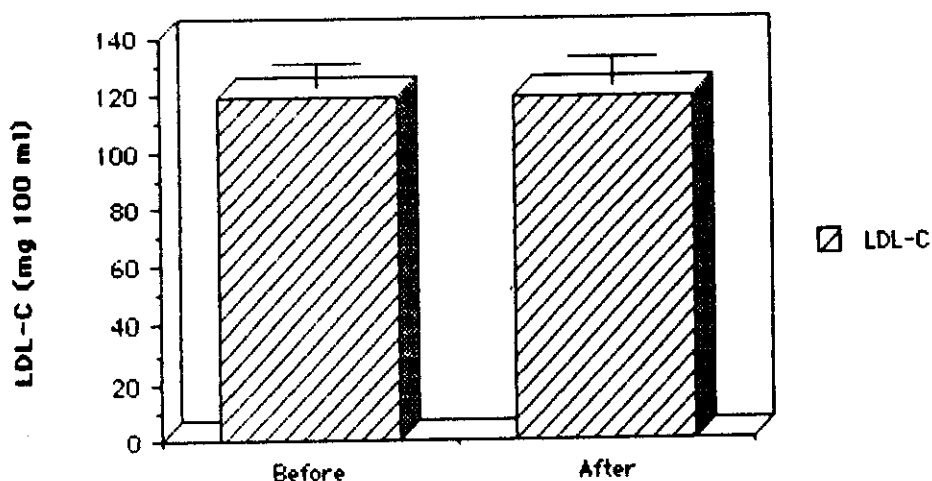


Fig. (7): Mean \pm SD of serum LDL-c before and after 6 months of gynera pills administration (mg/dl).

Mean \pm SD of LDL-C levels before and after 6 months use of Gynera pills are presented in table (7) and figure (7). It is shown that there is statistically insignificant increase of this parameters.

Table (8): Mean \pm SD of serum HDL-C before and after 6 months of pills administration (mg/dl).

Parameter	Before no = 50		After no = 50		t	P
	Mean	SD	Mean	SD		
HDL-C	41.34	3.56	43.07	10.80	1.15	N.S

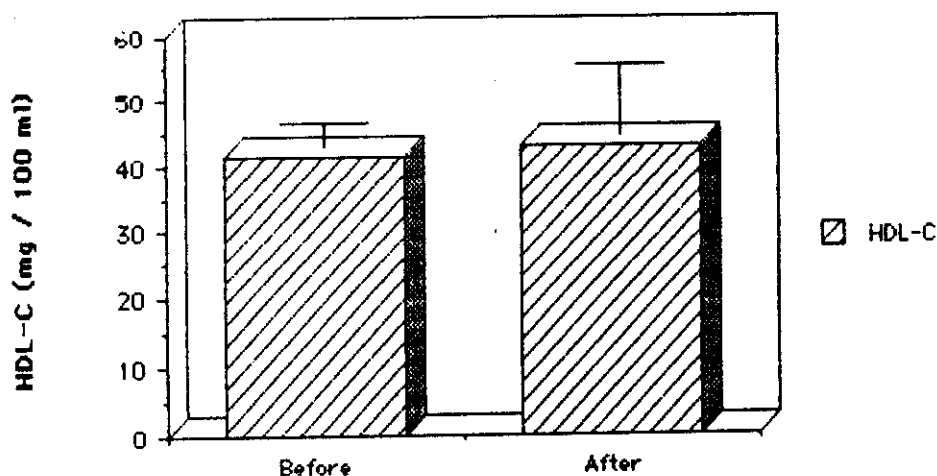


Fig. (8): Mean \pm SD of serum HDL-c before and after 6 months of gynera pills administration (mg/dl).

As shown in table (8) and figure (8) there is no significant changes in serum HDL-C after 6 months of Gynera pills administration.

Table (9): LDL-C/HDL-C ratio before and after 6 months of pills administration.

Parameter	Before no = 50		After no = 50		t	P
	Mean	SD	Mean	SD		
LDL-C/ HDL/C	2.85	0.25	2.87	0.27	0.54	N.S.

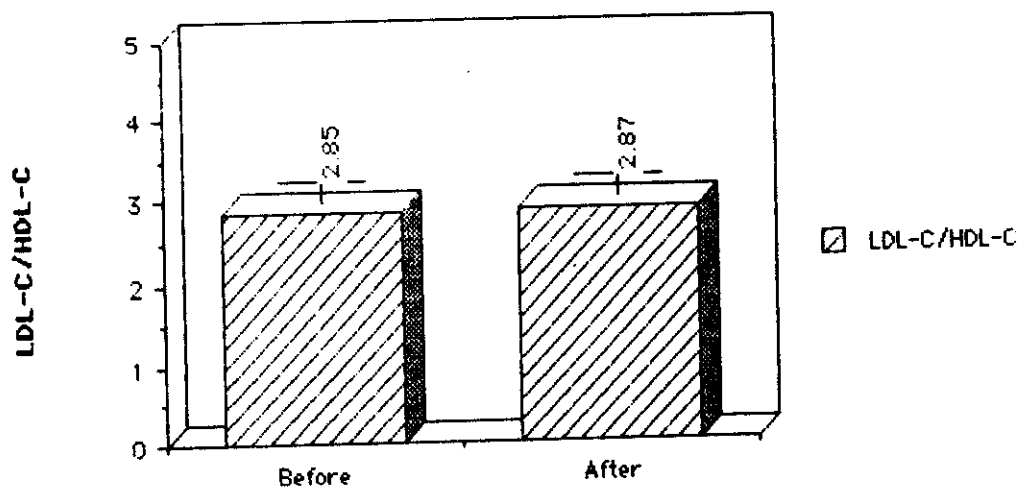


Fig. (9): LDL-c/HDL-c ratio before and after 6 months of gynera pills administration.

As shown in table (9) and figure (9), there was no significant change appreciably for LDL-C/HDL-C, after 6 months of Gynera pills administration.

Table (10): Summary of mean \pm SD of serum lipid changes before and after 6 months of pills administration (mg/dl).

S.No.	Parameter	Before admission value (M \pm SD)	After 6 months value (M \pm SD)	P
I	TC	179.55 \pm 11.98	180.12 \pm 13.18	N.S
II	TG	91.31 \pm 9.29	98.85 \pm 11.65	<0.01*
III	LDL-C	119.33 \pm 8.05	119.74 \pm 9.60	N.S
IV	HDL-C	41.34 \pm 3.56	43.07 \pm 10.80	N.S
V	LDL-C/HDL-C	2.85 \pm 0.25	2.87 \pm 0.27	N.S

* Significant difference.

As shown in table (10), there is no statistically significant change, in all parameters of serum lipids, except that there is significant increase in serum TG. level after 6 months of pills administration.