

SUMMARY, CONCLUSION AND RECOMMENDATION

Normal menstruation is under control of a final feedback mechanism between hypothalamus, pituitary gland, ovary and the uterus. Anatomic or functional defect of one or more of this axis can cause abnormal menstruation and secondary amenorrhea is one of its picture.

Post-hormonal contraception amenorrhea is common complaint among the users of this popular method of contraception. The treatment of post-hormonal amenorrhea depends on withdrawal mechanism by using further steroid by different doses.

Copper intrauterine device associated with high incidence of abnormal uterine bleeding, it is accepted that the copper IUD has a role in increasing uterine bleeding through a local inflammatory action on the endometrium, and the effect on prostaglandin secretion by endometrium cells.

The aim of this study was to evaluate the effect of copper IUD insertion in restoration of menstruation in patients with post-hormonal contraception secondary amenorrhea.

Our study included 30 patients of secondary amenorrhea after using hormonal contraception, the average age was 20-35

years, the duration of amenorrhea ranged from 8-24 months, there were 10 patients with amenorrhea less than one year and 20 patients with amenorrhea more than one year, our patients had all investigation to exclude other causes of secondary amenorrhea. Pregnancy test was done for all patients to exclude the pregnancy as a cause of amenorrhea, abdominal and pelvic ultrasound was done to exclude any organic cause.

In this study the serum level of FSH and E2 hormones were equal to the level of early follicular phase, serum prolactin and total testosterone were within normal values.

All patients were counseled for IUD insertion as a treatment and as a contraceptive method and during insertion of IUD no difficulties were recorded.

After sex months 23(76%) had regular cycle, the mean duration of restoration of menses was 3.56 weeks. No relation between the duration of menses and the success rate.

After one year follow up 7 patients from 23 chose to remove the IUD, among this group 2 patients had recurrence of amenorrhea, while in the remaining 16 patients who keep the IUD, no recurrence was recorded.

Conclusion:

this study demonstrate that the copper IUD can be used effectively to restore menstrual cycle as a treatment of post-hormonal secondary amenorrhea.

Recommendation:

after this study we recommend the use of the copper intrauterine device as a treatment of post-hormonal contraceptive amenorrhea ,for these benefits:

- It is common, easy and safe method in contrast with hormonal treatment.
- It has a local mechanism of action.
- It has a contraceptive effect against unwanted pregnancy.