

Summary and Conclusion

Summary

This study were done in the out patient clinic of Benha University on fifty women in a good physical health, who wanted to use oral contraceptives and agreed about marvelon as a new brand of oral contraceptive and could be followed up for 6 months.

All women were sexually active, between age of 18-35 years, not breast feeding, had terminated her last pregnancy 42 days or more prior to the study, and had at least one normal menstrual period since termination of pregnancy and agreed about the pills as her only method of contraception throughout the study. Carbohydrate metabolism was assessed by using oral glucose tolerance test before using marvelon and after 3 and 6 months of use.

Samples of blood were evaluated about the blood sugar level before the use of marvelon and after 3 and 6 months of use, the following changes was found .

- 1.No significant change of mean serum glucose values of O.G.T.T after 3 months of marvelon use ($P>0.05$).
- 2.Significant change of mean serum fasting glucose values after 6 months of use ($P<0.001$)

3. Significant increase of mean serum glucose values after 30,60,90,120,150 and 180 minutes after 6 months of use compared with pretreatment values ($P<0.001$) so at this study a significant change of serum glucose with the use of Marvelon and this change were related to the duration of the use of marvelon as shown by the highly significant change after 6 months of use compared with the pretreatment values.

4. Regarding this findings we conclude that.

Conclusion

A)With the use of marvelon as contraceptive pills, a definite alteration of glucose tolerance occurred, however, it should be stressed that, the glucose tolerance curve met with during this study did not reach the diabetic curve levels.

B)It is mandatory to perform G.T.T at 6 months intervals in women using marvelon pills to detect early changes of their glucose tolerance.

C)marvelon pills are more suitable for short term use especially under the age of 35 years old.

D)Exclusion of women with abnormal glucose tolerance before committing them to use of marvelon pills and this can be done by determination of 2 hours post prandial blood glucose values, which may be followed by O.G.T.T. to evaluate precisely glucose tolerance.