

P105. Non-contraceptive benefits of hormonal contraception for Ukrainian military women.

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Introduction. Increasing requirements for health care military women are related with worldwide tendency of growth female representation in defence sphere. Taking into consideration the fact that the majority of active duty service women are of childbearing age, the question concerning their reproductive health, is especially actual in conditions of the military conflict which takes place in Ukraine.

The aim of study was to evaluate the dynamics of menstrual-related complaints on the background of use of different regimens of hormonal contraception in military women in zone of armed conflict in East of Ukraine.

The study included 32 active duty servicewomen, who were staying in combat zone from 7 to 20 months, aged 23- 35 years with menorrhagia and premenstrual syndrome. The women were divided into 2 groups and were receiving monophasic combined oral contraceptive (COC) for 6 months in cyclic or continuous mode.

The women with cyclic mode of receiving of COCs on the background of reducing menstrual blood loss marked a reduction in menstrual-related complaints in 78,1%. In patients with menstrual suppression against the background of the continuous use of COCs didn't have menstrual-related complaints after 6 months and, in their opinion, that gave the possibility to tackle a part of their gender-specific health problems and had a positive impact on the quality of carrying out their professional duties.

Conclusion. Using of the continuous regimen of hormonal contraception in Ukrainian AD servicewomen allows to ensure not only contraceptive, but also a therapeutic and prophylactic effect, which are conditioned by suppression of menstrual bleeding, prevention of menstrual-related complaints and complications, solution of sanitary-hygienic issues while staying in the zone of armed conflict.

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