

The Effects of Combine Oral Contraceptive Pills on Risk of Cardiovascular Disease

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Abstract

Background

The combine contraceptive pills (COCP), including a combination of estrogen and progesterone, are an accepted method worldwide for pregnancy prevention. Several studies indicated that COCP intake might have some side effects, such as cardiovascular diseases. Therefore this study aimed to investigate the effects of COCP on CVD risk factors.

Methods

Google Scholar, PubMed and Magiran Library databases were searched for all systematic analytical – descriptive articles published from inception up to June 2020 to find the proper citations related to the effects of COCP on CVD risk factors.

Results

Some important factors in cardiovascular disease are evaluated, such as blood pressure, serum levels of cholesterol, triglyceride, low-density lipoprotein (LDL) and high-density lipoprotein (HDL). From 10 articles identified by our search strategy, 6 articles express that taking COCPs due to increase the blood pressure, serum levels of cholesterol, triglyceride, LDL and decrease HDL; so they increase the risk of cardiovascular disease. Four articles showed that COCPs although increase the blood pressure, serum levels of cholesterol, triglyceride, LDL and decrease HDL, have no effect on CVD risk factors.

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Biography

Ghasemof Juyomi is midwife, graduated from Shiraz University of Medical Sciences, Shiraz, Iran; Which participated in international congresses. She is interested

in the fields of Neonatal and Maternal complication, and disorders and side effects of medications that taken before, during and after pregnancy.