

Postoperative OC use reduces ovarian endometrioma recurrence

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Evaluating the impact of postoperative oral contraceptive use on the rate of recurrence after laparoscopic excision of ovarian endometrioma.

MedWire News: Postoperative oral contraceptive (OC) use significantly reduces the recurrence of ovarian endometrioma within 24 months following laparoscopic excision, show study results.

“Having this information will help gynecologists and patients plan pre- and postoperative management appropriately to prevent recurrence and consequently to maintain fertility for as long as possible,” comment K. Koga (University of Tokyo, Japan) and co-authors.

In 2005, the researchers introduced a “postoperative OC recommendation” for patients treated with laparoscopic excision of endometrioma. The endometrioma recurrence rate at 24 months was compared between 34 patients using OC for the entire follow-up period and all those who discontinued or never used OC (n = 53).

The recurrence rate for women using OCs continuously was **12-fold** lower than for women in the “others” group, at 2.9 versus 35.8 percent, with a relative risk of 0.082. Furthermore, **recurrence rates were 2.9, 14.3, and 43.5 percent for the continuous OC, discontinuous OC, and never OC groups, respectively.**

Postoperative OC was determined as an independent variable associated with lower recurrence (odds ratio = 0.054).

Finally, a subsequent comparison of 224 patients before and after the introduction of the postoperative OC recommendation showed that overall recurrence rate after introduction of the OC recommendation was significantly lower than in patients who received laparoscopy before its introduction (18.6 vs 33.1, relative risk = 0.56).

“It will be interesting to see whether OCs can yield ‘preventive’ effects if the period of treatment is prolonged,” say Koga and team.

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