

Oral contraceptives containing drospirenone for premenstrual syndrome.

The effectiveness and safety of combination oral contraceptives (COCs) including drospirenone in treating premenstrual syndrome (PMS) in women are assessed in this article. Also included is premenstrual dysphoric disorder (PMDD), a severe variation of PMS. The study comprised five randomized controlled trials comprising 858 women who had been diagnosed with PMDD after conducting a comprehensive search of many databases. A low to moderate level of evidence quality was determined because of inconsistent reporting and reporting restrictions.

The results suggest that COCs containing drospirenone and ethinyl estradiol (EE) may reduce premenstrual symptoms in general and functional impairments related to relationships, productivity, and social interactions. It is believed that the effects are mild to moderate. The particular side effects noted include menstruation disorder, breast discomfort, nausea, and intermenstrual hemorrhage. Uncertainty surrounds the impact on mood symptoms as determined by reliable instruments not created especially for premenstrual symptoms. The investigation did not come across any data contrasting drospirenone-containing COCs with other COCs.

In conclusion, premenstrual symptoms and functional deficits in women with PMDD may be improved by COCs combining drospirenone and EE. They might, however, also be linked to a higher risk of side effects. Their effectiveness after three cycles, their impact on women who experience less severe symptoms, and their comparative effectiveness to other combination oral contraceptives containing various progestogens must all be investigated further.

References -

1. Lopez, L.M., Kaptein, A.A. and Helmerhorst, F.M., 2012. Oral contraceptives containing drospirenone for premenstrual syndrome. *Cochrane database of systematic reviews*, (2).