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Miniature Intrauterine Drug Delivery Systems

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Abstract

Intrauterine contraception, in spite of the high level of effectiveness and acceptability has not been widely accepted. Ironically, of all effective birth control methods, intrauterine devices have the highest safety record but their use is low even if women are dissatisfied with taking OCs or any other method. The United States of America and the Netherlands are typical examples of very low use of IUDs. User non-compliance is an ubiquitous phenomenon occurring particularly in young women but also in women using conventional menopausal treatment regimens. Even where motivation for daily use is good, compliance is often poor. This is not likely to change as the inadequacies of use are due to human error, lack of education and understanding. Furthermore, the occurrence of side effects and adverse reactions add to the problem. Perhaps it is good to repeat what others said before: "We need to develop an attitude of zero-tolerance to thromboembolism". Hence, the need to develop long-acting steroidal drug delivery systems with minimal or no metabolic impact. As a result of technological progress, miniature, low-dose, long-term intrauterine drug delivery systems can offer women of all ages troublefree contraception and postmenopausal replacement therapy with enhanced effectiveness, reduced side effects and optimal user-compliance. Despite the minimal absorption of the steroid in the systemic circulation, low-dose intrauterine drug delivery systems deserve the status of a locally acting methods which should be regarded as fundamentally advantageous, if effective, to systemically applied medications which may have potentially inherent ill side effects.