

Oral contraceptives containing desogestrel in the maintenance of the remission of hirsutism: Monthly versus bimonthly treatment

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A treatment to keep hirsutism in remission while minimizing lipid disturbances was attempted in 20 formerly hirsute patients with hirsutism scores already greatly reduced after oral contraceptives (OCs) treatment. After OCs discontinuation for one to three months, they were thereafter treated for two years as follows: 9 patients received ethinyl estradiol (30 µg/day) plus desogestrel (150 µg/day) in three-week cycles every month (monthly); 6 patients received the same formulation during three-week cycles every other month (bimonthly); 5 patients received no treatment. In the untreated patients, abnormal hirsutism scores reappeared within 12-18 months; the levels of testosterone and free testosterone, initially high following discontinuation of OCs, remained elevated. Monthly treatment kept hirsutism in remission, and testosterone and free testosterone levels decreased. Bimonthly treatment was equally effective keeping hirsutism in remission, although testosterone levels did not decrease.