

MENSTRUAL SUPPRESSION



AMENORRHEA IS A LATE EFFECT OF TESTOSTERONE THERAPY AND IS OFTEN DELAYED (1 TO 2 YEARS)
LESS THAN HALF OF **YOUTH** ACHIEVE AMENORRHEA WITHIN 6 MONTHS OF STARTING TESTOSTERONE
UP TO ONE-THIRD OF YOUTH EXPERIENCE BREAKTHROUGH BLEEDING EVEN WITH LONG-TERM TESTOSTERONE

| Drugs & Doses | General Use | Amenorrhea Rates (1 Year) | Additional Information |
|--|---|--|---|
| Combined Hormonal Contraceptives (CHC) Allesse (Alysena) EE 20 mcg Yaz EE 20 mcg* Marvelon (Apri, Freya, Mirvala) EE 30 mcg Yasmin EE 30 mcg* *Available as 24+4 (24 active pills + 4 placebo) | <ul style="list-style-type: none"> Use daily continuously (discard placebo) Use monophasic preparations with ≥20 mcg ethinyl estradiol (EE) to ↓ BTB Option for transdermal (Evra EE 35 mcg) q1week continuously or vaginal ring (NuvaRing EE 15 mcg) q3-4weeks continuously (<i>consider</i> if risk of VTE) | 50–88% (when taken continuously) | <ul style="list-style-type: none"> ↓ acne (esp. with drospirinone in Yaz/Yasmin) ↑ chest tenderness Withdrawal bleeding if missed doses CHCs do not ↑ feminizing effects Use of EE may ↑ dysphoria |
| Progestin Only Pills (POP) Micronor, Movisse (norethindrone 0.35 mg OCP) Slynd (drospirinone 4 mg)* Norethindrone 2.5–5 mg PO daily (high-dose) *Available as 24+4 (24 active pills + 4 placebo) | <ul style="list-style-type: none"> Use daily continuously (discard placebo) Norethindrone OCP must be taken at the same time every day (within 3 hr) Drospirinone has 24 hr dose forgiveness | 10% w/ norethindrone OCP (↑ ↑ with drospirinone); 75–97% w/ high-dose POP | <ul style="list-style-type: none"> ↑ acne (norethindrone) Avoids estrogenic adverse effects (chest tenderness, nausea, headache) Withdrawal bleeding if missed doses High-dose POP has not been studied for contraception |
| DMPA Depo-Provera (medroxyprogesterone acetate) 150 mg | <ul style="list-style-type: none"> Given IM q12weeks May give up to q10weeks if obese or BTB | 50% (↑ to 68–71% at 2 years) | <ul style="list-style-type: none"> Improves adherence Long-term use associated with reversible ↓ BMD |
| Levonorgestrel Intrauterine Device (IUD) Mirena 52 mg Kyleena 19.5 mg | <ul style="list-style-type: none"> q5years (up to 8 years with Mirena) | 50–89% (highest rates with 52 mg) | <ul style="list-style-type: none"> May ↑ dysphoria (requires pelvic exam and insertion) Copper IUD ↑ s bleeding (not used) |
| Implant (Progestin Only) Nexplanon (etonogestrel) | <ul style="list-style-type: none"> Subdermal q3years | 20–30% (↑ with duration of use) | <ul style="list-style-type: none"> Excellent (>99%) contraceptive efficacy May use NSAIDs for BTB |
| GnRH Agonist Lupron (leuprolide) | <ul style="list-style-type: none"> 11.25 mg IM q10–12weeks or 3.75 mg q28d Off-label: 45 mg q6months (Eligard) | 100% | <ul style="list-style-type: none"> Menopausal symptoms possible Long-term use associated with reversible ↓ BMD |
| Testosterone | <ul style="list-style-type: none"> Consider weekly vs. biweekly injections Target total testosterone levels in mid-upper range ↑ BTB with topical and oral testosterone | 87% | <ul style="list-style-type: none"> Does NOT provide effective contraception Teratogenic |

BTB = breakthrough bleeding; OCP = oral contraceptive pill; DMPA = depot medroxyprogesterone acetate; BMD = bone mineral density

STOPPING YOUR PERIOD



AMENORRHEA: THE ABSENCE OF MENSTRUATION

| Drugs & Doses | General Use | Amenorrhea Rates at 1 Year | Additional Information |
|---|--|--|--|
| Combined Hormonal Contraceptives (CHC) contains two hormones (estrogen and progesterone) that are typically used as birth control but can be used to stop periods when taken every day available as an oral pill, patch, or vaginal ring | <ul style="list-style-type: none"> Oral pill taken daily Patch applied weekly Ring inserted vaginally every 3–4 weeks | 50–88% (when taken continuously) | <ul style="list-style-type: none"> ↓ acne (especially with Yaz/Yasmin) ↑ chest tenderness Withdrawal bleeding if missed doses Estrogen content not enough to cause ↑ feminizing effects Use of estrogen may ↑ dysphoria |
| Progesterone Only Pills (POP) | <ul style="list-style-type: none"> Oral pill taken daily (discard placebo) Low dose norethindrone must be taken at the same time every day (within 3 hr) Drospirinone has 24 hr dose forgiveness | 10% (Micronor, Movisse) 50% (Slynd) 75–97% (Norlutate) | <ul style="list-style-type: none"> Does not contain estrogen ↑ acne (norethindrone) Withdrawal bleeding if missed doses Norlutate has not been studied for contraception |
| Progesterone Injection | <ul style="list-style-type: none"> Intramuscular injection given every 12 weeks May give every 10 weeks if obese or experiencing breakthrough bleeding | 50% (↑ to 68–71% at 2 years) | <ul style="list-style-type: none"> Improves adherence Long-term use associated with ↓ bone mineral density that is reversible Does not contain estrogen |
| Intrauterine Device (IUD) | <ul style="list-style-type: none"> Inserted vaginally and lasts 5 years (Mirena can last up to 8 years) | 50–89% (highest rates with Mirena) | <ul style="list-style-type: none"> May ↑ dysphoria (requires pelvic exam and insertion) Does not contain estrogen |
| Implant | <ul style="list-style-type: none"> Inserted under the skin of the upper arm and lasts for 3 years | 20–30% (↑ with duration of use) | <ul style="list-style-type: none"> Excellent (>99%) contraceptive efficacy Does not contain estrogen |
| Puberty Blockers | <ul style="list-style-type: none"> Intramuscular injection given every 28 days (low dose) or every 10–12 weeks (high dose) | 100% | <ul style="list-style-type: none"> Menopausal symptoms possible Long-term use associated with ↓ bone mineral density that is reversible |
| Testosterone | <ul style="list-style-type: none"> Intramuscular or subcutaneous injection given every week or every 2 weeks Requires routine bloodwork to ensure efficacy and safety | 87% (often takes 1–2 years to develop) | <ul style="list-style-type: none"> Does NOT provide effective contraception Up to ⅓ of patients will experience breakthrough bleeding Teratogenic (harmful to fetuses) |