

- [Log in](#)

# Login

No user account? Register for free. Register for free.



ACOG Members, please click "Log in here" to access content

[Log in here >](#)

Lippincott Journals Subscribers, use your username or email along with your password to log in.




[Forgot Password? \(/greenjournal/Pages/login.aspx?ForgotPassword=true\)](#)

- or
- [Register](#)

# Register for a free account

*Existing User Log In Existing User Log In*

Registered users can save articles, searches, and manage email alerts. All registration fields are required.





What's your profession?  
|

What's your speciality?  
|

What's your work setting?  
|

- I have read & acknowledge the End User License Agreement ([Documents/EULA.pdf](#)).
- I have read & accept the terms of the Privacy Policy ([https://journals.lww.com/greenjournal/\\_layouts/oaks.journals/privacy.aspx](https://journals.lww.com/greenjournal/_layouts/oaks.journals/privacy.aspx)).

- [Subscribe to journalSubscribe \(https://shop.lww.com/p/0029-7844\)](#)
- [Get new issue alertsGet alerts](#)

# Secondary Logo

(<http://wolterskluwer.com/>)

# Journal Logo

(<https://journals.lww.com/greenjournal/pages/default.aspx>)

Articles

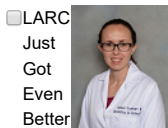
 

[Advanced Search \(https://journals.lww.com/greenjournal/pages/advancedsearch.aspx\)](https://journals.lww.com/greenjournal/pages/advancedsearch.aspx)

**bIO+G**

Obstetrics & Gynecology (/greenjournal) > Blogs (/greenjournal/blog) > bIO+G (/greenjournal/blog/bIOG) > Posts ([https://journals.lww.com/greenjournal/blog/bIOG/\\_layouts/15/listform.aspx?ListId=%7B36DF140D%2DA1F0%2D4D0A%2D9EBC%2D1AC99D39F13E%7D&PageType=0](https://journals.lww.com/greenjournal/blog/bIOG/_layouts/15/listform.aspx?ListId=%7B36DF140D%2DA1F0%2D4D0A%2D9EBC%2D1AC99D39F13E%7D&PageType=0)) > LARC Just Got Even Better

**Title** **Body** **Posted By with DateTags** **Author NameSocial Media ImageSocial Media TextPermalinkE-m**



**Amber Truehart, MD**  
**Family Planning Fellow**  
**University of Chicago, Chicago, IL**

LARC, Amber  
family Truehart, MD  
planning

**Title** **Body**lege as I daily juggled remembering my oral contraceptive pills, classes, and extracurricular activities, I often daydreamed about an "ideal" contraceptive method. I envisioned this perfect method being implanted somewhere in my body. I would not have to remember anything on a daily, monthly, or even yearly basis. It would have few side effects and be reversible just by removal. Little did I know contraceptive methods very close to my "ideal" did exist and were about to be pushed into the spotlight.

The push came in the form of the contraceptive CHOICE project in St. Louis. This study showed, among other things, that when financial barriers are removed and the most effective options are promoted, the majority of women choose long-acting reversible contraception (LARC), are satisfied with this method and continue it.<sup>1,2</sup> This continuation has even been shown to decrease rates of unintended pregnancy and abortion.<sup>3</sup> Long-acting reversible contraception (LARC), including intrauterine devices and the subdermal implant, began to transform the world of family planning: LARC devices have few contraindications;<sup>4</sup> The American College of Obstetricians and Gynecologists (ACOG) recommends LARC methods as first-line options for both adolescents and nulliparous women;<sup>5</sup> furthermore, ACOG reports that postpartum and postabortal insertion is safe and effective.<sup>6</sup> So where do, you ask, is this LARC love fest going?

The article by McNicholas et al, published in the March 2015 issue of *Obstetrics & Gynecology*,<sup>7</sup> is where LARC is going. In this study, women willing to continue using their implant or 52 mg levonorgestrel IUD (LNG-IUD) beyond the FDA-approved duration (3 years and 5 years respectively) were followed prospectively. The goal of the study is to quantify the number of unintended pregnancies in these women using LARC for a prolonged time period. Preliminary findings presented only one pregnancy in 197.7 women-years of prolonged IUD use and zero pregnancies in 229.4 women-years of prolonged implant use. This low failure rate suggests that the implant and the LNG-IUD are highly effective for at least an additional year.

LARC just got even better. Prolonged LARC use offers women longer pregnancy prevention with one device and improves cost-effectiveness. In an age when the Supreme Court allows corporate exemptions from federally mandated contraception care, prolonged LARC use may become increasingly important. Many women's devices are reaching the FDA-approved expiration yet they may not have access to or be able to afford a new one. While we are fixing the bigger issues around contraception access, prolonged LARC use offers a potential short term solution.

As LARC methods get better (and better) it is important as ob-gyns that we make sure that all our patients have access to them. Recognizing that women should be making these decisions with those they trust—not politicians and employers—we must use our collective voice to protect women's contraceptive choices; it is in maintaining a broad array of choices, after all, where our patients will discover their "ideal" contraceptive method.

#### References

1. Peipert JF, Zhao Q, Allsworth JE, et al. Continuation and satisfaction of reversible contraception. *Obstet Gynecol* 2011;117(5):1105-13.
2. O-Neil-Callahan M, Peipert JF, Zhao Q, et al. Twenty-four-month continuation of reversible contraception. *Obstet Gynecol* 2013;122:1083-91.
3. Peipert JF, Madden T, Allsworth JE, Secura GM. Preventing unintended pregnancies by providing no-cost contraception. *Obstet Gynecol* 2012;120:1291-7.
4. Centers for Disease Control and Prevention, U.S. medical eligibility criteria for contraceptive use, 2010. *MMWR*. 2010;59(RR-4):1-86. Accessed at <http://www.cdc.gov/reproductivehealth/unintendedpregnancy/usmec.htm> (<http://www.cdc.gov/reproductivehealth/unintendedpregnancy/usmec.htm>). Retrieved January 22, 2015.
5. American College of Obstetricians and Gynecologists. Adolescents and long-acting reversible contraception: implants and intrauterine devices. Committee Opinion No. 539. *Obstet Gynecol*. 2012;120:983-8.
6. American College of Obstetricians and Gynecologists. Long-Acting Reversible Contraception: implants and intrauterine devices. Practice Bulletin No. 121. *Obstet Gynecol*. 2011;118:184-196.
7. McNicholas C, Maddipati R, Zhao Q, et al. Use of the Etonogestrel Implant and Levonorgestrel Intrauterine Device Beyond the U.S. Food and Drug Administration-Approved Duration. *Obstet Gynecol* 2015; [Epub ahead of print].

**Title** **Body** **Post Title** **Created By** **Created**

There are no items to show in this view of the "Comments" list.

[^Back to Top](#)

### Never Miss an Issue

Get new journal Tables of Contents sent right to your email inbox

### Browse Journal Content

- Most Popular (<https://journals.lww.com/greenjournal/pages/viewallmostpopulararticles.aspx>)
- Current Issue (<https://journals.lww.com/greenjournal/pages/currenttoc.aspx>)
- Past Issues (<https://journals.lww.com/greenjournal/pages/issuelist.aspx>)
- For Authors ([https://journals.lww.com/greenjournal/\\_layouts/1033/oaks.journals/informationforauthors.aspx](https://journals.lww.com/greenjournal/_layouts/1033/oaks.journals/informationforauthors.aspx))
- About the Journal (<https://journals.lww.com/greenjournal/Pages/AbouttheJournal.aspx>)
- Register on the website (<https://journals.lww.com/greenjournal/pages/userregister.aspx?ContextUrl=%2fgreenjournal%2fblog%2fblog%2fLists%2fPosts%2fPost.aspx%3fList%3d36df140d-a1f0-4d0a-9ebc-1ac99d39f13e%26ID%3d181%26Web%3d7f64f08d-c5d1-4337-8b85-81d6d3cdb7dd>)
- Subscribe (<https://shop.lww.com/p/0029-7844>)
- Get eTOC Alerts

### For Journal Authors

- Submit an article ([https://journals.lww.com/greenjournal/\\_layouts/15/1033/oaks.journals/informationforauthors.aspx](https://journals.lww.com/greenjournal/_layouts/15/1033/oaks.journals/informationforauthors.aspx))
- How to publish with us (<https://wkauthorservices.editage.com/>)

### Customer Service

- Activate your journal subscription (</secure/pages/activatesubscription.aspx?ContextUrl=%2fgreenjournal%2fblog%2fblog%2fLists%2fPosts%2fPost.aspx%3fList%3d36df140d-a1f0-4d0a-9ebc-1ac99d39f13e%26ID%3d181%26Web%3d7f64f08d-c5d1-4337-8b85-81d6d3cdb7dd>)
- Activate Journal Subscription (</secure/pages/activatesubscription.aspx?ContextUrl=%2fgreenjournal%2fblog%2fblog%2fLists%2fPosts%2fPost.aspx%3fList%3d36df140d-a1f0-4d0a-9ebc-1ac99d39f13e%26ID%3d181%26Web%3d7f64f08d-c5d1-4337-8b85-81d6d3cdb7dd>)
- Browse the help center (<https://wkhealth.force.com/lwwonline/s/topic/0TO0V000001YgLZWA0/lww-online?tabset-ddbfe=2>)
- Help (<https://wkhealth.force.com/lwwonline/s/topic/0TO0V000001YgLZWA0/lww-online?tabset-ddbfe=2>)
- Contact us at:
  - EMAIL: [customerservice@lww.com](mailto:customerservice@lww.com) (<mailto:customerservice@lww.com>)
  - TEL: (USA): 800-638-3030 (within USA)  
301-223-2300 (international)
- [Twitter](https://twitter.com/greenjrnl) (<https://twitter.com/greenjrnl>)
- [Facebook](https://www.facebook.com/greenjournal) (<https://www.facebook.com/greenjournal>)
- [LinkedIn](https://www.linkedin.com/groups/4058408/profile) (<https://www.linkedin.com/groups/4058408/profile>)
- Privacy Policy (Updated March 30, 2020) ([https://journals.lww.com/greenjournal/\\_layouts/oaks.journals/privacy.aspx](https://journals.lww.com/greenjournal/_layouts/oaks.journals/privacy.aspx))
- Legal Disclaimer ([https://journals.lww.com/greenjournal/\\_layouts/oaks.journals/disclaimer.aspx](https://journals.lww.com/greenjournal/_layouts/oaks.journals/disclaimer.aspx))
- Terms of Use ([https://journals.lww.com/greenjournal/\\_layouts/oaks.journals/terms.aspx](https://journals.lww.com/greenjournal/_layouts/oaks.journals/terms.aspx))
- Open Access Policy (<http://www.wkopenhealth.com/>)
- Contact Us (<mailto:obgyn@greenjournal.org>)
- Feedback (</greenjournal/Secure/Pages/feedback.aspx>)
- Sitemap ([/greenjournal/\\_layouts/1033/oaks.journals/sitemap.aspx](/greenjournal/_layouts/1033/oaks.journals/sitemap.aspx))
- RSS Feeds ([/greenjournal/\\_layouts/OAKS.Journals/feeds.aspx](/greenjournal/_layouts/OAKS.Journals/feeds.aspx))
- LWW Journals ([/](#))
- Copyright © 2020 ([https://journals.lww.com/greenjournal/\\_layouts/oaks.journals/copyright.aspx](https://journals.lww.com/greenjournal/_layouts/oaks.journals/copyright.aspx))
- by The American College of Obstetricians and Gynecologists (<http://www.acog.org>)