Crisanta (Drospirenone + Ethinylestradiol) - Benefits beyond Contraception

What Is Crisanta?

Crisanta is a safe and effective new generation oral contraceptive pill (OCP) containing two hormones-drospirenone 3 mg and ethinylestradiol 0.03 mg. This combination is available in a 21-pill pack and is accepted well internationally.

Are There Any Additional Non-Contraceptive Health Benefits Of Crisanta?

Yes. Apart from the combination (drospirenone 3 mg and ethinylestradiol 0.03 mg) being a very effective contraceptive, there are some non-contraceptive health benefits related to its use which are as follows:

- **Effects on Menses**
  - increased menstrual cycle regularity
  - decreased blood loss and incidence of iron-deficiency anaemia
  - decreased incidence of dysmenorrhoea (painful menses)

- **Effects Related to Inhibition of Ovulation**
  - decreased incidence of ovarian cysts (fluid-filled sacs)
  - decreased incidence of ectopic pregnancies (pregnancy occurring outside the uterus)

- **Effects from Long-Term Use**
  - decreased incidence of fibroadenomas and fibrocystic breast disease (non-cancerous breast tumours)
  - decreased incidence of acute pelvic inflammatory disease (infection of the reproductive organs)
  - decreased incidence of endometrial cancer
  - decreased incidence of ovarian cancer

- **Effects on Weight**

  Studies on the hormones present in crisanta have shown reduction of body weight up to 1.7 kg.

- **Effects on Acne, Seborrhea, Hirsutism**

  Studies on the hormones present in crisanta have shown reduction in the incidences of acne (pimples), seborrhea (oily skin) and hirsutism (male type hair growth especially on face).
For more information about the benefits, talk to your doctor.

How will Crisanta Affect Your Periods?

Once on crisanta, your periods will probably become more regular - with less overall bleeding and fewer menstrual cramps. You will get your periods during the week when you are not taking any pills (7 pill-free days).

Will Crisanta Cause Weight Gain?

Studies on the hormones present in crisanta have shown reduction of body weight up to 1.7 kg. Some women gain weight while on OCPs, while others lose weight or see no effect on their weight at all. Some OCPs do cause weight gain, but weight gain or loss is usually due to a number of factors, such as changes in exercise, lifestyle, or diet. Hence, it's often difficult to pinpoint a single cause of changes in weight. The reasons why you might gain weight are increase in the breast size and often feeling more bloated due to salt and water retention.

Will Crisanta Increase the Hair on Your Face or Cause Acne?

Some OCPs contain ingredients that act similar to male hormones called androgens, and these can cause hair growth or acne. However, studies on the hormones present in crisanta have shown to reduce the incidences of acne, seborrhea and hirsutism.

Will Crisanta Cause Any Mood Changes?

One possible side effect of some OCPs is increased mood changes. But the hormones present in crisanta have shown to improve mood, physical and behavioural symptoms that occur prior to the menstrual period. Also, since there are many benefits of crisanta, including more regular periods and fewer menstrual cramps, it may affect your mood in a positive way.

Rating:

☆

Your rating: None

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