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Yasmin does not offer any advantages over other COC pills with regards weight gain, skin condition, or premenstrual symptoms*

*Yasmin** is a combined oral contraceptive (COC) pill and is now available in UK. It contains 3 mg of the new progestogen drospirenone (a derivative of spironolactone) and 30 µg of ethinylestradiol. As drospirenone is new, Yasmin cannot be classified as a second- or third-generation COC pills

What are the Characteristics of Yasmin and the potential Clinical Benefits?*

In-vitro and animal experiments show that drospirenone has anti-androgenic activity (like progesterone) and antiminerlocorticoid activity (unlike most other progestogens) as it a derivative of spironolactone. Ethinylestradiol causes fluid retention. Drospirenone could, in theory, counteract this effect by inducing diuresis, and so help prevent fluid retention, weight gain, and increase in blood pressure.

Is there a scientific clinical evidence to confirm these potential benefits?

Reviewing all the available publication suggests that

- * *Yasmin** has a similar contraceptive efficacy to other standard-strength combined oral contraceptive pills (0.1 pregnancies per 100 women-years if they are taken correctly and consistently and 6-8 per women-years if are typically used).
- * There is no compelling published evidence to suggest that *Yasmin** offers any advantages over other, long-established, COC pills with regards weight gain, skin condition or premenstrual symptoms
- * Its effects on cardiovascular risk , including thromboembolic disease, have not been quantified.

What is the approximate drug cost to the NHS of 12 cycles of Yasmin ?*

It is £ 59 which is higher than all other COC pills (£ 7 to £38).

Conclusion

Given that *Yasmin** has no proven superiority over, and costs more than, other COC pills, it cannot be recommended as first choice COC pill. Furthermore it has been suggested that the claim that *Yasmin** “is the pill for well-being” is unjustified and misleading and should be withdrawn

Web site for the Update

[http://www.](http://www.markmalak.com)

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