


Contraception

In the over 40s

# Aims of the Session

- Know your population
    - what's special about the over 40s?
    - what's special about Barnsley
  - Issues associated with contraception in the over 40s
  - What are the options
  - Knowing when to stop contraception
  - Your fail safe contraception
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I'm over 40 now, so I'm not likely to get pregnant?

40-44

10-20%

45-49

12%

>50

Rare

## 4.2 Age

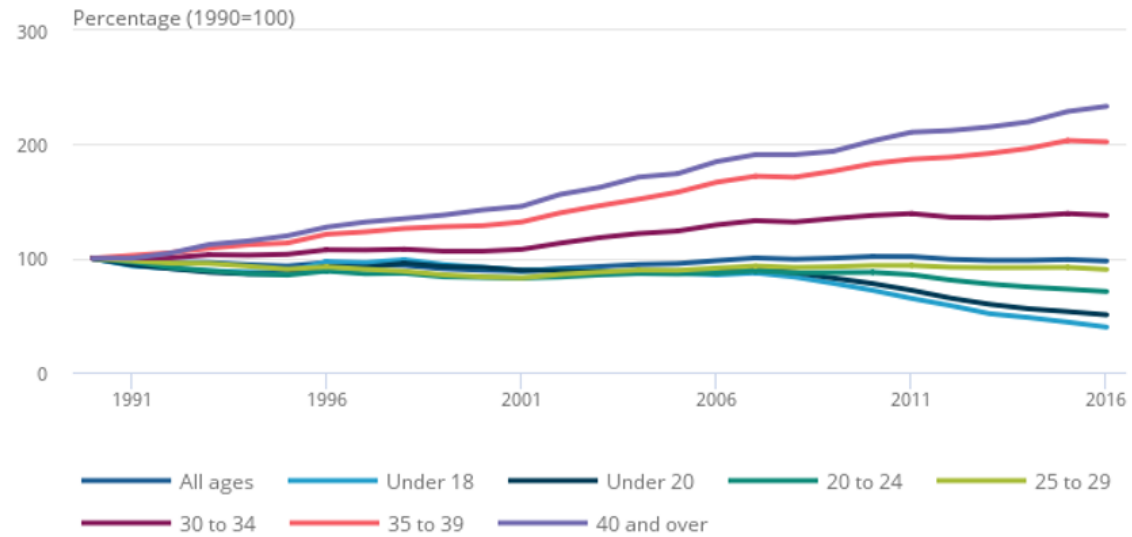
The abortion rate in 2020 was highest for women aged 21 (at 30.6 per 1,000 women). In 2019 the highest rate was for women aged 22 (31.6 per 1,000 women), and in 2010 it was highest for women aged 19 and 20 (both at 33 per 1,000 women).

**Figure 7: Abortion rate per 1,000 women by single year of age, England and Wales, 2010 and 2020**



Figure 2: Relative changes in age-specific conception rates, 1990 to 2016

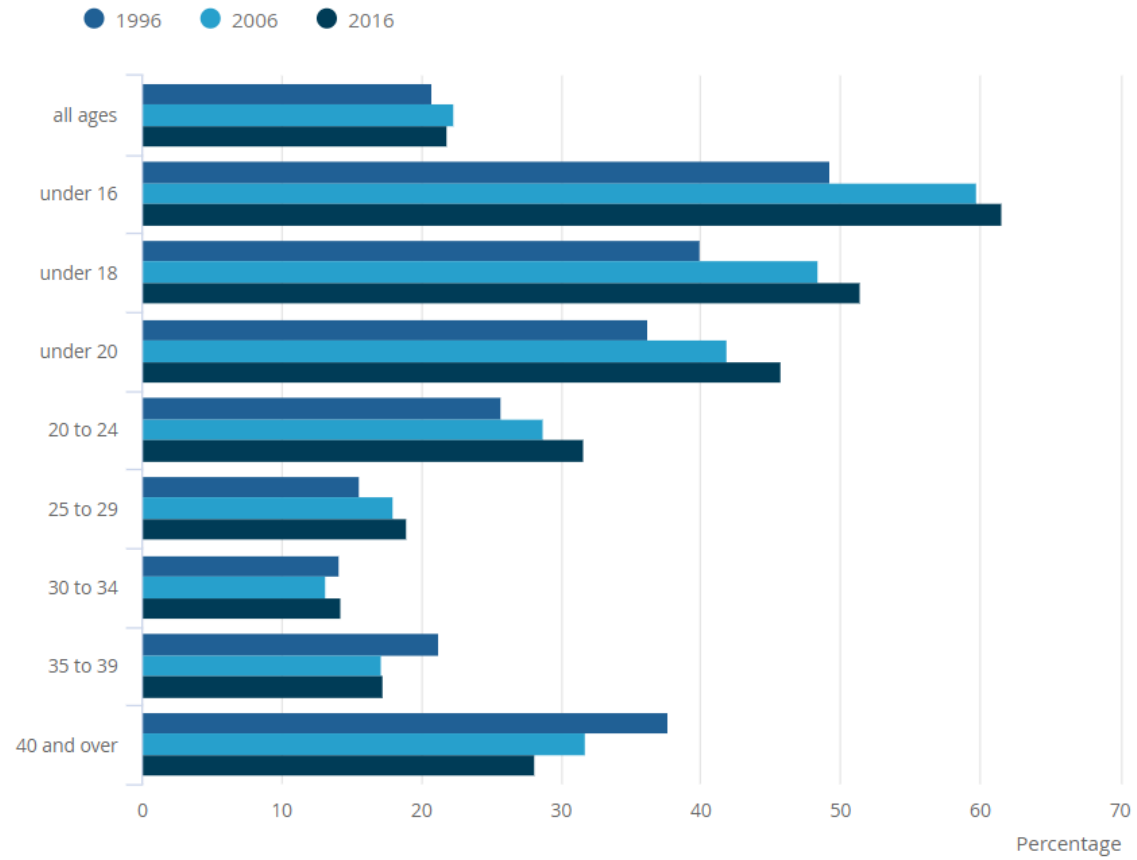
England and Wales




Source: Office for National Statistics

**Figure 4: Percentage of conceptions leading to legal abortion by age of woman at conception, 1996, 2006 and 2016**

**England and Wales**



# Risks of pregnancy in the >40s

- Higher abortion rate
  - Maternal morbidity
  - Miscarriage
  - Ectopic
  - Stillbirth, perinatal mortality, preterm delivery
  - Congenital abnormalities
- 





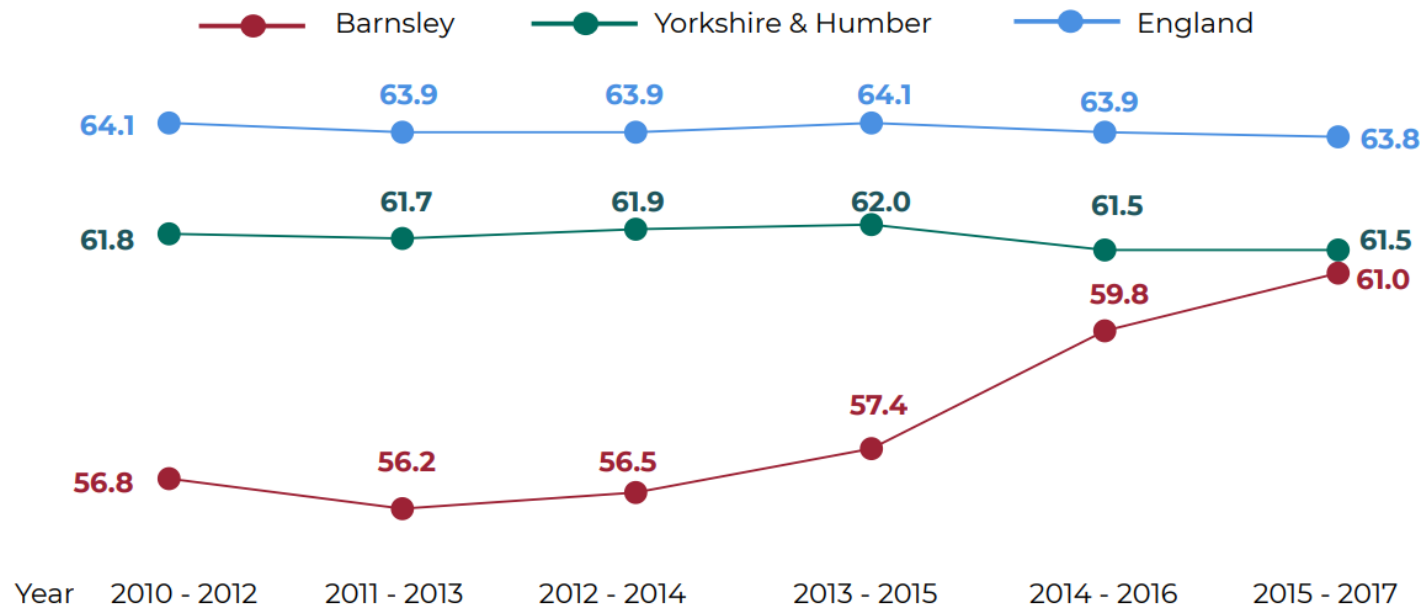
# BARNSLEY



# Health and Wellbeing

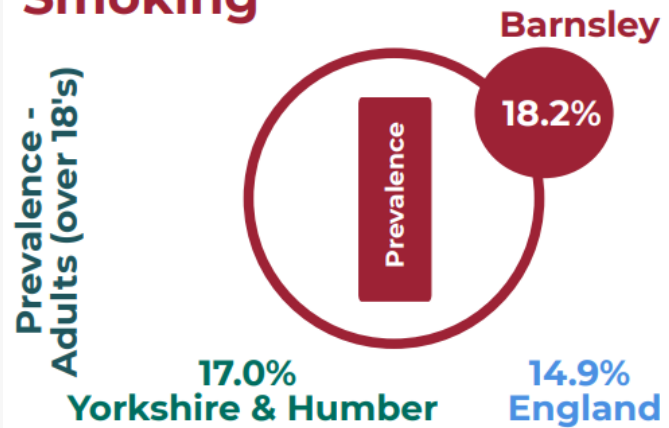
## Healthy Life Expectancy at Birth

Female



Healthy life expectancy at birth for females in Barnsley has increased by 4.5 years since 2012-2014. During this same time period the Yorkshire & Humber rate decreased by 0.4 years and the National rate decreased by 0.1.

## Smoking

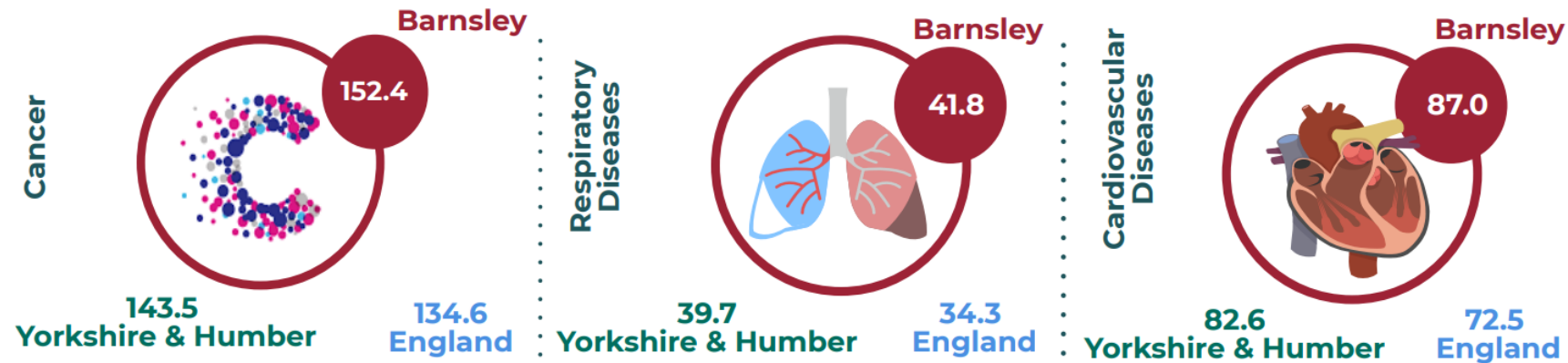


The prevalence of smoking in Barnsley has reduced since 2012, when the rate was 24.4%, but continues to be above the rate for England.

Source: ONS annual population survey 2017

# Health and Wellbeing

## Under 75 Mortality (rate per 100,000 population)



Barnsley's cancer mortality rate for persons aged under 75 years has decreased since 2012-2014 but is still significantly higher than that of England.

Barnsley's respiratory disease mortality rate for persons aged under 75 years has fallen since 2012-2014. However, Barnsley's rate remains significantly higher than the England rate.

Barnsley's mortality rate for all cardiovascular diseases for persons aged under 75 years has fallen since 2001-2003, when the rate was 178.4. However, the Barnsley rate remains significantly higher than the England rate.

# breast cancer

## Preventable cases



Breast cancer cases are preventable, UK, 2015

## Caused by obesity



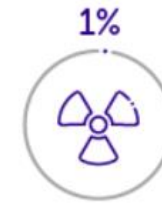
Breast cancer cases caused by overweight and obesity, UK, 2015

## Caused by alcohol



Breast cancer cases caused by alcohol drinking, UK, 2015

## Caused by radiation



Breast cancer cases caused by ionising radiation, UK, 2015

# Weight

Health Survey for England 2019. Adults aged 16 and over with valid height and weight measurements

BMI in kg/m <sup>2</sup> , BMI status (%)	Region									
	North East	North West	Yorkshire & the Humber	East Midlands	West Midlands	East of England	London	South East	South West	
<b>Women</b>										
<b>Observed</b>										
Mean BMI	28.5	27.7	28.3	28.1	28.2	27.4	26.7	26.8	28.0	
Standard error of the mean	0.40	0.32	0.38	0.37	0.48	0.32	0.35	0.35	0.39	
% Underweight	2	1	1	1	2	2	3	3	1	
% Normal	33	39	39	36	31	36	41	43	33	
% Overweight	27	31	29	28	33	36	30	32	34	
% Obese, excluding morbidly obese	32	25	25	30	29	23	22	19	27	
% Morbidly obese	5	5	7	5	4	4	3	4	4	
% Overweight, including obese	64	61	60	63	67	62	55	54	65	
% Obese	37	29	32	35	34	27	25	23	31	
<b>Standardised</b>										
Mean BMI	28.3	27.7	28.4	28.0	28.1	27.3	27.0	26.8	27.9	
Standard error of the mean	0.43	0.31	0.40	0.39	0.52	0.33	0.38	0.36	0.41	

# Health and Wellbeing

## Physical Activity

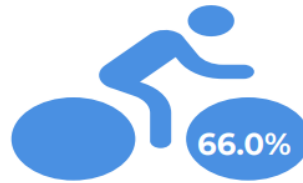
### Percentage of Adults (19+) who Achieve 150+ Minutes of Physical Activity per Week



Barnsley



Yorkshire  
& Humber



England

60.9% of adults in Barnsley (aged 19+) achieve 150+ minutes of physical activity per week.

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### Percentage of Adults (19+) who do Less Than 30 Minutes of Physical Activity per Week



Barnsley



Yorkshire  
& Humber



England

27.7% of adults in Barnsley (aged 19+) do less than 30 minutes of physical activity per week.

# So why special guidance re >40s

- Its all about the risk





Type of cancer	Lifetime risk in UK	New cases per year by age (years)					
		25–29	30–34	40–44	45–49	50–54	55–59
<b>Breast</b>	1 in 8	226	636	2777	5261	6160	5137
<b>Endometrial</b>	1 in 41	15	41	160	329	720	1130
<b>Ovarian</b>	1 in 52	125	142	301	465	628	672
<b>Cervical</b>	1 in 135	448	410	355	295	230	208

# Menopause

- Erractic Hormone levels
- Abnormal Bleeding
- Problems around Sex ( don't forget the men)

# OPTIONS

Contraceptive method	Age (years)			
	20–24	35–39	40–44	45–49
None	22	23	25	28
Pill	54	27	10	13
Male condom	50	24	21	11
Withdrawal	7	5	6	4
LNG-IUS	4	3	3	4
Cu-IUD	6	12	9	11
Injection	6	2	2	4
Implant	5	0	0	1
Patch	0	1	1	–
Natural method	–	2	4	5
Other	3	0	0	1
Female sterilisation	3	10	18	19
Vasectomy	1	22	28	30

# Reminder

UKMEC	Definition of category
Category 1	A condition for which there is no restriction for the use of the method.
Category 2	A condition where the advantages of using the method generally outweigh the theoretical or proven risks.
Category 3	A condition where the theoretical or proven risks usually outweigh the advantages of using the method. The provision of a method requires expert clinical judgement and/or referral to a specialist contraceptive provider, since use of the method is not usually recommended unless other, more appropriate methods are not available or not acceptable.
Category 4	A condition which represents an unacceptable health risk if the method is used.

# So what can we use?

Condition	Cu-IUD	LNG-IUS	IMP	DMPA	POP	CHC
Age (years)	Menarche to <20 = 2 ≥20 = 1	Menarche to <20 = 2 ≥20 = 1	After menarche = 1	Menarche to <18 = 2 18–45 = 1 >45 = 2	After menarche = 1	Menarche to <40 = 1 ≥40 = 2

# Copper coil



# IUS



# Implant





# Injectables



# POP



# CHC



# Hrt and contraception



# When to stop contraception?



# GO TO CONTRACEPTION IN ALL AGES!

