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Contraception across the transmasculine spectrum

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1 Letter to the Editor

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3 Contraception across the transmasculine spectrum

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16 The author of this letter receives research funding and provides consulting

17 for Medicines360.

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19 To the Editor:

20 I found “Contraception across the transmasculine spectrum” (1) in the
21 February 2020 issue to be an informative discussion of contraceptive needs
22 and options for transgender males and applaud the journal for ensuring
23 active dialogue on this important and growing reproductive health need.
24 However, the Table that compared characteristics of different LARC methods
25 contained important errors.

26 First, the labels for LNG-IUS 20 (Mirena) and LNG 20 (Liletta) clearly
27 outline their amenorrhea rates. LNG-IUS 20 (Mirena) has an amenorrhea
28 rate in the label at 1 year of 18%. The label also states in another section
29 that the rate is “approximately 20%,” which may explain why the authors
30 listed 20%, the wrong value. The LNG 20 (Liletta) has a comparable
31 amenorrhea rate at 1 year of 19%, not 9%, as listed in your table.

32 Second, the LNG 20 (Liletta) is approved for 6 years (not 5 years) as of
33 October 2019 (2). Of note, the amenorrhea rate at 6 years is 40%. (3)

34 Lastly, the amenorrhea rates for the etonogestrel implant is
35 misleading, as this rate does not reflect continuous amenorrhea. With the
36 implant, users vary from pattern to pattern over time, such that a person
37 experiencing amenorrhea during a 90-day interval will not necessarily
38 continue to experience amenorrhea in the next interval. (4) As such, this
39 method may be even less ideal for the transgender male desiring more
40 predictable amenorrhea.

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62 Word Count: 231