

# DOJENJE KOT KONTRACEPCIJA – KJE SMO DANES?

## BREASTFEEDING AS CONTRACEPTION – WHAT DO WE KNOW TODAY?

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**Ključne besede:** *dojenje; metoda laktacijske amenoreje; kontracepcija; svetovanje*

**Izvleček** – Izhodišča. Čepprav je nesporno, da je dojenje odigralo pomembno vlogo pri uravnavanju rodnosti, smo šele leta 1988 dobili prve relevantne ocene o kontraceptivnem učinku dojenja (Bellaggio Consensus Statement). Na osnovi prospektivnih študij so zaključili, da je dojenje v primeru amenoreje in polnega dojenja prvih šest mesecev po porodu učinkovito v 98%. Za praktično uveljavitev smernic iz Bellagie so strokovnjaki predlagali metodo laktacijske amenoreje (lactational amenorrhoea method – LAM) kot samostojno metodo načrtovanja družine. Učinkovitost LAM so preverili v različnih populacijah in socialnoekonomskih razmerah nerazvitega in razvitega sveta ter zaključili, da je LAM primerljiva z drugimi zanesljivimi metodami kontracepcije. Izsledki raziskav v zadnjem desetletju pa nakazujejo, da je ob natančno določenih pogojih moč kontraceptivni učinek LAM izkoristiti do enega leta po porodu.

Zaključki. Kljub številnim novim odkritjem v zadnjih dveh desetletjih ostaja kontraceptivni učinek dojenja predmet številnih razprav, vendar diskusije za in proti tudi v razvitem svetu govorijo v prid spodbujanju dojenja v kontraceptivne namene. LAM služi materi kot učinkovita, a začasna kontracepcija, hkrati pa je tudi spodbuda za podaljšanje dojenja. LAM naj postane sestavni del programov za načrtovanje družine, svetovanje o njeni uporabi pa mora vključevati tudi prehod na novo metodo kontracepcije, ko merila za učinkovitost LAM izzvenijo.

**Key words:** *breastfeeding; lactational amenorrhoea method; contraception; counselling*

**Abstract** – Background. Breastfeeding plays an important role in fertility regulation, yet only 1988 Bellaggio Consensus Statement provided relevant estimation about the contraceptive efficacy of breastfeeding. On the basis of prospective studies it was concluded that women are 98% protected against a new pregnancy during first six month post-partum, provided they practice exclusive breastfeeding and remain amenorrhoeic. For practical implementation of the Bellaggio Consensus Statement lactational amenorrhoea method (LAM) was proposed as a new family planning method. Effectiveness of LAM was proven in different populations and socio-economic settlements of developed and developing world, suggesting that LAM is comparable to other effective contraceptive methods. Moreover, studies in the last decade show that with well-defined conditions, LAM can be relied on for contraceptive protection for up to one year postpartum.

Conclusions. Despite many new data about the contraceptive effect of breastfeeding in the last decades, many issues, controversies and misconceptions remain, yet discussions for pro and contra even in developed countries support breastfeeding as a contraceptive method. LAM provides an effective, albeit temporary method of contraception and helps mother to extend breastfeeding. LAM should be included in the family planning services and counselling upon its use needs to offer a timely shift to another effective method of contraception, when criteria for LAM no longer exist.