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Long term use of LNG-IUS (Mirena) and bone mineral density

Long term use of LNG-IUS (Mirena) does not cause loss of bone mineral density (BMD) in women and is safe to use. The Mirena IUS is fully funded in New Zealand.

One case report¹ reported low levels of oestrogen and loss of BMD in a 29-year-old woman who had had a Mirena in situ for 6 years. There was speculation that the cause was disruption of the hypothalamic-gonadal axis. Cohort studies have failed to support such a link.^{2,3} The Mirena works by prevention of implantation not suppression of ovulation.

There is no contraindication to Mirena in women at risk of low BMD, e.g. with eating disorders.⁴

This Gem was written by Dr Orna McGinn, Clinical Director Primary Care Women's Health, Auckland District Health Board.

References:

1. Osteoporosis in a young woman after 6 years of levonorgestrel administration from intrauterine devices? BMJ Case Rep. (2009). [View here](#)
2. Prospective study of the forearm bone mineral density of long-term users of the levonorgestrel-releasing intrauterine system. Human Reproduction (2010). [View here](#)
3. Changes in Bone Mineral Density of Users of the Levonorgestrel-releasing Intrauterine System. Journal of Nippon Medical School (2012). [View here](#)

4. FSRH CEU Statement: Contraception for Women with Eating Disorders (2018). [View here](#)

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the Goodfellow Unit presents Red Whale's GP Update

Red Whale



2020 Red Whale
update is in
September

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