The Relation between Short Course Oral Contraceptive Consumption and Cerebral Vein Thrombosis in Ramadan

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Abstract

Introduction: There is a tendency in Muslim women to postpone their menstrual period with short course oral contraceptive (OC) consumption during Ramadan as well as Hajj Ceremony. Driven by many anecdotal reports regarding stroke, particularly cerebral Vein thrombosis (CVT) in Ramadan, this research was designed to investigate the incidence of CVT and its temporal relation with Ramadan.

Methods: This study was conducted between September 2006 and October 2007 and included 2 consecutive Ramadans. All patients with definite diagnosis of CVT in Ghaem Hospital of Mashhad were registered. We assessed all of the possible causes of CVT and analyzed the temporal aspect of CVT occurrence.

Results: 24 cases with CVT (5 males and 19 females) were recruited during study period. 11 cases were admitted during Ramadan months which was significantly higher than all the other 11 months (P value=0.00035, $\chi^2=17.1$). There seems to be no underlying disorders for CVT in Ramadan except OC consumption.

Conclusion: The higher incidences of CVT in Ramadan may be related to OC consumption. Although we could not identify any risk factors such as hypercoagulopathy state in these cases, it is still possible to implicate an unknown genetic background which can result in CVT in special scenarios such as OC consumption. We need to consider fasting situation, dehydration and physical stress in Ramadan as probable cofactors for CVT.

Keywords: Cerebral Vein thrombosis, Oral contraceptive, Ramadan

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