LETTERS

Size does matter and Homeopathic treatment of premenstrual symptoms

Madam
I am somewhat concerned that in the same issue of the Journal as the statistical paper entitled ‘Size does matter’ there was an Overview on ‘Homeopathy treatments for premenstrual symptoms’ which may be considered to have depended on evidence that contradicted the statistical paper. I would be grateful for your opinion as to the reliability of the one clinical trial by Yakir et al.3, which was cited as evidence in favour of homeopathy. I would like to make clear that my motivation is not to discredit homeopathy.

1. The Overview refers to the ‘recent’ trial by Yakir et al. It was actually carried out in 1992–1994 and not published until 2001.

2. The Overview refers to there being 20 women in the study but actually only 19 completed the study.

3. The Yakir et al. study claims 90% of the homeopathic group had improvement – actually it was 91%, i.e. even more favourable to homeopathy than was claimed.

4. Yakir et al. set an arbitrary improvement level of 30% of the menstrual distress questionnaire to determine effectiveness of therapy resulting in three of the placebo group improving as well. However, Figure 2 shows that five of the placebo group had improved.

5. While claiming homeopathy effective they admit under Outcomes that, ‘the between group difference fell just short of statistical significance’.

6. The study certainly suggests the possibility that homeopathy is effective so why no larger trial 9 years later?

My main concern is that our Journal has given credibility to the effectiveness of homeopathy in the management of premenstrual syndrome on the basis of inadequate evidence. What do you think?

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More on how to remove a Chinese IUD

Madam
Stillwell’s letter1 in the April issue of the Journal prompted me to write to you with my findings and experience.

Of the 156 miniaturised intrauterine device (IUD) users worldwide, 106 million are in China where the IUD is used by 45% of married women and sterilisation used in 30% of married women, the World Health Organization’s Report on Contraceptive Use, 2002.

The stainless steel ring (Shanghai ring) was first produced in Shanghai in 1970.3 The ring is 1 inch in diameter, flexible, springy and thread-free and designed not to be removed easily due to China’s ‘one child per family’ policy. It was used for immediate post-partum placement.

A meta-analysis by Li Yong et al. of 22 published and unpublished studies compared the efficacy of the steel ring IUD to the copper-bearing IUD2 and found failure rates of 19% compared to 5.9% with copper IUDs and an expulsion rate of 16.5% versus 5.8%. The State Family Planning Commission advised against its manufacture in 1993.

Information obtained by e-mail from China, via a Chinese patient, included pictures and instructions on insertion and removal of steel rings. The rings are fitted using a ‘fitting fork’ or ‘fitting hook’ and must be removed using a ring removal instrument. The removal is performed using a hook.

If the ring is stuck in the uterus and cervix then it is cut in half between two haemostats before extracting it. This is preceded by cervical dilation.

A literature search revealed no relevant information about removal of these devices in the existing Faculty of Family Planning and Reproductive Health Care (FFPRHC) and Royal College of Obstetricians and Gynaecologists (RCOG) Guidance documents, the National Guidelines Clearing House or World Health Organization (WHO) publication, Improving Access to Quality in Family Planning - Selected Practice Recommendations for Contraceptive Use, 2002.

The Clinical Effectiveness Unit (CEU) of the FFPRHC helped by conducting a MEDLINE and EMBASE search for the period 1996–2002. They found one paper recommending the use of three-dimensional ultrasound imaging to locate and detect the type of IUD and successful removal in 26/28 cases by electrocautery, laserapar or laparotomy.3

When faced with a thread-free device, there are two instruments available: the rigid uterine hook similar to the one used by the author of the reference paper and the flexible Rocket IUD-removing forceps.4 In my experience I have found the forceps superior to the uterine hook, allowing more control during removal giving me more confidence. They also have the advantage that any part of the IUD can be grasped and brought down.

I hope others will try the technique for themselves. The most successful instrument will be the one with which the operator is most familiar and confident to use.

I would like to thank the CEU for their literature search and my patient for providing the information and pictures which were so helpful. For more information about forceps, please contact the author.

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References

Vasectomy techniques

Madam
There are a few points that we would like to make regarding the paper comparing scapel and the electrocauteroy no-scalpel vasectomy (ESNV) techniques.

We believe that the phrase ‘no-scalpel vasectomy’ is a misnomer because, although it implies that no scalpel is used to incise the skin, a special dissecting clamp or, as in this case, electrocautery is used to breach the skin and subcutaneous tissues to gain access to the vas. Whichever method is used the incision in the skin has to be at least twice the diameter of the vas that is being exteriorised.

We use two Allis’ forceps or a single Allis forceps and a skin hook to deliver a loop of vas through an incision made by a Number 11 blade. We assessed some of the parameters described in the paper with the following results:

(1) Using a visual analogue scale (0–10) to measure pain during the operation it was found that the average score for pain during surgery was 2.52 (range 0–9). The duration of analgesic use after vasectomy was for a mean of 3.6 days (range 0–14 days).

(2) Patients returned to work on average 4.89 days after surgery (range 1.17) although, as in the Black and Francome paper, not all the time off work was related to the operation.

(3) On average 13.9% of patients visited their general practitioners after surgery; this was for infection in 2.8% and antibiotics were prescribed to 5.6% of patients.

In a survey of patient satisfaction 68% graded the service as excellent and 26% as good, while in a previous assessment these figures were 53% and 43%, respectively.

We have used this technique a few thousand times and believe that the single incision mini-vasectomy is as good as the ENSV procedure.

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References

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