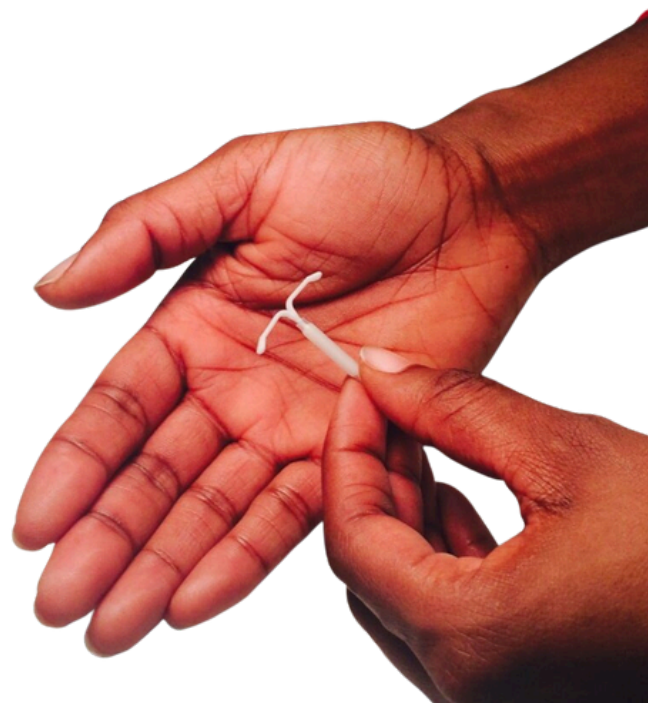




HORMONAL IUD

Access Group

WHAT IS HEAVY MENSTRUAL BLEEDING?



Heavy menstrual bleeding (HMB) is bleeding that negatively impacts a person's physical, emotional, and/or social quality of life due to its volume and associated pain.

WHO HAS HMB?



Evidence suggests that in Nigeria about **49% of women and girls** will experience HMB



HMB can **occur at any age**, including in girls who have just begun to have monthly periods

HMB CAUSES

Structural

- P** Polyps
- A** Adenomyosis
- L** Leiomyoma (Fibroids)
- M** Malignancy (Cancers)

Nonstructural

- C** Coagulopathy (Reduced Blood Clotting)
- O** Ovulatory Dysfunction
- E** Endometrial
- I** Iatrogenic (Caused by Medication)
- N** Not Yet Classified

WHY DOES IT MATTER?

Reduced Participation in School & Work

Globally, about **15% of women and girls** report missing work, school, or social activities due to menstrual bleeding and pain.

Reduced Quality of Life

Women with heavy menstrual bleeding **consistently score lower on measures of quality-of-life**, which assess ability to participate in and enjoy daily life functions.

TREATMENTS FOR HMB



Hormonal intrauterine devices (HIUDs) offer significant, long-term reduction of heavy bleeding



Oral medications (tranexamic acid, progestin-only pills) are convenient, affordable, and accessible



Surgical treatments, like hysterectomy or endometrial ablation, provide long-term or permanent resolution to HMB

THE HORMONAL IUD: COST–SAVINGS WITH DUAL IMPACT



The hormonal IUD is **highly effective in managing heavy menstrual bleeding**—for 64% of those who experience it for up to five years.



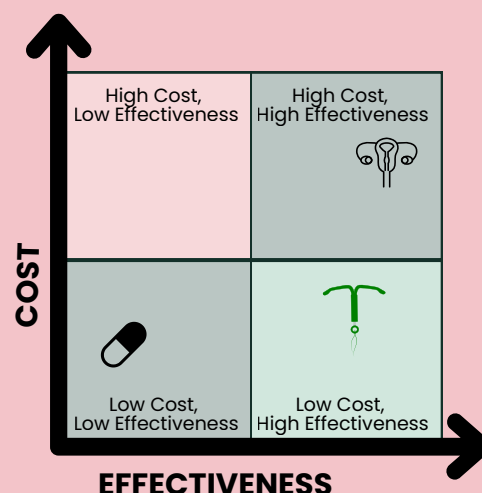
The hormonal IUD is also recognized as a **highly effective contraceptive**—99.8% effective for up to eight years.

HORMONAL IUD IS THE MOST COST-EFFECTIVE OPTION FOR HMB

In Nigeria, nearly 70% (18 million) of women and girls with HMB remain untreated.

For this large unmet need, the HIUD represents the most cost-effective option, delivering substantially better outcomes than current alternatives or no treatment.

- In Kenya, the **HIUD is nearly six times as effective as oral medications**. The HIUD is also less expensive than these options over time and at scale, **saving about 105,000 NGN** per patient over five years.
- Additionally, over a 5-year horizon, the **HIUD costs approximately 298,000 NGN less than surgical treatment** while delivering strong health benefits.



Due to societal pressures and norms, girls and women often continue to participate in school and labor while experiencing significant pain, discomfort, and shame.

IF EVERY UNTREATED GIRL OR WOMEN WITH HMB GOT AN HIUD, THE POTENTIAL 5-YEAR IMPACT WOULD BE...



9.7 million cases of anemia averted



121 million more days of school



180 billion NGN more paid work productivity

