

Introduction

Introduction: Intrauterine Devices for Adolescents



Welcome to the *Journal of Pediatric and Adolescent Gynecology* special issue on intrauterine device (IUD) use in adolescents. In this supplement we combine the expertise of national and international experts in long-acting reversible contraception to deliver the most current and relevant information available on this topic, with a focus on use in adolescents.

Until recently, the information that was available on adolescents' use of IUDs was very limited, and mainly in the form of case series and reports. With the release of the committee opinion from the American College of Obstetricians and Gynecologists and the policy statement from the American Academy of Pediatrics encouraging use of the IUDs in adolescents and supporting their safety, there has been an increase in use across the United States.^{1,2} The device has increased in popularity among young adults and adolescents, which allows for a better pool of information specific to this population.

Our issue focuses on a number of topics that provide readers with accurate and current information about IUDs for adolescents, and provides assistance in counseling about them. We start the supplement with a review, "Intrauterine devices: effective contraception with noncontraceptive benefits for adolescents" by Dr Bercaw-Pratt et al.³ The authors compiled, where available, data from adolescents, and review the multiple indications for use of IUDs. Dr Espey et al review the topic in "Access, barriers to use, and perceptions of IUDs for adolescents," and guide readers to resources to help make the device available for teens. In addition, they provide information about addressing some of the misconceptions that patients and providers might have about the product.⁴

Dr Hillard, our Editor-in-Chief, provides us with an update in "Practical tips for IUD counseling, insertion, and pain relief in adolescents."⁵ This review offers tools and tips that clinicians can implement in their practices that facilitate the use of this method of contraception with their adolescent patients. In the United States, postabortion and postpartum IUD use for adolescents has been limited and not universally available. Many barriers, including compensation and access have finally started to break down and Goldthwaite

et al review that progress and address the effectiveness and utilization of this option for use.⁶

Certain populations benefit from the use of hormone-containing IUDs beyond their contraceptive benefits. In their report, Dr Gomez Lobo et al provide a review of current utilization of IUDs for menstrual suppression in special adolescent populations, including transgender patients, expanding the evidence-based, but potentially off-label indications for use.⁷ We complete our reviews with the international perspective of IUD use in adolescents provided by Dr Apter on the use and acceptance beyond the borders of the United States.⁸

We hope this information is useful for the readers of the *Journal of Pediatric and Adolescent Gynecology* and can help guide and encourage the appropriate utilization of this method in the adolescents and young women for whom we provide care.

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