

## ORIGINAL RESEARCH ARTICLE

# Weight Changes in Clients on Hormonal Contraceptives in Zaria, Nigeria

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### Abstract

Misconceptions exist in Nigeria about the effects of hormonal contraceptives on weight, which may have negative effects on contraceptive use. Data from case notes of clients attending the reproductive health centre at the Ahmadu Bello University Teaching Hospital, Zaria, between 1993 and 1995, were analysed to determine the effects of hormonal contraceptives on body weight, comparing them to clients using intrauterine contraceptive devices. Weight changes were not significantly different in clients using hormonal contraceptives and those using intra-uterine contraceptive devices. This information will be beneficial in contraceptive counselling for clients in this environment and provide a baseline for further research. (*Afr J Reprod Health* 2005; 9[2]: 92-100)

**Keywords:** Contraception, weight, counselling