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**Vitafon-IK Device in Prevention of Menstrual Cycle
Abnormalities Caused by Single Dose Oral Hormonal
Contraceptives**

It is a common knowledge that single dose oral hormonal contraceptives can cause significant changes in the woman's hormonal status demonstrated in menstrual cycle abnormalities.

The purpose of our research was to determine the possibility of preventing menstrual cycle abnormalities in the above mentioned cases by way of combining the effect from vibroacoustic exposure and infrared radiation of Vitafon-IK device.

The substantiation of this approach was based on previous observations, when vibroacoustic exposure had been successfully used as a monotherapy on 45 women with menstrual cycle abnormalities. Besides, in another group of patients we received good results from low-intensity laser infrared radiation at power output of 20MWt.

Considering the above, we used the combined effect from the vibroacoustic exposure and infrared radiation of Vitafon-IK device in 24 women aged 17-35 who had been taking single dose oral hormonal contraceptives. Prior to the procedure, we determined their gynaecological status and carried out a research by colpocytology. All women under observation had a normal diphasic menstrual cycle. 12 women underwent preventive treatment using Vitafon-IK device by our method, and the other 12 women formed

a control group which was observed for the next three months.

In the next three months, the secondary research of the women who had received preventive treatment using Vitafon-IK device, showed no abnormalities in their menstrual function, while all 12 women in the control group had abnormalities in their menstrual cycle. 10 women have shown changes in the diphasic menstrual cycle in the form of prolonged and incomplete cycle caused by declined hormonal profile at the ovulation and premenstrual stages. Two women had one-phase cycles with evident hypoestrogeny.

The 10 women mentioned above from the control group had their diphasic menstrual cycle restored by the third months, and the latter 2 developed a diphasic hypohormonal cycle.

Thus, the received results show that the preventive course treatment using the vibroacoustic exposure in combination with infrared radiation of Vitafone-IK device against a background of single dose oral hormonal contraceptives eliminates pathological shifts in menstrual cycle.