Faculty of Sexual & Reproductive Healthcare
Statement from the Clinical Effectiveness Unit

Oral Contraceptives and Multiple Sclerosis

3rd March 2014


Various news stories have reported the findings detailed in the AAN press release which stated that compared to women who did not use hormonal contraceptives, women who did, were 35 percent more likely to develop Multiple Sclerosis and that the findings suggested that hormonal contraception may be contributing to the rise in the rate of MS among women.

To the CEU’s knowledge, these findings have not yet been published and therefore the CEU is unable to comment further on the validity of the findings at this stage.

Several studies(1-7) have been published in the literature which investigate the relationship between oral contraceptive use and Multiple Sclerosis, including disease progression. The available evidence does not appear to support a positive or negative association.

The CEU would not advise that women stop their contraceptive pill in light of these initial findings.

Women who are concerned about these findings should seek advice from their GP or a health care professional working in sexual and reproductive health.

The CEU will review any new evidence when it becomes available.
Reference List


