



Gynecological (Menstrual) Problems among Adolescent Females

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INTRODUCTION

The term adolescence was popularised 100 yrs. ago when G. Stanley hall used it to describe the 2nd decade of life since then adolescence has been considered a very turbulent period. Adolescents represent about a fifth of India's population. Adolescence is divided into early (10 – 13 years) middle (14- 16 years) and late Adolescence (17 – 20 years) During this period, changes occur in pattern of thinking, attitudes, ideas and moral standards and this transition is uneven reaching an earlier physical maturity and reproductive capability, than psychological and social maturity. Among adolescents, girls constitute a more vulnerable group, particularly in developing countries where they are traditionally married at an early age and exposed to greater risk of reproductive morbidity and mortality. Developmentally, it is a crucial period particularly with reference to reproductive health. The young women who are on the brink of womanhood constitute the most crucial segment of our population from the point of view of the quality of our future generation.

AIMS

To study the patterns of menstrual disturbances in adolescent girls.

OBJECTIVES

To study the prevalence of menstrual disturbances in adolescent girls.

MATERIAL AND METHOD

STUDY DESIGN

It is a prospective observational and comparative study.

STUDY DESIGN

Obstetrics and Gynaecology Department OPD in Dhiraj Hospital, Pipariya, Vadodara.

SAMPLE SIZE

- 50 adolescent females 25 cases and 25 control cases.
- 25 cases were cases and 25 control cases who fit the study criteria.

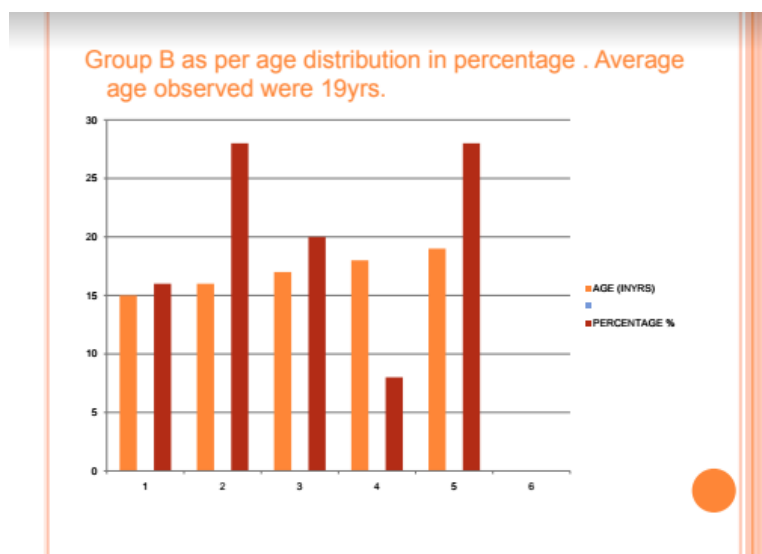
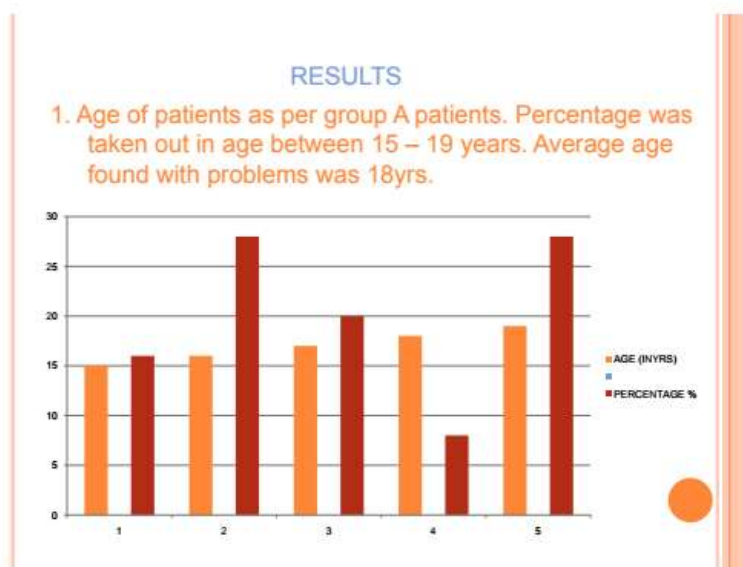
□ Inclusion Criteria:

1. Adolescent girls between the age group of 15 to 19 years.
2. Unmarried.

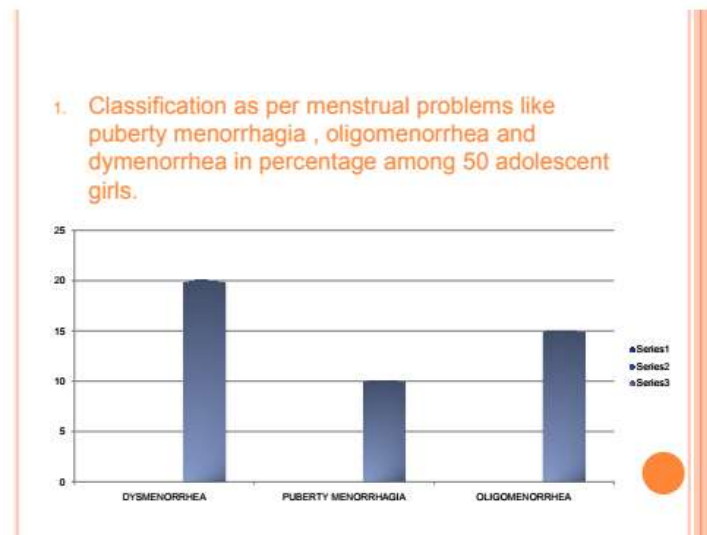
□ Exclusion Criteria

1. Age less than 15 years and more than 19 years
2. Married.

- All the adolescent girls coming to OPD of Dhiraj Hospital were examined as per there complaints after taking a consent from them.
- The study was explained to them prior starting the treatment.
- The routine examination was done.
- Patients were thoroughly asked history for dysmenorrhea, number of pad soakage, age of menarche to know the cyclical pattern of menses.
- A routine per abdomen examination was done to rule out any mass.
- USG was done in indicated cases.
- Other tests included were thyroid function test, FSH, LH, PRL etc. only if indicated.
- Performa was filled accordingly to ensure further results.
- Patients were divided into two groups :
- GROUP A with menstrual problems.
- GROUP B with no menstrual problems.
- Both the groups were examined thoroughly on a clinical basis and cases of group A were investigated further as per there requirements.



- Out of 50 cases including both A and B total 8 patients were seen pale on clinical bases.
- The average age of menarche observed in patients was 13 years.
An average number of days for the flow was between 3- 4 days/cycle and average pad soakage is 2- 3 pads /day.
- Around 10% cases were suffering from puberty menorrhagia and PCOS.
- In group A - 6 patients came with other complaints also of white discharge.
- No case was found with per abdomen mass or changes in USG findings.
- 15% Patients suffering from oligomenorhea and they were probably stress related, obesity related and some were due to hyperthyroidism.



DISCUSSION

- In a country like ours where menses are considered a taboo, a special care has to be taken to make sure that every woman should consider it normal.
- Health problems in adolescents are very special. Menstrual problems are the commonest and related to the sequential physiological events of puberty due to the immature hypothalamic pituitary ovarian axis. But these disorders are often the source of anxiety for the patients and the families. The common menstrual disorders in adolescent girls are,
 - Amenorrhoea, Oligomenorrhoea, hypomenorrhoea.
 - Abnormal excessive uterine bleeding
 - Dysmenorrhoea
 - Premenstrual syndrome
 - Irregular menstruation.
- A study conducted by Jayadev Mukharji N. N.Y Choudhary et.al to assess the menstrual disturbances in 380 adolescents who attended Eden Hospital Kolkata, India over a 9 month period. 215 had some menstrual problems. There was 75 cases with primary amenorrhoea, 42 with oligomenorrhoea and 72 with excessive bleeding. 1
- Dysmenorrhoea was seen primarily in females who had lack of knowledge and it was more of psychosomatic in origin.
- No specific pelvic pathology was identified for dysmenorrhoea.
- It was observed mostly in cases where there was communication gap or parents were not willing to talk about menstrual problems.
- Mostly patients had a familial history of dysmenorrhoea.
- A study conducted by Goswami Sebanti et al. A profile of adolescent girls with gynaecological problems, a total of 124 adolescent's girls attending the gynaecological outpatient department were included in the study. After history taking and examination, an investigation like hemoglobin, coagulograms, hormonal assays, and Sonography was done whenever applicable. They found that menstrual disorders were commonest gynaecologic problems (58.06%). They varied from amenorrhoea (29.26%) to menorrhagia. DUB was the commonest aetiology of menstrual dysfunction in the group under study. Concluded that menstrual abnormalities are the most common problems of adolescents .2

CONCLUSION

As per our study, it was concluded that menstrual problems were the common complaints of the adolescent females. Thus it is concluded that, along with providing better health care services, workshops and seminars for these adolescents regarding how adolescent can develop healthy life style practices. So, that they can return to normal and healthy lifestyle.

SUGGESTIONS

- If all the adolescent patients are counseled well they can overcome problems related to menstruation.
- Considering menstruation normal, if classes in school and parents at home talk about menstruation related problem, it will be easy to overcome this adolescent problem

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