



ELUCIDATING THE ADOLESCENT GYNECOLOGICAL ISSUES

Dr. V. Nikitha Reddy JR.

Dr. Sunita Sudhir HOD And Professor.

ABSTRACT

Aims And Objectives: To investigate the gynecological issues prevailing in adolescent and puberty patients. To assess different symptoms and issues during the OPD with respect to age and marital status.

Methods: The present study is an observational study of patients of 10-19-year-old at Kamineni Institute of Medical Sciences, Narketpally over a 6-month period. 36 patients symptoms and their severity, duration are documented, detailed examination is done and all investigations needed are performed. **Result:** In OPD and emergency 36 teens were examined. Most cases are 17-19 yrs. 25% of teenagers were married. Several adolescent girls had infrequent cycles, heavy menstrual bleeding, and amenorrhea. Abnormal uterine bleeding due to PCOS seen in 50% of instances, Teenage pregnancies are also profound in study group and noted as 22.5%. **Conclusion:** Abnormal uterine bleeding-Ovulatory dysfunction (PCOS) is the most frequent gynaecological condition in adolescents. Before considering normal physiological transition, evaluate bleeding concerns. Increasing AUB (PCOS) in teenagers is due to childhood obesity, sedentary lifestyle, lack of exercise, popularity of junk foods, and stress. Health education programme at the grass roots level should raise knowledge about adolescent girls' gynaecological concerns. Investing in teenage health will increase, prevent health care for tomorrow's women.

KEYWORDS : Gynaecological issues, adolescence, PCOS, Abnormal uterine bleeding.

INTRODUCTION:

According to the World Health Organization (WHO), the period of time spanning from 10 to 19 years of age is considered to be adolescence. Teenagers make up about 21.4% of India's overall population, making them the country's largest age group. Adolescence is a time in life that has significant growth and development on both the physical and mental health, and it is experienced by young women^[1,2]. It is distinguished by substantial variations in endocrinology, which are supported by modifications in the patient's physical as well as psychological states. The spectrum of gynecological illnesses encompasses problems that affect people of all ages, but the ones that affect adolescents occupy a special place within it because of the particular characteristics of this age group^[3]. It is distinguished by substantial variations in endocrinology, which are supported by modifications in the patient's physical as well as psychological states.

These include the following: It is that we, as providers of health care, we direct our attention toward the young people because an investment in their health now will go a long way toward improving preventative health care for adults in the future.

It is imperative that we direct our attention toward these young people^[4].

MATERIALS AND METHODS:

The current study is a prospective observational study that was carried out at the Kamineni Institute of Medical Sciences in Narketpally on participants ranging in age from 10 to 19 years over a period of last six months.

A comprehensive history of the 36 patients, including the length and severity of their symptoms, was taken, and all of the investigations that were necessary for making the diagnosis were carried out.

RESULTS:

On studying 36 patients the results are as follows.

Table 1: Distribution According To Age

AGE In years	Number (36)	Percentage (%)
10-13	4	11.11
14-16	10	27.2

17-19	22	61.1
TOTAL	36	100

61.1% of the study group are in the late adolescent age group, 27.2% are in age group of 14-16 and 11.11% are in age group of 10-13.

Table 2: Marital Status In Adolscent Girls

STATUS	NUMBER (N=36)	PERCENTAGE
UNMARRIED	30	83.3
MARRIED	6	16.7
Total	36	100

16.7% of the patients studied were married and 83.3% were unmarried adolescents.

Table 3 : Different Symptoms Presenting To OPD

Types	Number (N=36)	Percentage
InFrequent Cycles	10	27.7
Heavy Menstrual Bleeding	8	22.2
Pain abdomen	6	16.6
Regular ANC	3	8.3
Amenorrhoea	2	5.5
Leucorrhoea	2	5.5
Sexual Abuse	2	5.5
Dysmenorrhoea	2	5.5
Frequent Cycles	1	2.7
Total	36	100

Commonest Presenting complaint to OPD are infrequent cycles 27.7% adolescent followed by heavy menstrual bleeding seen in 22.2 % ,pain abdomen seen in 16.6% , regular ANC in 8.3%, amenorrhoea, dysmenorrhoea, leucorrhoea , sexual abuse seen in 5.5 %.

Table 4: Distribution Of Different Disorders

Gynecological Issues	Cases Numbers (n=36)	Percentage
AUB - O(pcos)	20	55.5
Teenage pregnancy	6	16.6
leucorrhea	3	8.3
PID	3	8.3
Ovarian Torsion	2	5.5
Vaginitis	1	2.5
Primary Amenorrhea	1	2.5
Total	36	100

Abnormal uterine bleeding due to PCOS is a predominant gynecological issue in present study seen in 55.5 % of study

group, teenage pregnancies are 16.6 % which are also in considerate numbers.

DISCUSSION:

According to the findings of this above study, the vast majority of patients who visited the outpatient department were of late-adolescent age, between the ages of 17 and 19. According to this recent research, the prevalence of marriage among adolescents is 16.7%, which can lead to early sexual activity, teenage pregnancies, and consequences such as pelvic inflammatory disease. A study conducted by Lalitha S, Padmasri Ramalingappa ⁽⁴⁾ shows 13.33% of adolescent marriages.

In the current research, menstruation related problems were the most common type of issue, accounting for 63.6% of all complaints which include infrequent cycles, heavy menstrual bleeding, amenorrhoea, dysmenorrhea, and frequent cycles. PCOS is the most common gynaecological disorder relating to Abnormal Uterine Bleeding. In a study that Goswami Sebanti and colleagues carried out on 124 teenagers, came to the conclusion that the menstrual disorders are the most commonest type of gynecological condition common being the infrequent cycles. 16.6% of teenage pregnancies (six out of thirty-six cases) were diagnosed as a result of this study, which demonstrated an increased prevalence of juvenile marriages as well as sexual abuse.

Sexual abuse can result in low self-esteem and sadness, depression as well as unwanted pregnancies and illegal abortions. A study conducted by Gazala Yasmin ⁽⁷⁾ in Madhya Pradesh revealed 5.1 % of teenage pregnancies, 12% of teenage pregnancies were shown in a study conducted by Rithvika Walad et al ⁽²⁾.

In the current study, leucorrhea was observed in 8.3% of patients. In populations with lower socioeconomic status, leucorrhoea is a common condition that can be unpleasant. Because of their early sexual engagement, pelvic inflammatory disease was only discovered in adolescents who were married at the time of diagnosis ^(4,5).

CONCLUSION:

The most frequent gynaecological issue seen in adolescents is polycystic ovary syndrome (PCOS), which is characterised by abnormal uterine bleeding and ovulatory failure. Before considering something as typical as a physiological change during adolescence, one must first do an evaluation of bleeding problems. The rise in puberty-onset polycystic ovary syndrome (AUB) in teenagers can be attributed to a number of factors, including childhood obesity, sedentary lifestyles, insufficient physical activity, the prevalence of junk food consumption among adolescents, and stress. Avoidance of junk food and the adoption of a healthy lifestyle should be encouraged in these age groups from the very beginning. Parents should be educated regarding the ill effects of adolescent marriages and teenage pregnancies. Classes on health education are to be held at the grassroots level in order to raise knowledge about gynecological issues that are prevalent in preteen and teenage girls.

REFERENCES:

1. Rathod AD, Chavan RP, Pajai SP, Bhagat V, Thool P. Gynecological problems of adolescent girls attending outpatient department at tertiary care center with evaluation of cases of puberty menorrhagia requiring hospitalization. *The Journal of Obstetrics and Gynecology of India*. 2016;66(1):400-406.
2. Dr. Rithvika Walad, Dr. Preethi Malpurae, Dr. sreelatha S. Gynecological problems in adolescent girls attending opd in International Journal of Clinical Obstetrics and Gynaecology <http://www.gynaecologyjournal.com> ~ 98 ~ ESIC medical college and PGIMS Bangalore; c2018, 2(5). <https://scientiaricerca.com/SGYPE-02-0049.php>
3. Quint EH. Menstrual and reproductive issues in adolescents with physical and developmental disabilities. *Obstetrics & Gynecology*. 2014;124(2 Part 1):367-375.
4. Lalitha S, Padmasri Ramalingappa. Adolescent girl a gordian knot. *The new Indian journal of OBGYN* 2019;5(2):131-35.

5. Goswami S, Dutta R, Sengupta S. A Profile of adolescent girls with gynecological problems. *Journal of Obstetrics and Gynecology of India*.
6. Braverman PK, Breech L. Committee on Adolescence. Gynecologic examination for adolescents in the pediatric office setting. *Pediatrics*; 2010;126(3):583-590.
7. Yasmin G, Kumar A, Parihar B. Teenage pregnancy-its impact on maternal and fetal outcome. *International journal of scientific study*. 2014;1(6):9-13.
8. Singh A, Vijaya K, Laxmi KS. Prevalence of polycystic ovarian syndrome among adolescent girls: a prospective study. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*. 2018 Nov 1;7(11):4375-9