



## Dysfunctional Uterine Bleeding As A Major Cause of Uterine Bleeding in Women of All Age Groups. (Study of 500 Cases)

## KEYWORDS

Abnormal uterine bleeding, dysfunctional uterine bleeding, endometrium

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## ABSTRACT

**Background:** Abnormal uterine bleeding is one of the most common and significant gynecological complaints and is seen in about 10-15% of women attending gynecological clinics.

**Methods:** study of 500 case of Abnormal uterine bleeding includes female of all age groups attending Gynecology clinic at tertiary care center in. Study time period was 2 years from September 2013 to September 2015. Histopathological material consists of D & C, endometrium biopsy and hysterectomy specimens.

**Result:** Dysfunctional Uterine Bleeding accounted for 260 case out of total 500 cases. In incidence of Dysfunctional Uterine Bleeding was highest Age group of 31-40 years followed by age group 41-50 years.

**Conclusion:** Dysfunctional uterine bleeding is commonest cause of Abnormal uterine bleeding which affects mainly 31 to 50-year-old females. one should keep Dysfunctional Uterine Bleeding in mind whenever there is history of abnormal uterine bleeding whenever there is no obvious organic lesion present.

## INTRODUCTION:

The Female genital tract is hormone responsive system to a degree unmatched by any other system in the body<sup>(1,2)</sup>. Cyclic uterine bleeding, which begins anatomically and physiologically normal female, marks an important stage of reproductive maturation<sup>(3,4)</sup>. Abnormal uterine bleeding is one of the most common and significant gynecological complaints seen in about 10-15 % of women attending gynecology clinics. This study had been carried out to know the histopathological pattern of endometrium in Abnormal Uterine Bleeding and incidence of the same in different age groups.

## MATERIALS AND METHODS

Present study had been carried at a tertiary care hospital. Present study consist of 500 cases of Abnormal Uterine Bleeding was carried out in histopathology laboratory affiliated to same center during period of September 2013 to September 2015.

Female of all age presenting with Abnormal Uterine Bleeding were included in present study while patient with cervical pathologies, systemic causes and bleeding diathesis were excluded.

Histopathology material was consisting of curettage, endometrial biopsies and hysterectomy specimens. Received specimens are fixed in 10% formalin. After tissue processing blocks are prepared, sections were stained by Hematoxylin and eosin, mounted and seen under light microscope for reporting.

## RESULT

Total no of 500 cases were studied in present study and following findings were obtained.

**Table :1 conditions Causing abnormal uterine bleeding**

Causes of abnormal uterine bleeding	No (%)
Dysfunctional uterine bleeding	260 (52%)

Organic lesions	240 (48%)
Total	500

Table 1: According to histopathological findings endometrial histopathology was analyzed separately and categorized in to Dysfunctional uterine bleeding and organic causes Dysfunctional Uterine Bleeding accounted for majority of the cases.

**Table: 2 Incidence of Dysfunctional Uterine Bleeding in different age groups**

Age	No of cases
Less than 20 years	1
21-30 years	28
31-40 years	134
41-50 years	86
51-60 years	9
More than 60 years	2
Total	260

Table :2 Incidence of Dysfunctional Uterine Bleeding in different age group were decided accordingly to which maximum cases of 31-40 years (51%) followed by age group of 41-50 years which was 32%. 10% cases belonged to 21-30 years of age, while age group less than 20 years and more than 60 years has least no of cases, 1 and 2 respectively.

## DISCUSSION

**Table 3: Distribution of patient according to age group of patients with abnormal uterine bleeding:**

Sr No	Study	Year	Range of age (in years)	Most prevalent age group (in years)
1	Zeeba S. Jairajpuri et al <sup>5</sup>	2013	15-70	41-50
2	S Vaidya et al <sup>6</sup>	2013	18-70	41-50
3	Gerald Dafe Forae et al <sup>7</sup>	2013	17-86	30-39
4	Aseel Ghazi Rifaf et al <sup>8</sup>	2013	18-68	41-50

Sr No	Study	Year	Range of age (in years)	Most prevalent age group (in years)
5	Rupal Shah et al <sup>9</sup>	2014	21-70	41-50
6	Present study	2015	22-70	31-40

In present study age of patients ranged from 22 to 70 years. Many studies have revealed that occurrence of menstrual disorders of excessive type increased with age (table 3). The largest group of patients with abnormal uterine bleeding in present study was in age group 31-40 years accounting for 198/500(39.6%) of cases and second age group is 41-50 years which is accounting for 171/500(34.2%) of cases; which is in concordance with many studies(table3).<sup>5,6,7,8,9</sup>

In the present study, the histopathological examination of endometrial biopsies showed a pathological change (organic causes) in 240 (48%) cases of the total cases, while 260 (52%) cases showed no definite structural pathology (i.e. dysfunctional causes). this is similar to the findings of Aseel Ghazi Rifat et al<sup>6</sup> (38.7% show organic causes and 61.3% show dysfunctional causes) and of S Vaidya et al<sup>6</sup> (19 % organic causes and 81% dysfunctional causes). Study of Gerald Dafe Forae et al<sup>7</sup> and Rupal Shah et al<sup>9</sup> showed more number of organic lesions (51.1%) and (52.6%) respectively, as compared to dysfunctional causes of abnormal uterine bleeding.

## CONCLUSION

Menorrhagia was the commonest clinical features in abnormal uterine bleeding.

Most of the cases of abnormal uterine bleeding were due to dysfunctional causes.

Histopathological examination of endometrial biopsy is a major diagnostic tool in evaluation of Abnormal Uterine Bleeding and a specific diagnosis could help the physician to plan therapy for successful management of Abnormal Uterine Bleeding.

In incidence of Dysfunctional Uterine Bleeding was highest Age group of 31-40 yeas followed by age group 41-50 years

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