

The effect of age with AUB in Perimenopause

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Abstract

Background: Abnormal Uterine Bleeding (AUB) is the term to describe any type of menstrual bleeding that does not fall within the normal ranges for amount, frequency, duration or cyclicity. Clinically AUB manifests as menorrhagia, polymenorrhoea, polymenorrhagia, metrorrhagia, and menometrorrhagia, intermenstrual bleeding, etc.

Methods: Prospective interventional study conducted at Kamla Nehru Hospital for State Mother and Child, IGMC Shimla.

Results: In present study majority of the cases were between 45- 50 years of age group (89.08%), with mean age 46.68 Yrs.

Conclusion: Abnormal uterine bleeding is one of the commonest reasons for women to seek medical help in all age groups, especially in perimenopausal age.

Keywords: AUB, Age, Bleeding

Introduction

Throughout the female reproductive life, the uterine endometrium undergoes a complex regular cycle of periodic proliferation, differentiation, breakdown and regeneration. Almost all women experience menstruation, and it is said to be normal if the uterine

bleeding is cyclic from a secretory endometrium associated with an ovulatory cycle, not exceeding a length of five days. Menstrual bleeding is said to be abnormal when the pattern is irregular with a duration of more than 7 days, and amount more than 80 mL/menses – menorrhagia.¹

Abnormal Uterine Bleeding (AUB) is the term to describe any type of menstrual bleeding that does not fall within the normal ranges for amount, frequency, duration or cyclicity. Clinically AUB manifests as menorrhagia, polymenorrhoea, polymenorrhagia, metrorrhagia, and menometrorrhagia, intermenstrual bleeding, etc.²⁻³

Material and Methods

Study Design: Prospective interventional study.

Study Settings: After approval from Research and Ethics Committee this study was conducted at Kamla Nehru Hospital for State Mother and Child, IGMC Shimla.

Study Period: 1ST July 2018- 30th June 2019.

Sample Size: All patients coming in the study period fulfilling the inclusion criteria.

Inclusion Criteria

- Perimenopausal women in age group 45 years and above with AUB.

Exclusion Criteria

- Patient refusal
- Other age groups with abnormal uterine bleeding
- Isolated cervical or vaginal pathology
- Bleeding diathesis and tendencies
- Pregnancy and its complications
- Patients receiving cyclical hormones
- Endocrine diseases like hypothyroidism, diabetes
- Leiomyoma
- Adenomyosis

Detailed history of the women with abnormal uterine bleeding coming to the opd was taken including the age, parity and menstrual patterns (amount, duration, and pattern of bleeding). General and systemic examination of these patients was done. The patients were subjected to routine investigations as per departmental protocol.

1. Hemoglobin
2. Urinary pregnancy test
3. Fasting blood sugar and post prandial blood sugar
4. Urine routine & microscopic examination
5. Thyroid profile
6. Coagulation profile
7. Ultrasonography of pelvic organs

Every patient was posted for endometrial curettage and the endometrial curetting's were taken as day care procedure.

Patients were asked to come next morning nil per orally. After taking the informed consent patients were asked to empty the bladder prior to procedure. The patients were given intravenous sedation. Patients were

placed in lithotomy position. Local antiseptic cleaning and draping was done.

Then bimanual examination was performed. Posterior vaginal speculum was introduced. The anterior lip of cervix was grasped with an allis tissue forceps. A uterine sound was introduced to confirm the position and to note the length of the uterocervical canal. Cervical canal was dilated with graduated dilators. After the desired dilatation, the uterine cavity was curetted by a uterine curette directing starting from fundus down to internal os. Vulsellum and speculum was removed.

Endometrial samples were collected in 10% formalin and sent for histopathological analysis to the Deptt. Of Pathology, IGMC, Shimla.

Endometrial patterns reported were recorded and studied.

Statistical Analysis

The frequency, proportion and percentages were calculated.

Results were summarized in tables, graphs and figures in terms of proportions and percentages. Statistical analysis was done using SPSS version 20.

Observations

The present study comprises of evaluation of menstrual and histopathological findings of 229 clinically diagnosed cases of AUB in Perimenopausal age group. Endometrial curetting's were taken and data was analysed.

Table 1: Age Distribution

| Age(Yrs) | No of Cases (N=229) | Percentage | Confidence Interval |
|----------|---------------------|------------|---------------------|
| 45-50 | 204 | 89.08% | 84.31-92.81% |
| 51-55 | 25 | 10.91% | 7.19-15.69% |

Age group of patients ranged from 45yrs-55yrs (perimenopausal age) with maximum number of cases in age group 45-50yrs i.e 204 (89.08%) with confidence interval of 84.31-92.81%. 25 (10.91%) cases with confidence interval of 7.19-15.69% were in age group **51-55yrs.**

Discussion

Table 1: Age and Abnormal uterine bleeding

| Age | Sreelakshmi et al (2018) | | Present study | |
|-------|--------------------------|--------|---------------------|--------|
| | No of cases (n=135) | % | No of cases (n=229) | % |
| 45-50 | 127 | 94.07% | 204 | 89.08% |
| 51-55 | 8 | 5.92% | 25 | 10.91% |

In present study majority of the cases were between 45-50 years of age group (89.08%), with mean age 46.68. Similar results were seen in study by Sreelakshmi U et al with incidence of 94.07% in age group between 45-50yrs.⁴ As the patients of this age group are in their climacteric period and as they approach menopause, cycle shortens and due to decline in number of ovarian follicles they become intermittently anovulatory and their increased resistance to gonadotropin stimulation causes decline in estradiol level, which cannot keep the normal endometrium growing. Also now a day because of better evaluation techniques and increased awareness amongst patients, they could be evaluated much earlier.

Conclusion

Abnormal uterine bleeding is one of the commonest reasons for women to seek medical help in all age groups, especially in perimenopausal age.

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