

2nd International webinar on **PATHOLOGY AND SURGICAL PATHOLOGY**

February 16, 2022 | Webinar

Endometrial hyperplasia and the possibility of malignancy

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Endometrial hyperplasia is a common condition caused by exogenous or endogenous estrogen, as well as a progesterone shortage. It is a precursor to endometrial carcinoma, one of the most frequent types of gynaecological cancer. The endometrium's uneven growth causes an abnormal gland-to-stroma ratio, which manifests itself as a spectrum of endometrial irregularities. It has different degrees of histological complexity as well as unusual cell and nuclear characteristics. Conditions associated with irregular or missing ovulation, particularly polycystic ovarian syndrome, enhance the risk of endometrial hyperplasia during the reproductive years. This condition is more likely in women with circumstances that increase circulating estrogen levels, such as obesity or estrogen replacement treatment, after menopause, when ovulation has stopped. Endometrial hyperplasia has a high risk of progressing to endometrial cancer, if left untreated.

In developed countries, endometrial cancer is the most frequent gynaecological cancer. This type of malignancy is becoming more common, with an incidence that rises in the 40–44-year-old age range. Hysterectomy is considered curative in patients with early stage illness. Advanced stage and high grade endometrial cancer, on the other hand, can be fatal. Certain risk factors, such as menopause, obesity, diabetes, hypertension, and unopposed estrogen, have been widely studied, while the processes underlying some of these risk factors, such as obesity, are still unknown.

The objectives of this study are to present the ethiology of endometrial hyperplasia, how it is evaluated and to present the various treatment options for endometrial hyperplasia.

Biography

Andreea Nelson Twakor currently a 5th year student in Medical School at "Ovidius" University Constanta in Romania. I enrolled into the USMLE journey. I am planning to sit STEP 1 in March 2022, STEP 2 in October 2022 and STEP 3 in August 2023, and apply for Match season in 2024. I am also a Teaching assistant at "Hippocrates" Nursing School, Constanta in Romania, teaching 1st year students about nursing techniques and patient care in classroom setting. I had a wide variety of work experiences and I gained various skills. Among the most important ones I believe are team working, communication skills and working well under pressure.

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