

Menstruation and related disorders in Indian adolescent girls: An observational study

Varsha N. Patil

Grant Government Medical College, India

Background: Menstrual disorders are a common presentation and leading reasons for the physician office visits by adolescents. With this preview, we have made an attempt to evaluate the current changes in the age of menarche, menstruation patterns, the incidence of common menstrual disorders and their etiologies. Aims and objectives of the current study was to evaluate the menstrual disorders, their etiology and treatment modalities in adolescents in tertiary health care setup.

Methods: An observational study was carried out on female patients in adolescent age group attending OPD of obstetrics and gynecology, Grant Government Medical College, Mumbai, India. The selected women were explained about the protocol, purpose of the study and were requested to complete the questionnaires to elicit information relating to demographic features, menarche age and menstrual characteristics. Results were tabulated and analyzed.

Results: A total number of 100 cases were included in this study, among them majority was in 16-19 years age group (64%), 79% of the study population belongs to the lower socio-economic class. It was observed that, 65% study subject presented with irregular menses, 55% with dysmenorrhoea, 52% with oligomenorrhoea, 28% with menorrhagia, 13% with polymenorrhoea, 10% with PCOS, 4% with hypothyroidism, 4% with hyperprolactinemia, 2% with endometriosis and 2% amenorrhoea. Most of the study subject responded well to analgesics and hormonal therapy.

Conclusions: Menstrual irregularities need to be evaluated with utmost sensitivity and treated promptly. Lack of sufficient knowledge, awareness regarding menstruation among adolescent girls and social embarrassment should be tackled with education.

Keywords: Adolescence, Menstruation, Menstrual disorders.