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## Adolescence and their recondite gynaecological issues

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### 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 programmes at the grassroots 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 of life that is characterised by significant growth and development on both the physical and mental fronts, and it is experienced by young women <sup>[1, 2]</sup>. It is distinguished by substantial variations in polyglandular endocrinology, which are supported by modifications in the patient's physical as well as psychological states. The spectrum of gynaecological 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 <sup>[2, 3]</sup>. This is because of the physiological and psychological factors that play a very important part in the growth and remodelling of a person's thinking during the era of transition between childhood and motherhood <sup>[3, 4]</sup>. This period of time is known as the "period of transition." These aspects include the following: It is imperative that we, as providers of health care, direct our attention toward these 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 <sup>[4]</sup>.

### Material and Methods

The current investigation 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 six months. A comprehensive history of the 36 patients, including the length and severity of their symptoms, was compiled, 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 (n=36)	Percentage (%)
10-13	2	5.55
14-16	9	25
17-19	25	69.4
TOTAL	36	100

69.4% of the study group are in the late adolescent age group, 25% are in age group of 14-16 and 5.5% are in age group of 10-13.

**Table 2:** Marital status in adolescent girls

Status	Number (n=36)	Percentage (%)
Unmarried	28	71.5
Married	8	28.5
Total	36	100

28.5% of the patients studied were married and 71.5% were unmarried adolescents.

**Table 3:** Different symptoms presenting to OPD

Types	Number (n=36)	Percentage (%)
Infrequent cycles	12	33.3
Heavy menstrual bleeding	6	16.6
Pain abdomen	5	13.8
Regular ANC	4	11.11
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 frequent cycles seen in 33.3% adolescents followed by heavy menstrual bleeding seen in 16.6%. Pain abdomen seen in 13.8%, regular antenatal check up in 11.11%, amenorrhoea, dysmenorrhoea, sexual abuse and dysmenorrhoea seen in 5.5% each, frequent cycles observed in 2.7%.

**Table 4:** Distribution of different disorders

Gynecological issues	Cases number (n= 36)	percentage
AUB-O(PCOS)	19	50
Teenage pregnancy	8	22.5
leucorrhoea	3	10
Pelvic inflammatory disease	2	7.5
Ovarian torsion	2	5
vaginitis	1	2.5
Primary amenorrhoea	1	2.5
total	36	100

Abnormal uterine bleeding due to PCOS is predominant gynecological issue in present study seen in 50% of study group, teenage pregnancies are 22.5% which are also in considerable numbers. Leucorrhoea observed in 10%, Pelvic inflammatory disease seen in 7.5% patients, Ovarian torsion seen in 5%, Vaginitis and primary amenorrhoea seen in 2.5% each.

## Discussion

According to the findings of this study, the vast majority of patients who visited the clinic were of late-adolescent age, between the ages of 17 and 19. According to this recent research, the prevalence of marriage among adolescents is 28.5%, which can lead to early sexual activity, teenage pregnancies, and

consequences such as pelvic inflammatory illness. A study conducted by Lalitha S, Padmasri Ramalingappa<sup>4</sup> 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 dysmenorrhoea, and frequent cycles. In a study that Goswami Sebanti and colleagues carried out on 124 teenagers, they came to the conclusion that menstrual disorders were the most common type of gynaecological condition (58.06%), with the most common symptom being infrequent menstrual cycles. 22.2% of teenage pregnancies (eight 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, as well as unwanted pregnancies and illegal abortions. A study conducted by Gazala Yasmin<sup>[7]</sup> in Madhya Pradesh revealed 5.10% of teenage pregnancies, 12% of teenage pregnancies were shown in study conducted by Rithvika Walad *et al.*<sup>[2]</sup>.

In the current study, leucorrhoea was observed in 10% of patients, which is equivalent to the study that was carried out by Lalitha S. Padmasri Ramalingappa in 75 teenage patients (10.66%). 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<sup>[4, 5]</sup>. In present study all cases of AUB are due to PCOS. A study conducted by Archana Singh *et al.*, shows PCOS prevalence of 11.96%<sup>[8]</sup>.

## 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.

## Conflict of Interest

Not available

## Financial Support

Not available

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