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## Common pattern of menstrual abnormalities amongst women presenting to gynecological outpatient department in a tertiary care hospital

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### Abstract

It is very important to know about the various menstrual irregularities and its associated symptoms as it is important for their effective management in order to make these days less troublesome and tolerable for the women and hence help them carry on with their daily work with ease. This was a retrospective study done on patients of perimenopausal age group (40-52 years) who presented with AUB, to the department of obstetrics and gynaecology in a medical teaching college hospital. In our study, it has been observed that most of the women i.e., 71.9% belonged to the age group of 40-45 followed by (18.8%) of women belonging to the age group of 49-52. Most women considered in our study i.e., 53.1%, had been married for two to three decades when they came to the hospital with AUB. A majority of the patients i.e., 79.8 were anemic with Hb counts less than 11. 21.9% of these women were severely anemic with Hb levels lesser than 7.

**Keywords:** Menstrual Irregularities, Perimenopausal, AUB

### Introduction

Menstrual abnormalities are the most common reason for visit to health care providers among women of perimenopausal age group which include heavy menstrual bleeding, dysmenorrhoea and amenorrhoea premenstrual syndrome [1].

It is very important to know about the various menstrual irregularities and its associated symptoms as it is important for their effective management in order to make these days less troublesome and tolerable for the women and hence help them carry on with their daily work with ease. The average menstrual cycle lasts for about 5 days. Various menstrual irregularities like inter menstrual bleeding and amenorrhoea cause worry about the effects on fertility and physical health [2]. Menstrual disorders frequently affect the women especially who suffer from dysmenorrhoea and heavy menstrual blood loss. Health problems arising from these menstrual irregularities can have effect on employment prospects [3]. Menorrhagia is prolonged (>7 days) or excessive (>80 mL daily) uterine bleeding occurring at regular intervals. Metrorrhagia is uterine bleeding occurring at irregular and more frequent than normal intervals. Menometrorrhagia is prolonged or excessive uterine bleeding occurring at irregular and more frequent than normal intervals. Intermenstrual/irregular bleeding means uterine bleeding of variable amounts occurring between regular menstrual periods. Polymenorrhoea is uterine bleeding occurring at regular intervals of less than 21 days. Oligomenorrhoea is uterine bleeding occurring at intervals of 35 days to 6 months [4].

### Methodology

This was a retrospective study done on patients of perimenopausal age group (40-52 years) who presented with AUB, to the department of obstetrics and gynaecology in a medical teaching college hospital.

**Type of study:** Cross-sectional study

**Sample selection method:** Purposive sampling

**Sample size:** A total number of 64 patients in the perimenopausal age group who presented with

AUB and in whom both TVS and endometrial biopsy were performed.

#### Inclusion criteria

- Women of perimenopausal age group (40-52yrs) with AUB
- No detectable pelvic pathology

#### Exclusion criteria

- Patients with abnormal uterine bleeding in adolescent, reproductive, post-menopausal age groups
- Women on hormonal treatment at the time of first presentation.
- Women with intrauterine device in situ.
- Women with bleeding disorders.
- Carcinoma of genital tract.
- Active genital tract infection.
- Pregnancy and related causes of bleeding PV

#### Results

**Table 1:** Age distribution

AGE	No. of women	Percentage
40-42	29	45.3
43-45	17	26.6
46-48	6	9.4
49-52	12	18.8
Total	64	100

In our study, it has been observed that most of the women i.e., 71.9% belonged to the age group of 40-45 followed by (18.8%) of women belonging to the age group of 49-52, as shown in table 1.

**Table 2:** Bleeding patterns

Complaint	No of women	Percentage
Menorrhagia	49	76.5
Metrorrhagia	1	1.5
Menometrorrhagia	10	15.6
Polymenorrhoea	2	3.2
Oligo menorrhoea	2	3.2
Total	64	100

Menorrhagia was found to be the most common bleeding pattern amounting to 76.5% of all cases, followed by Menometrorrhagia at 15.6%.

**Table 3:** Duration of Married life

Duration	No of women	Percentage
10-20 years	15	23.4
21-30 years	34	53.1
31-40 years	15	23.4
Total	64	100

Most women considered in our study i.e., 53.1%, had been married for two to three decades when they came to the hospital with AUB.

**Table 4:** Parity

Parity	No of women	Percentage
0	1	1.6
1	7	10.9
2	38	59.4
3	13	20.3
4	3	4.7
5	1	1.6
6	1	1.6
Total	64	100

of the 64 women considered, majority i.e., 87.6%, were multipara with 2 or more children. There was 1 nulliparous and 7(10.9%) primipara.

**Table 5:** Comorbidities

Disease	No of women	Percentage
None	35	54.7
Diabetes Mellitus	12	18.8
Hypertension	6	9.4
Both DM and HTn	7	10.9
Hyperthyroidism	1	1.6
Hypothyroidism	1	1.6
Others	2	3.1
Total	64	100

Of all the women considered, majority i.e., 54.7% had no other co-morbidities.

18.8% women had diabetes mellitus and is the major comorbid condition observed in these women. There were also one case each of hyper- and hypo- thyroidism. One of the women had a cardiac ailment while another was HIV positive.

**Table 6:** BMI

BMI	No of women	Percentage
Under weight(<18.5)	12	18.8
Normal(18.5-24.9)	26	40.6
Overweight(25-29.9)	23	35.9
Obese Type 1(30-40)	3	4.7
Total	64	100

While majority of the women under study i.e., 40.6% has a normal BMI, a significant no of women i.e., 35.9% were overweight.

**Table 7:** Hb levels

Haemoglobin	No of women	Percentage
<7	14	21.9
7 – 9	20	31.3
9 – 11	17	26.6
11 and above	13	20.3
Total	64	100

A majority of the patients i.e., 79.8 were anemic with Hb counts less than 11. 21.9% of these women were severely anemic with Hb levels lesser than 7.

#### Conclusion

Menorrhagia was found to be the most common bleeding pattern amounting to 76.5% of all cases, followed by Menometrorrhagia at 15.6%.

#### Discussion

Heavy menstrual bleeding or HMB is defined as excessive menstrual blood loss leading to interference with the physical, emotional, social and material quality of life of a woman, and which can occur alone or in combination with other symptoms. Adverse outcome is greater in women with total menstrual blood flow or MBL that exceeds 80 ml or menses duration and more than 7 days [5].

Our study was designed to assess the commonest presenting symptom among perimenopausal women attending our out patient department. We found that, nearly 70% of perimenopausal women attend the gynaecology outpatient

department with complaints of AUB<sup>6</sup>. In our study 43.5% of women in the age group 40-42yrs, 17% between age 43-45yrs. 18.8% of women were between the age group of 49-52 and 9.4% between the age of 46-48 came with complaints of abnormal uterine bleeding.

Also, a significant number of women i.e., 23(35.9%) were overweight and 3(4.7%) were obese, which are also hyper estrogenic conditions and predispose the women to endometrial carcinoma.

Out of the study group, 76.5% women complained of menorrhagia, 15.6% with menometrorrhagia, 3.2% with polymenorrhea and oligomenorrhea each. In June 2016, Shivaji Neelgund *et al.* [7], in Pondicherry have done similar study and also found menorrhagia as common symptom in perimenopausal women. However they found that the next common symptom was metrorrhagia as compared to our study where menometrorrhagia was second most common symptom.

Sujata *et al.* also found that the most common clinical presentation in perimenopausal was menorrhagia (46.4%) followed by metrorrhagia (20%), menometrorrhagia, polymenorrhea, polymenorrhagia among others [8].

Abnormal uterine bleeding was about 87.6% in multiparous women and only 1.6% was nullipara. Similar result was seen in study conducted by Nidhi *et al.* [9] in Rajasthan in 2015 where abnormal uterine bleeding was high in parous women, Grand multipara 38%, multipara 55%.

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