



STUDY OF GYNAECOLOGICAL PROBLEMS IN POSTMENOPAUSAL WOMEN IN TERTIARY CARE CENTER, GGH, VIJAYAWADA

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ABSTRACT

Background

Menopause is not a disease or illness, but it is a natural event in the life of women. menopause is the permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. It is a hypo oestrogenic state. It occurs gradually in women and it indicates the transition from reproductive to post reproductive era of women's life. Population ageing is emerging as a pre-eminent.^[1,2]

Objective

1. To study various gynaecological problems in post- menopausal women
2. To address the need for gynaecological evaluation even after menopause.

Methods

It was a Prospective and observational study carried out in the Department of Obstetrics and Gynaecology, GGH, Vijayawada. The study population consists of all postmenopausal women attending the gynaecological outpatient department and those admitted in the gynaecological ward. The total number of postmenopausal women included in the study was 260 over a period of 6 months from July 2023 to December 2023.

Results

The mean age at menopause was 51 to 55 years. The most common gynaecological problem was postmenopausal bleeding (33.4%), followed by lower abdominal pain (20%), white discharge (16.9%), prolapse (11.5%), fibroid (5.7%), frequent micturition (5.3%), PID (2.3%), ovarian cyst

(4.6%) In our study, with the women with postmenopausal bleeding cervical cancer was the most common malignancy.

Conclusion

The most common gynaecological problem was postmenopausal bleeding (32%) followed by lower abdominal pain (23%) The commonest symptom of underlying malignancy was postmenopausal bleeding and the commonest malignancy in our study in the women with the symptom of postmenopausal bleeding was cervical malignancy 26 cases, endometrial carcinoma 4 cases, ovarian malignancy 11 cases, vulval malignancy 0 cases.

Keywords: Gynaecological Problems, Malignancy, Postmenopausal Women.

INTRODUCTION

Menopause is not a disease or illness, but it is a natural event in the life of women. menopause is the permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. It is a hypo oestrogenic state. It occurs gradually in women and it indicates the transition from reproductive to post reproductive era of women's life. Population ageing is emerging as a pre-eminent.

Phenomenon throughout the world. Among the aged women deserve special attention because they outlive men in most society. This longevity also makes them vulnerable to different morbidity of which Gynecological disorders remain hidden a hitherto neglected because of the 'culture of science' surrounding women lives and neglect regular gynaecological checkups.

A major challenge for the world in 21st century is the ageing of its population. The older population is growing fastest in India. The number of people aged >60 years has grown from 5.4% in 1981 to 7.5% in 2001 and it projected to become 12.5% in 2025. ^[1,2]

Today, 40% of a woman's life is spent in postmenopausal era due to increasing life expectancy. pelvic organ prolapse, urinary incontinence, genital infections, and genital malignancies are various gynaecological problems in postmenopausal women. ^[3,4] The average age of menopause is around 48 years and can strike Indian women as early as 30 to 35 years. Due to various prevalent problems in postmenopausal life and lack of awareness among menopausal women about this problem, we aimed to study the problems that are common in the postmenopausal women and awareness about this problem and the malignancies in these women. ^[5, 6] Need of health education for these regarding gynaecological ailments and risk of life threatening malignancies without the notice of significant major symptoms. ^[7,8]

AIMS AND OBJECTIVES

1. To study various gynecological problems among postmenopausal women.
2. To address the need of health education and awareness of gynaecological disorders.

MATERIALS AND METHODS

The present study was a prospective one carried out in a tertiary care centre, GGH, Vijayawada. The study was conducted from July 2023 to December 2023 in 260 postmenopausal women who attended the outpatient department. A detailed history and clinical examination was performed in each case followed by routine investigations like haemoglobin, urine examination, random blood sugar, blood group, electrocardiogram, chest X-ray, and ultra sonography of pelvis. Endocervical curettage, endometrial curettage, cervical biopsy, and CA125 were done in indicated cases.

Inclusion Criteria

All postmenopausal women who attended the out- patient department for various gynecological problems during the study period.

Exclusion Criteria

Women who refused to participate in the study. All patients were explained in detail about aim, objectives of study and written consent was taken. Patient's socio demographic profile, obstetrics and

gynaecological history were recorded; including age and type of menopause, menstrual cycle before menopause and how it was attained was noted.

RESULTS

Out of 260 postmenopausal women, maximum women, 188(72.3), were in the age-group of 51 to 60 years (Table 1). Out of 260 postmenopausal women, maximum women had menopause at the age of 46 to 50 years (Table 2 and Graph 1).

Postmenopausal bleeding (33.4%), followed by lower abdominal pain (20%), white discharge (16.9%), prolapse (11.5%), fibroid (5.7%), frequent micturition (5.3%), ovarian cyst (4.6%), PID (2.3%). In our study, with the women with postmenopausal bleeding, cervical cancer was the most common malignancy (10%).

Age Group (years)	Number of Women	Percentage
41-50	62	23.8
51-60	188	72.3
61-70	10	3.9
70-75	0	0
Total	260	100

Table 1: Age group-wise distribution of postmenopausal women

Out of 87 women with postmenopausal bleeding, 71 (81.6%) were of benign cause and 31 (35.6%) were malignant cause.

Age Group	Number of Women	Percentage
1-5	90	34.6
6-10	110	42.4
11-15	45	17.3
16-20	15	5.7
Total	260	100

Table 2: Distribution of women according to age of menopause

Sl. No.	Gynecological Problems	Number of Women
1	Postmenopausal bleeding	87
2	Lower abdominal pain	52
3	White discharge	44
4	Uterine prolapse	30
5	Fibroid	15
6	UTI	14
7	Ovarian cyst	12
8	PID	6

Table 3: Distribution of gynecological problems

Type of Surgery	Number of Women	Percentage
Vaginal hysterectomy	2	6.6
Vaginal hysterectomy with anterior calporrhapy with posterior calporrhapy	26	86.6
Vault suspension by sacrocopopexy	2	6.6

Table 4: Type of surgery performed by uv prolapse

Sl. No.	Diagnosis of Women	Number of Women
1	Postmenopausal bleeding	
1.1	Benign atrophic endometrium	40
1.2	Fibroid	15
1.3	Polyp	10
1.4	CIN	6
1.5	Malignant ca.cervix	26
1.6	Ca.endometrium	4
1.7	Leiomyosarcoma	1
2	Pelvic organ prolapse	30
3	Urinary problems	
3.1	UTI	14
3.2	Urgeinncontinence	21
3.3	Stress incontinence	12
4	Ca.ovary	11
5	Ca.vagina	1

Table 5: Distribution of various gynecological disorders in postmenopausal women

DISCUSSION

In the present study, the age range was 40 to 75 years and majority were between 51 to 60 years Age at menopause: It was observed that maximum number of women, 110 women (42.3%), had menopause between 46 and 50 years. The duration of the menopause was considered as the time interval between the onset of menopause and the onset of the postmenopausal problems. In the maximum number of women, the duration of the menopause was between 1 and 5 years. Postmenopausal bleeding is the warning sign for gynecological malignancies; 81.6% of cases with post- menopausal women had benign cause and 35.6% had malignant cause. Thus, postmenopausal bleeding warrants the urgency of emergent further evaluation of the case. In our study, in women with postmenopausal bleeding, carcinoma of the cervix was the commonest malignancy found. According to the study by Lee et al, 25.7% of patients with postmenopausal bleeding had malignant cause and the commonest malignancy was the cervical cancer. In the study done by Singh and Arora, 65% of women with postmenopausal bleeding had malignant cause and the most common malignancy was cervical cancer.

Authors	Sample Size	Age Range
Gredmark et al ^[5]	457	50-80
Singh and Arora ^[6]	100	40-75
Opmeer et al ^[7]	540	37-91
Bharani and Phatak ^[8]	25	52-65
Present study	260	40-75

Table 6: Comparison of the age of presentation with other studies

CONCLUSION

To conclude, the most common gynecological problem in postmenopausal women was postmenopausal bleeding. In our study, in women with postmenopausal bleeding, 10% had malignant cause and the most common malignancy was cervical malignancy.

RECOMMENDATION

To prevent such problems, emphasis should be given more to create awareness about gynecological problems. Awareness can be created by displaying posters, giving health education to local paramedical people so that they refer these women to the specialist earlier. Post menopausal bleeding should not be neglected. Screening should be done of all sexually active women of 21 years of age and above for

cervical cancer by opportunistic screening methods like Pap smear. We recommend postmenopausal health clinics to all primary health centres, as it is a need of the hour.

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