Intraoperatively, a 5 cm retroperitoneal mass connected to the diaphragm was discovered. The mass was excised laparoscopically, and the diaphragm was repaired. Histology confirmed a benign teratoma. The patient recovered well and was discharged on the seventh postoperative day.

Results and discussion. Retroperitoneal teratomas are rare and often asymptomatic. Preoperative imaging is essential for surgical planning. Laparoscopic excision offers advantages such as reduced pain, faster recovery, and fewer complications. This case highlights the importance of accurate imaging and histopathological assessment in diagnosing and treating retroperitoneal masses.

Conclusion. Laparoscopic excision is an effective and safe approach for benign retroperitoneal tumors. This case underscores the need for further research to refine surgical techniques and establish guidelines for managing retroperitoneal tumors with diaphragmatic involvement.

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MENSTRUAL CYCLE: BASIS AND DYSFUNCTION

Nadil Nandul Silva, Fathima Akeela Samidon

Grodno state medical university

Научный руководитель: Smalei N. A.

Introduction. Menstrual cycle is a unique phenomenon occurring within a female body beginning from her puberty. This cycle is maintained by the Hypothalamic Pituitary Ovarian Axis when it gets activated upon puberty. This cycle ranges from 21 days to 35 days but we consider 28 days to be the average. Since oogenesis is halted at prophase of meiosis 1 until puberty, after attaining it the division continues. At the meantime, GnRH released from the hypothalamus acts on the anterior pituitary and that causes the release gonadotropins namely LH and FSH. This FSH acts on the follicles within the ovary, but to be more precise it acts on the primary follicle to convert it to the secondary follicle where later that will convert into a graafian follicle. Within these

follicles is the ovum in which is hoping to get fertilized in the future with the help of sperm entry. The secondary follicle is surrounded by granulosa cells and theca cells which play a role in producing hormones related to the menstrual cycle. Menstrual irregularities include violations of the duration of the menstrual cycle (amenorrhea, oligomenorrhea, polymenorrhea) and pathology of menstrual bleeding (abnormal uterine bleeding and dysmenorrhea). So it is necessary to perform examination of this problem.

Aim of the study. Our target is analysis and examination of the menstrual cycle disorders in young patients of the age of 23 years.

Materials and methods. We have analyzed cases of menstrual cycle problems in 75 cases.

Results and discussion. We have examined 75 women with menstrual cycle disorders. The average age was about 23 years. In 92% cases patients suffered from extragenital pathology: thyroid diseases (34%), respiratory problems (64%), cardiovascular diseases (28%). All the patients indicated some symptoms before beginning of the periods: abdominal cramps (100%), mood swings (100%), tender breast (81.13%), abnormal vaginal discharge (71.69%), acne (58.49%), backache (45.28%). The duration of menstrual cycle was 25-28 days in 70% cases, around 29-35 days in 30% cases. The duration of the bleeding during menstrual cycle was 3-5 days (75%), 5-7 days (20%), more than 7 days (5%). In 88% cases menstruation was painful. What about the drugs to avoid the pain during menstruation in 75% cases the patients used drugs (paracetamol, ibuprofen, ketorolac) to avoid the pain. More than that most of the patients had the symptoms during menstruation: tender breasts (67.92 %), bloating (88.67%), muscle aches (47.16%), joint pain (11.32%), headaches (39.62%), acne (79.24%), abdominal cramps (92.45%), diarrhea (20.75%), constipation (3.77%).

Conclusion. Menstrual cycle disorders are one of the important problems in modern obstetrics and gynecology. Regular menstrual cycle is very important to save the health of every woman. But as a result of our examination we have high level of menstrual cycle disorders especially in young patients. So we have to think about the diagnostics of menstrual cycle disorders and correct treatment.

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