

MENSTRUAL CYCLE DISORDERS AS AN ACTUAL PROBLEM OF GYNECOLOGY

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Introduction. The menstrual cycle refers to rhythmically repeating complex changes in the reproductive system. The duration of the menstrual cycle is calculated as the interval between the first days of two subsequent periods. Normally menstruation should be painless. Changes during the menstrual cycle are the most pronounced in the organs of the reproductive system, especially in the ovaries and the lining of the uterus. The most important role in the regulation of the menstrual cycle belongs to the hypothalamic-pituitary system. Menstrual irregularities include violations of the duration of the menstrual cycle (amenorrhea, oligomenorrhea, polymenorrhea) and pathology of menstrual bleeding (abnormal uterine bleeding and dysmenorrhea). Menstrual cycle disorders are one of the important problems in modern obstetrics and gynecology. They have a lot of reasons. Diagnostics is usually not so difficult. After the complete examining of the patients it is possible to administer the best type of treatment.

Aim of the study. Our target is examination of the women with menstrual cycle problems, study of the reasons, the results of analyses, diagnostics and treatment.

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. 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 92% cases patients suffered from extragenital pathology: thyroid diseases (34%), respiratory problems (64%), cardiovascular diseases (28%). 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. 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%). 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. 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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POLYCYSTIC OVARIAN SYNDROME AND MENSTRUAL IRREGULARITIES

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Introduction. Polycystic ovarian syndrome (PCOS) is the most common endocrine disorder affecting women of reproductive age, significantly impacting their quality of life. It is characterized by ovulatory dysfunction, hyperandrogenism and polycystic ovarian morphology. The hallmark feature of PCOS is menstrual irregularities, including oligomenorrhea, amenorrhea and menorrhagia. This is responsible for 80% of all cases of anovulatory subfertility and associated complications with metabolic, cardiovascular, obesity and psychological comorbidities. USS evidence of polycystic ovaries seen in 20-30% of all women but not associated with full syndrome.

Aim of the study. Our target to study cases of polycystic ovarian syndrome, complications and treatment.

Materials and methods. We have examined 60 cases of polycystic ovarian syndrome, gynecological and extragenital pathology, treatment.