

Review Committees in Sri Lanka and the Research Unit of the Ministry of Health has issued guidelines on the Ethical Review Committees. Healthcare Ethics Committees are established in hospitals to oversee the ethical aspects related to patient care.

Conclusion. Sri Lanka has initiated many measures for the implementation of principles of medical ethics in the country.

ЛІТЕРАТУРА

1. Sri Lanka Medical Council, Guidelines on ethical conduct for medical and dental practitioners registered with the Sri Lanka Medical Council, 2009, Available from <https://slmc.gov.lk/en/ethics>.

2. Directorate of Healthcare Quality and Safety, Ministry of Health, Sri Lanka, 2025. Available from <https://quality.health.gov.lk/>. Forum of Ethical Review Committees of Sri Lanka, 2025, Available from <https://fercsl.lk/>

MENSTRUAL DYSFUNCTION IN YOUNG WOMEN: PREVALENCE OF IRREGULAR CYCLES, DYSMENORRHEA, AND MEDICALLY DIAGNOSED CONDITIONS (PCOS, FIBROIDS)

Perera W Mudannayaka Mudiyansele Shihani Nathali,
Aluthge Malmi Bhagya,
Mallehe Vidanelage Kavindi Nirasha Rathnasiri,
Udugama Soorige Dona Gunali Induwarie Sooriyaarachchi

Grodno state medical university

Научный руководитель: Kukharchyk Y. V.

Introduction. Young adult women face unique challenges related to menstrual health, which can impact various facets of their lives, from physical health to emotional well-being. This research is designed to specifically explore the types and frequency of menstrual disturbances experienced by women aged 18 to 35, ultimately gathering information on sociodemographic characteristics and potential risk factors in order to improve their health outcomes.

Aim of the study. This study seeks to identify and analyze menstrual cycle disorders in women aged 18-35 years, with a focus on characterizing their types and frequency.

Materials and methods. Data for this study were collected through detailed questionnaires administered to sample of pre-menopausal women and we selected the result of the age group 18-35.

Results and discussion. According to the collected data 13.5% females have irregular menstruation. The rest 86.5% has regular menstrual cycle. Out of all the responses 3.8% are suffering from menorrhagia (more than 7 days). But 90.3% have normal menstruation. Intermenstrual bleeding is in 13.5%. Dysmenorrhea can be seen in 91.9%. Only 18.6% is having severe pain according to the pain scale (8-10). Pain before the menstruation occurs in 35.3% . The majority which is 90% have pain during the menstruation while 4.7% have pain even after the menstruation stops. Among the given population 54.6% has diarrhoea/ constipation. 83.2% which is the majority has abdominal cramps and lower back pain. Frequency of urination in 20% and 65.4% has body weakness. 64.9% and 9.7% have acne unusual hair growth in face / chest respectively. 67.9% has mood swings during menstruation. 44.9% has breast pain and 25.9% has sleep changes. 38.9% and 10.3% have headache and hair loss respectively. Nipple discharge is in 2.2%. Although most of the women have different menstrual disturbances only 10.8% have medically diagnosed their conditions which are PCOS , fibroid and endometrial hyperplasia. 8.3% has thyroid hormone imbalances and 0.9% has pituitary related problems. 11.1% has anemia. 2.7% have being pregnant but the majority has not experienced. 2.2% has had difficulties in getting pregnant which can be subfertility. 8.1% has used COCP/ POP while 0.5% use nexplanon / depo provera. Dyspareunia is showing in 6.5% of women and 1.1% has bleeding during sexual intercourse.

Conclusion. To conclude, this study confirms that menstrual issues, such as dysmenorrhea, menorrhagia, PCOS and fibroids, are frequently encountered by women aged 18-35. Because of this high frequency, it is essential to provide medical attention that supports women's ability to maintain a fulfilling and active life during menstruation.

ЛИТЕРАТУРА

1. Thankam. R. Varma, Management of obstetrics and its related problems / Thankam. R. Varma // India / – 2004. – 328 p.