



ADOLESCENT ABNORMAL UTERINE BLEEDING (AUB) IN A TERTIARY REFERRAL HOSPITAL: A RETROSPECTIVE STUDY

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ABSTRACT

Background: To study the prevalence, etiology and management of Adolescent AUB.

Methods: A retrospective study was conducted in the Department of Obstetrics and Gynecology at Shri Dharmasthala Manjunatheshwara College of Medical Science and Hospital, Dharwad, India. The study included 77 adolescents admitted with abnormal bleeding over a period of 10 years. A detailed history was taken on admission and relevant investigations were done. All patients received non hormonal and/or hormonal therapy, blood transfusion was given in cases with severe anaemia.

Results: Out of the 77 inpatients with puberty menorrhagia, majority of the cases were due to endocrine causes (71.42%), 20.77% were due to coagulation disorders, anatomical causes was seen in 6.49% patients and drug intake was found in 1 patient. Majority of the adolescents had severe anaemia requiring blood transfusion. Most of the cases responded to hormonal therapy

Conclusion: Most common etiology of abnormal bleeding in adolescents was anovulatory AUB secondary to immaturity of HPO axis. Many individuals had severe anaemia at presentation. Individualizing every case, excluding pregnancy, timely hospitalization, a thorough history, physical examination and base line workup are crucial in the management of every case.

KEYWORDS : Adolescent, heavy menstrual bleeding, hormonal therapy.