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RESEARCH ARTICLE

BLEEDING PATTERN IN ABNORMAL UTERINE BLEEDING.

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Key words:-

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Abstract

Introduction: Abnormal uterine bleeding is the most common gynecological symptom in reproductive age group. The etiology varies from unknown pathology to cancer. AUB is mostly under-diagnosed due to lack of awareness of its severity. This study was carried out to find the bleeding pattern in patient with AUB.

Method: This study was conducted in the Department of Pathology, Christian Medical College, and Hospital, Ludhiana over a period of two years, which include one year of retrospective study and one year of prospective study of samples received in the department.

Result: Maximum number 343 (47.7%) cases were in the age group of 41-50 years. 33.7 % presented with menorrhagia.

Conclusion: AUB mostly seen in the peri-menopausal age group with varied bleeding pattern in different studies.

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Introduction:-

Abnormal uterine bleeding is a common gynecological symptom. Abnormal uterine bleeding occurring as heavy, prolonged or acyclic flow at menopausal transition or as spotting or minimal bleeding at postmenopausal period may be alarming and needs thorough evaluation, since this may be the only clinical manifestation pointing towards endometrial cancer. [1] Whilst most patients have benign disease, a thorough investigation is necessary, particularly in the peri- and post-menopausal women. [2] Abnormal and excessive endometrial bleeding without structural pathology occurs in reproductive women of all ages but is more common in adolescent and perimenopausal women. [3] Postmenopausally DUB is frequently associated with an atrophic endometrium. [4] Abnormal uterine bleeding signifies various patterns menorrhagia, metrorrhagia, menorrhagia, hypermenorrhea, hypomenorrhea, oligomenorrhea and amenorrhea. It is important to know the accurate characterization of the bleeding to assist in disease-specific management. Lack of awareness of underlying bleeding disorders has led to underdiagnosis in women with abnormal reproductive tract bleeding. This study was carried out to find the bleeding pattern in patient with AUB.

Method:-

This study was conducted in the Department of Pathology, Christian Medical College, and Hospital, Ludhiana over a period of two years, which include one year of retrospective study and one year of prospective study. In the retrospective study, cases from 1st January 2010 to 31st December 2010 were included, while the prospective study included cases from 1st January 2011 to 31st December 2011. A total of 719 specimens of endometrium sent as

curettage and hysterectomy received in the department with clinical diagnosis of abnormal uterine bleeding were included in the study. The clinical details were procured from the laboratory requisition form. Only non-pregnant women were included in the study.

Results:-

The cases were distributed over a wide age range. The youngest patient was 18 years old while the oldest was 85 years old lady, mean age 42.5 ± 8.2 . Maximum number 343 (47.7%) cases were in the age group of 41-50 years which was the most common age group. Majority 591 (82.2%) of the cases were seen in the fourth decade to fifth decades. (Table 1)

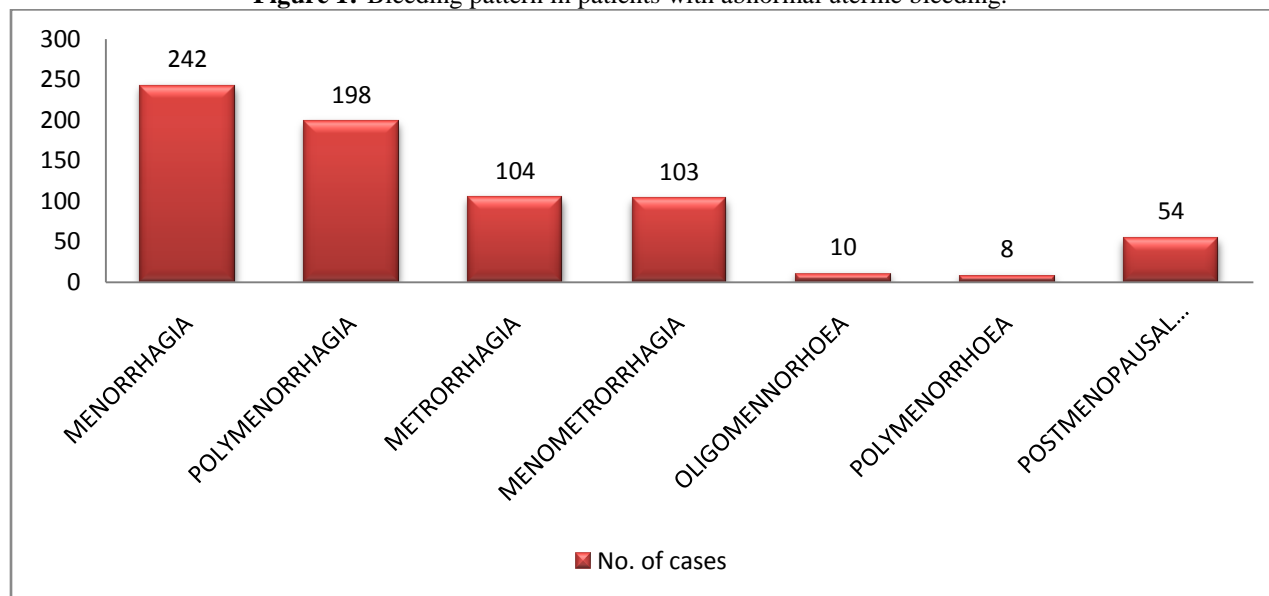
Table 1:- Age-wise distribution of cases with abnormal uterine bleeding.

AGE (years)	No. Of cases	Percentage
<20	4	0.6
21-30	51	7.1
31-40	248	34.5
41-50	343	47.7
51-60	58	8
61-70	9	1.3
71-80	5	0.7
81-90	1	0.1
Total	719	100

Out of 719 patients, 665 (92.5%) were premenopausal whereas 54 (7.5%) were postmenopausal.

Table 2 depicts bleeding pattern in all cases of abnormal uterine bleeding. 242 (33.7%) patients presented with complaints of menorrhagia, 198 (27.5%) with polymenorrhagia, 104 (14.5 %) patients came with complaints of metrorrhagia, 103 (14.3%) patients came with complaints of menometrorrhagia, 10 (1.4%) patients came with complaints of oligomenorrhoea, 8 (1.1%) patients came with complaints of polymenorrhoea and 54 (7.5%) patients came with complaints of postmenopausal bleeding. (Fig 1)

Figure 1:- Bleeding pattern in patients with abnormal uterine bleeding.



Discussion:-

The age of patients with abnormal uterine bleeding in the present study ranged from 18 to 85 years which is similar to the study done by Mirza et al 2012.^[5] The peak incidence in the age of patients 41-50 years was seen in the 5th decade in the present study which is same as seen by Muzaffar et al 2005,^[6] while Abdullah et al 2011^[7] had it in the 6th decade. Because most cases are associated with anovulatory menstrual cycles, adolescents^[8] and perimenopausal women^[9] are particularly vulnerable.

The dominant menstrual problem was menorrhagia which was similar to that reported by Jetley et al and Bharat et al.^[10,11] In a study of 400 perimenopausal women, the most common type of bleeding pattern was menorrhagia (67.5%).^[11] Post menopausal bleeding was reported in only 7.3 % while Bhatta et al reported in 23 %. This variation may be due to age pattern.^[12]

Conclusion:-

- The majority (47.7%) of cases with abnormal uterine bleeding was seen in the age group of 41-50 years.
- Most common bleeding pattern encountered in abnormal uterine bleeding was menorrhagia, followed by polymenorrhagia.
- There is variation in bleeding pattern found in different studies among various age group depicting a wide range of etiological factors.

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