

A review of ultrasonographic assessment of menopausal endometrial thickness

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Introduction:

4th most common cancer in women globally. Measurement of endometrial thickness with ultrasonography is a modality commonly used today. Its clinical importance and applications extend throughout the phases of the reproductive lives of women.

• Methods:

The search was completed using the search terms "endometrial thickness," "endometrium," and "ultrasound." Studies that were included in the review were those that correlated ultrasound measurements of endometrial thickness with endometrial histology, or examined the effects of hormone replacement therapy (HRT), tamoxifen, and raloxifene on endometrial thickness as measured by ultrasound.

Results:

Large prospective studies have shown that an endometrial thickness ≤ 4 mm on transvaginal ultrasound in postmenopausal women with bleeding has a risk of malignancy of 1 in 917. Thus, in postmenopausal patients with bleeding, biopsy is not indicated when endometrial thickness is ≤ 4 mm. The significance of a thick endometrial echo in nonbleeding postmenopausal women has not been validated and need not require automatic tissue sampling.

• Conclusions

Our study shows that transvaginal sonography is a useful method of screening for endometrial abnormalities. Transvaginal ultrasound has a high sensitivity for detecting endometrial cancer in postmenopausal women with abnormal uterine bleeding . Women with postmenopausal abnormal uterine bleeding and an endometrial thickness greater than 4 mm on transvaginal ultrasound should have endometrial sampling to rule out neoplasia.