

Retrospective analysis of endometrial biopsies in patients with abnormal uterine bleeding and post menopausal bleeding

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Objectives

- Abnormal uterine bleeding(AUB) is bleeding from the uterine corpus which is abnormal in regularity, volume, frequency and duration, which may interfere with a woman's physical, social, and emotional quality of life.
- The objective of the study is to identify the types of endometrial pathologies in patients who do not have any other obvious structural or non structural pathology.

Methodology

- This is a retrospective cross sectional study
- Histopathological reports of endometrial samples from patients who were investigated for AUB were obtained during the period of June 2020 to June 2022.
- The sample size was 403. Out of that 59 were in ages between 20 – 39 years, 300 were aged between 40 years up to menopause. 44 were menopausal.
- The indications to perform biopsies include ;
 - 20-39 years – Patients with AUB and having risk factors
 - 40 years – menopause – Having regular heavy or persistently irregular bleeding
 - Post menopausal – Bleeding with endometrial thickness of more than 4 mm.
- Patients who were diagnosed with submucosal fibroids, adenomyosis, coagulatory dysfunctions were excluded.

Results

		Age 20 – 39 years	Age 40- up to menopause	Post Menopausal
Structural causes	Polyps	18 (30.5%)	31(10.3%)	15(34%),
	Endometrial hyperplasia	2(3.3%)	2(0.6%)	3(6.8%),
	Endometrial carcinoma	2(3.3%)	2(0.6%)	5(11.3%),
Non structural causes	Normal Pattern	14(23.7%)	86(28%),	6(13.6%)
	Exogenous hormonal effect	8(13.5%)	96(32%)	3(6.8%),
	Chronic endometritis	2(3.3%)	16(5.3%)	-
	Disordred proliferation	1(1.6%)	12(4%),	-
	Glandular and stromal breakdown	1(1.6%)	9(3%),	2(4.5%),
	Atrophic endometrium	11(18.6%)	47(15.6%).	10(22.7%).
		59(100%)	300(100%)	44(100%)

Discussion

- From whole study population ,107(26.5%) had structural and 296(73.5%) showed non structural patterns. The commonest structural cause in all age groups is endometrial Polyp. The commonest non structural cause in the 20- 39 years age group is normal pattern(23.7%), exogenous hormone effect (32%) in the 40 years to menopause age group and atrophic endometrium (22.72%) in menopausal category..
- The frequency of endometrial hyperplasia and carcinoma increases with age accounting for 18% of cases in postmenopausal age group compared to 1% and 7% in 40 years to menopause and 20 -39 years age groups respectively.

