



STUDY OF MAGNITUDE OF THYROID DISORDERS IN PATIENTS WITH ABNORMAL UTERINE BLEEDING AUB(E/O)

Dr Sankalpa A J, Trust grade registrar, University Hospitals of Leicester, Leicester, United Kingdom

Under the guidance of : Dr Jayanthi T , Professor and HOD , Obstetrics and Gynecology, East point medical college , Bengaluru, India

BACKGROUND : Abnormal uterine bleeding is one of the most common, but yet complicated clinical presentation. Depending upon its etiology and to ease its confusing management, AUB has been categorized into 9 main categories by International Federation of Obstetrics and Gynecology. Among all the etiologies listed, ovulatory disorder is one of the most common causes which usually occur secondary to thyroid dysfunction.

AIM OF THE STUDY

To asses and analyze the magnitude of thyroid disorders in patients with AUB (E, O) in the age group of 15-45 years attending OPD/IPD at KIMS hospital and Research Centre , Bangalore

OBJECTIVES OF THESTUDY

Primary Objective:

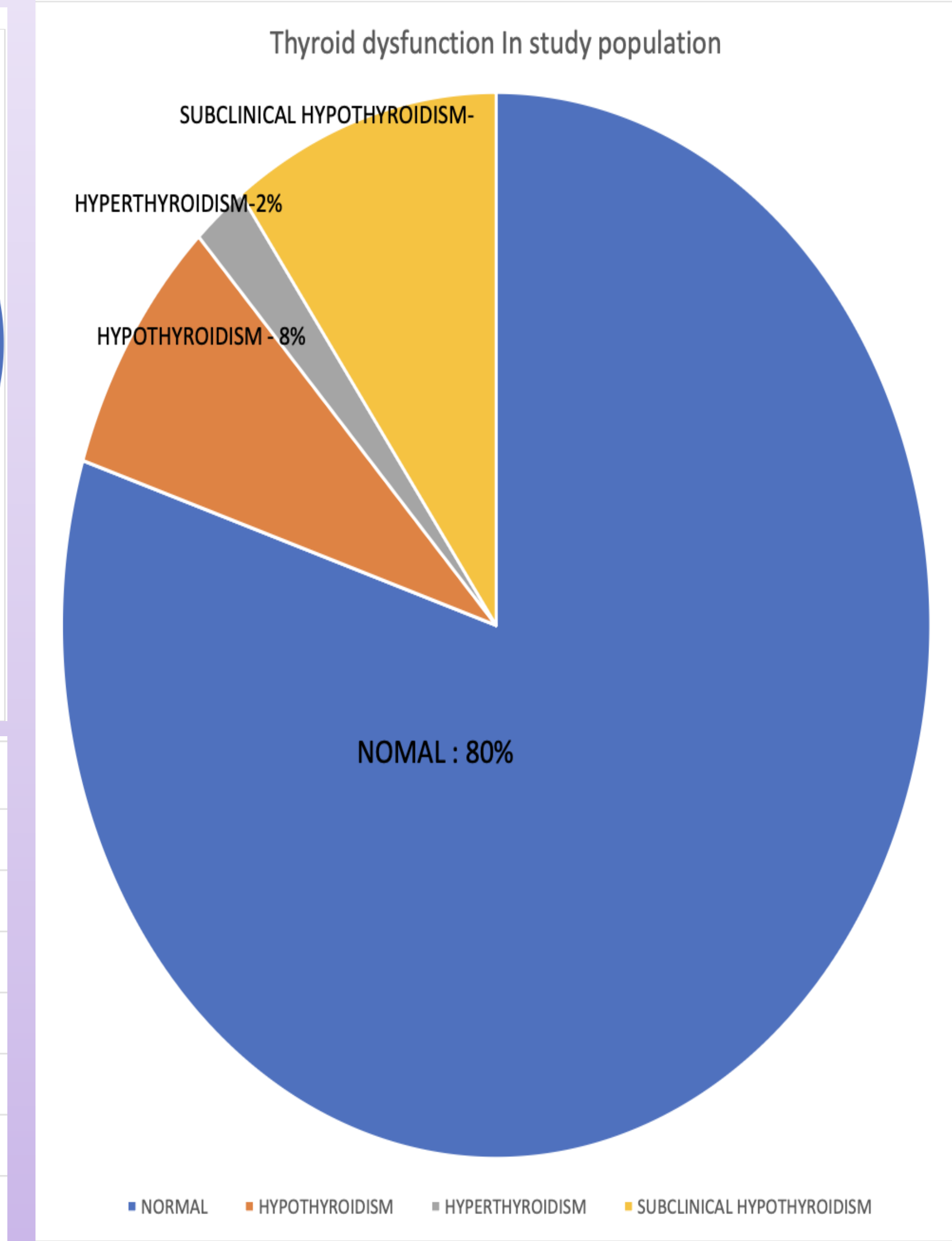
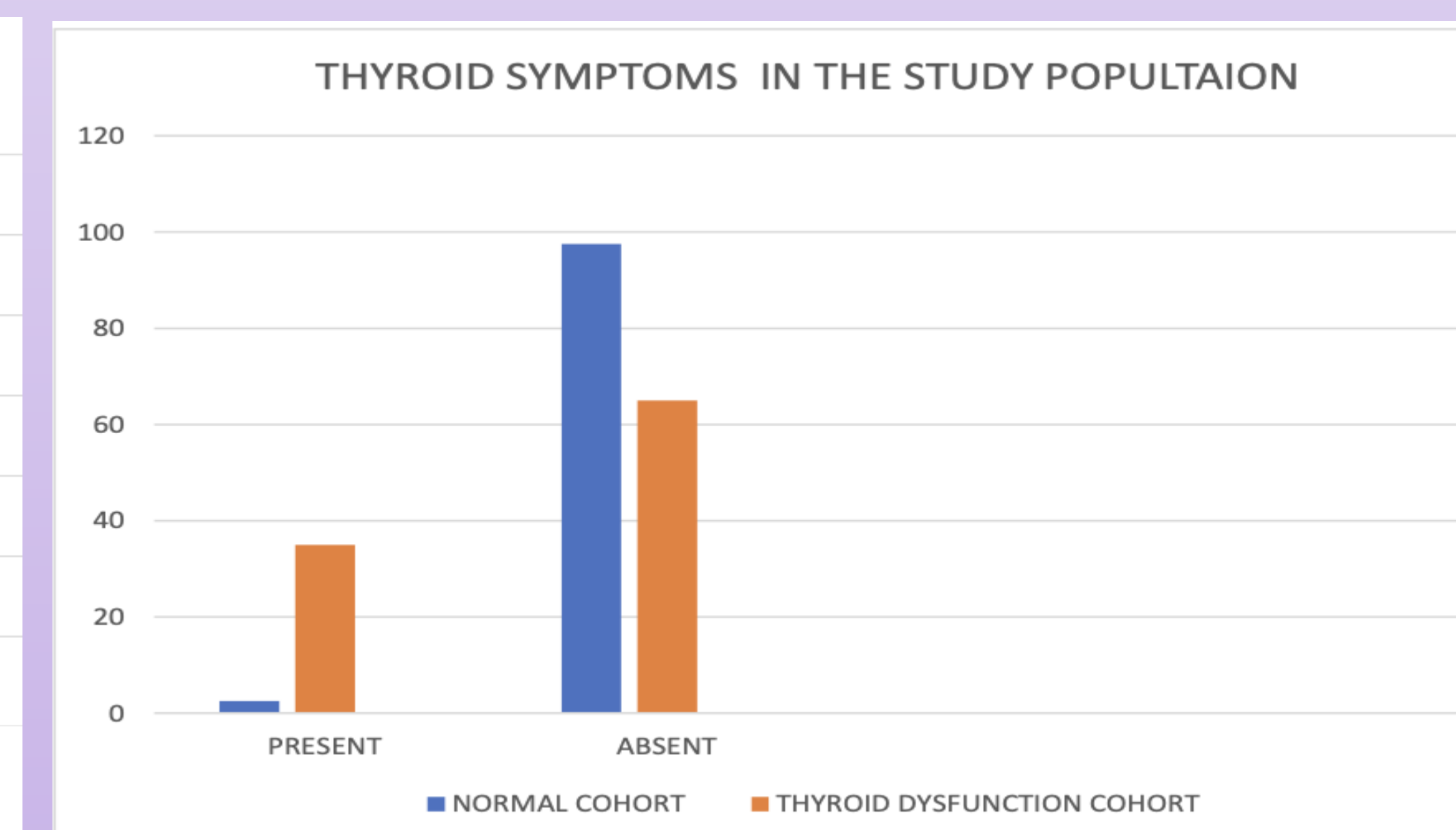
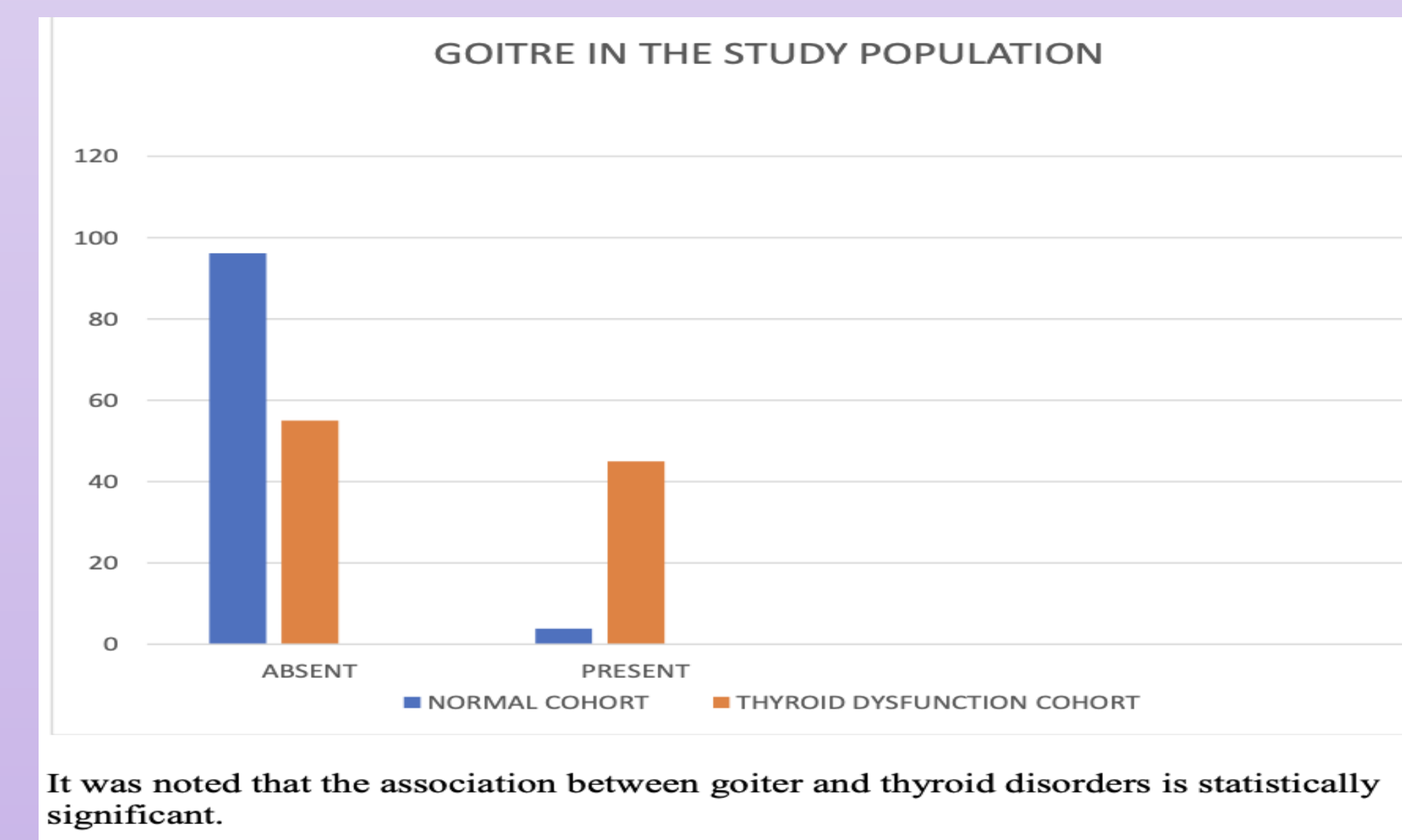
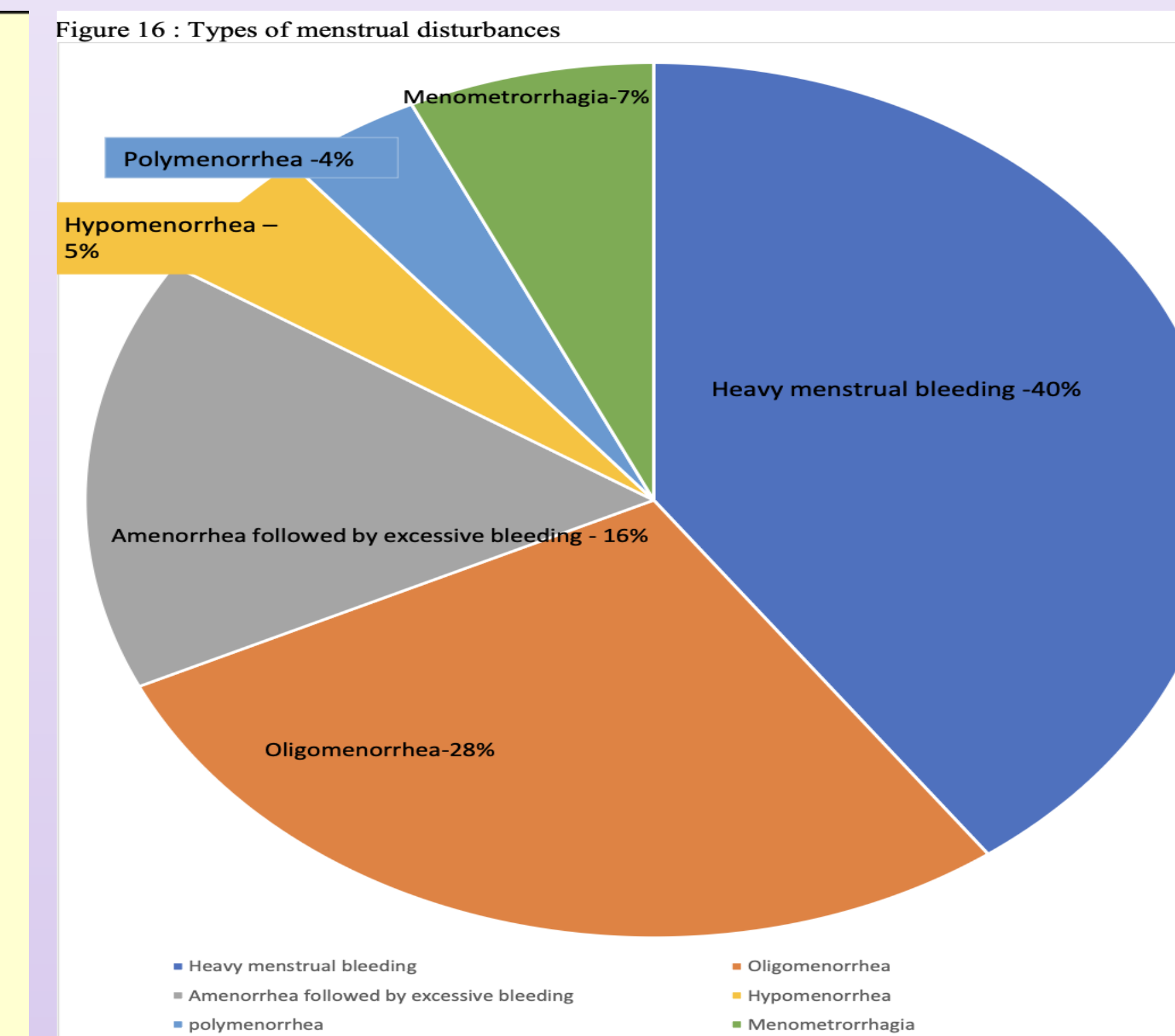
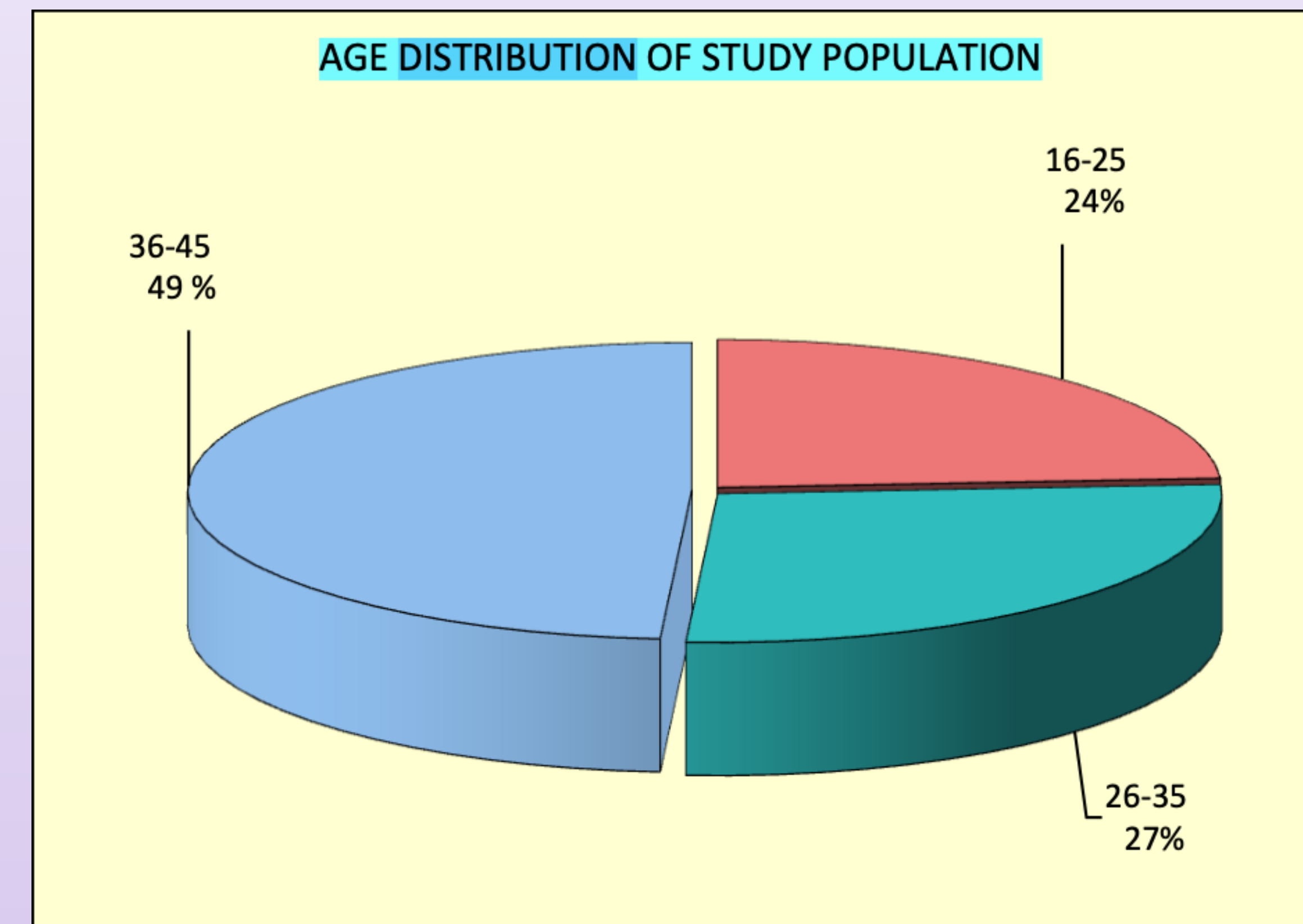
To assess the magnitude of thyroid disorders in AUB(E,O) patients

Secondary Objective:

To determine the different patterns of menstrual abnormalities associated with various thyroid disorders.

METHODS: The study was conducted in the department of OBG in KIMSH, Bangalore over a period of 18 months from January 2020 to June 2021 among 100 patients who presented to gynecology OPD from puberty till menopause with AUB (E/O). The study protocol includes a thorough history taking regarding age, bleeding pattern, onset, duration, quantity of bleeding and complaints related to thyroid dysfunction will be noted in detail. A thorough clinical examination including general physical examination, neck examination, systemic and gynaecologic examinations will be carried out. All patients will be subjected to TSH and relevant investigations as indicated. Patients with abnormal thyroid profile, if indicated will be subjected to T3, T4 and Anti-TPO antibodies.

RESULTS: The mean age of study patients with AUB (E/O) was 33.26years. Most common menstrual disorder among the study population was menorrhagia (40%) and oligomenorrhea (28 %). The magnitude of thyroid dysfunction was 20%. It was found that 80 women had normal thyroid status and 20 women had thyroid disorder. Most common thyroid dysfunction was subclinical hypothyroidism (10%) followed by hypothyroidism (8%) and hyperthyroidism (2%).



CONCLUSION : Menstrual irregularities are more common in patients with thyroid disorders and may antedate it. Thyroid disorders should be regarded as one of the significant etiological component, especially in cases with no obvious pathology like AUB (E/O). In cases of abnormal uterine bleeding(E/O), biochemical estimate of free T3, free T4, and TSH should be considered. In most of the cases, treating thyroid disorders may correct the menstrual irregularities and hysterectomy may not be required in some of the cases. Hence, all patients with menstrual irregularities should be screened for thyroid disorder which is cost effective.