

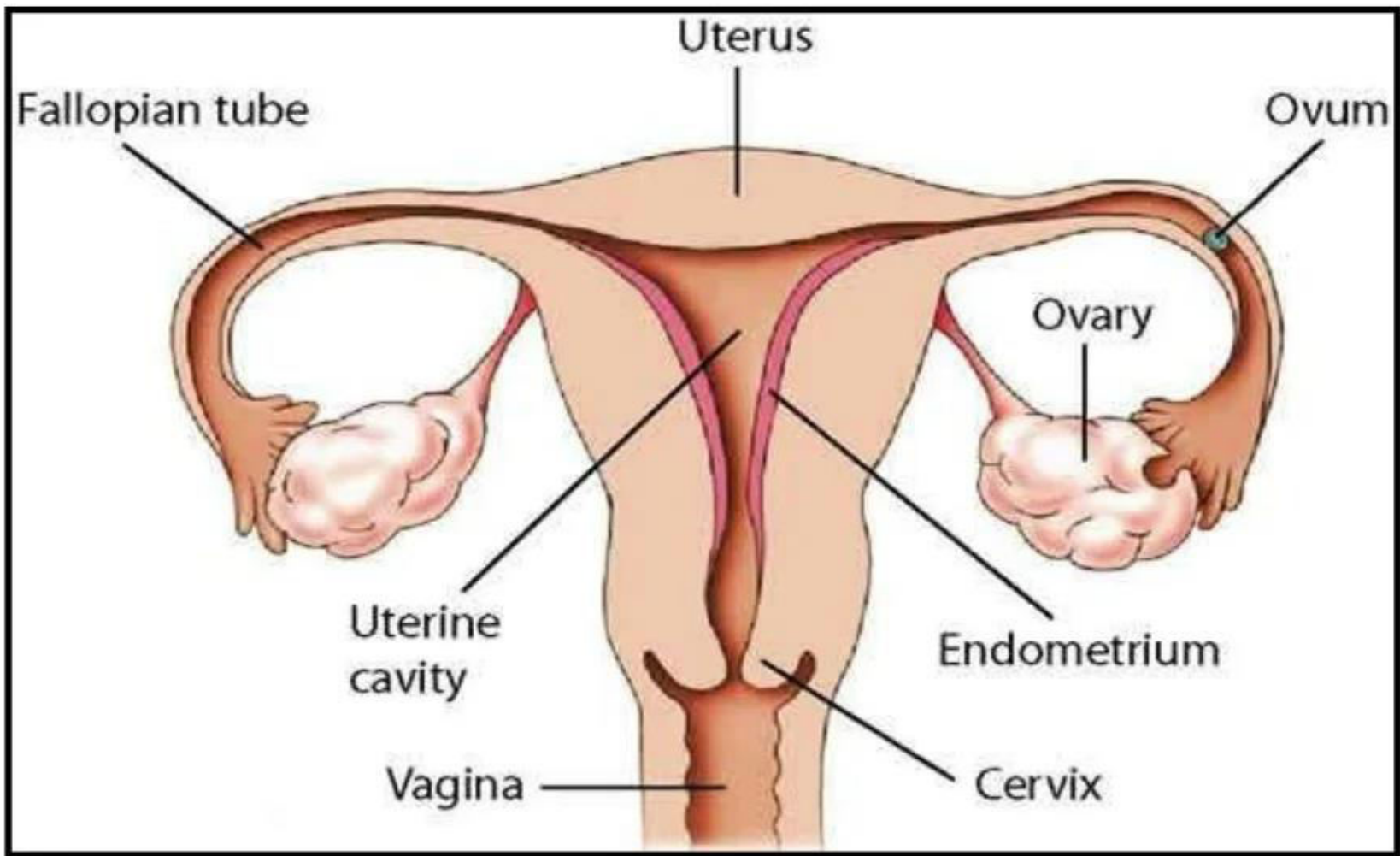
MENSTRUAL & BLEEDING DISORDERS

A white sanitary pad is positioned diagonally across the center of the image. The background is a vibrant red surface with a pattern of small, multi-colored polka dots in shades of blue, yellow, and pink. Scattered around the pad and the text are several dried rose petals in various shades of pink and orange, adding a delicate and feminine touch to the composition.

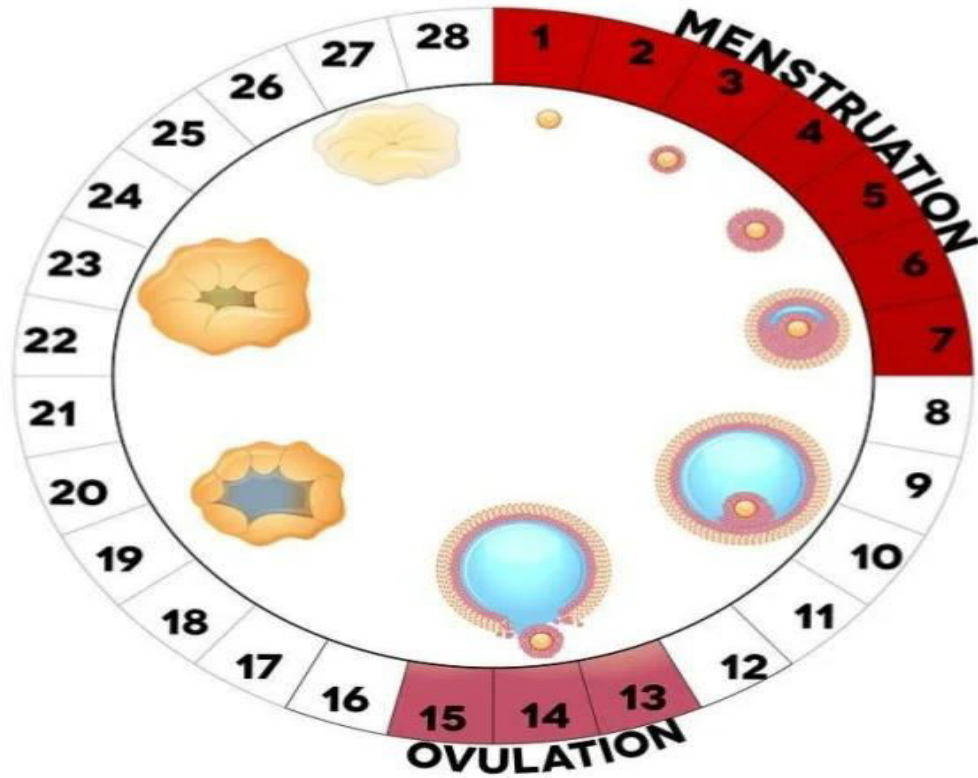


Objectives

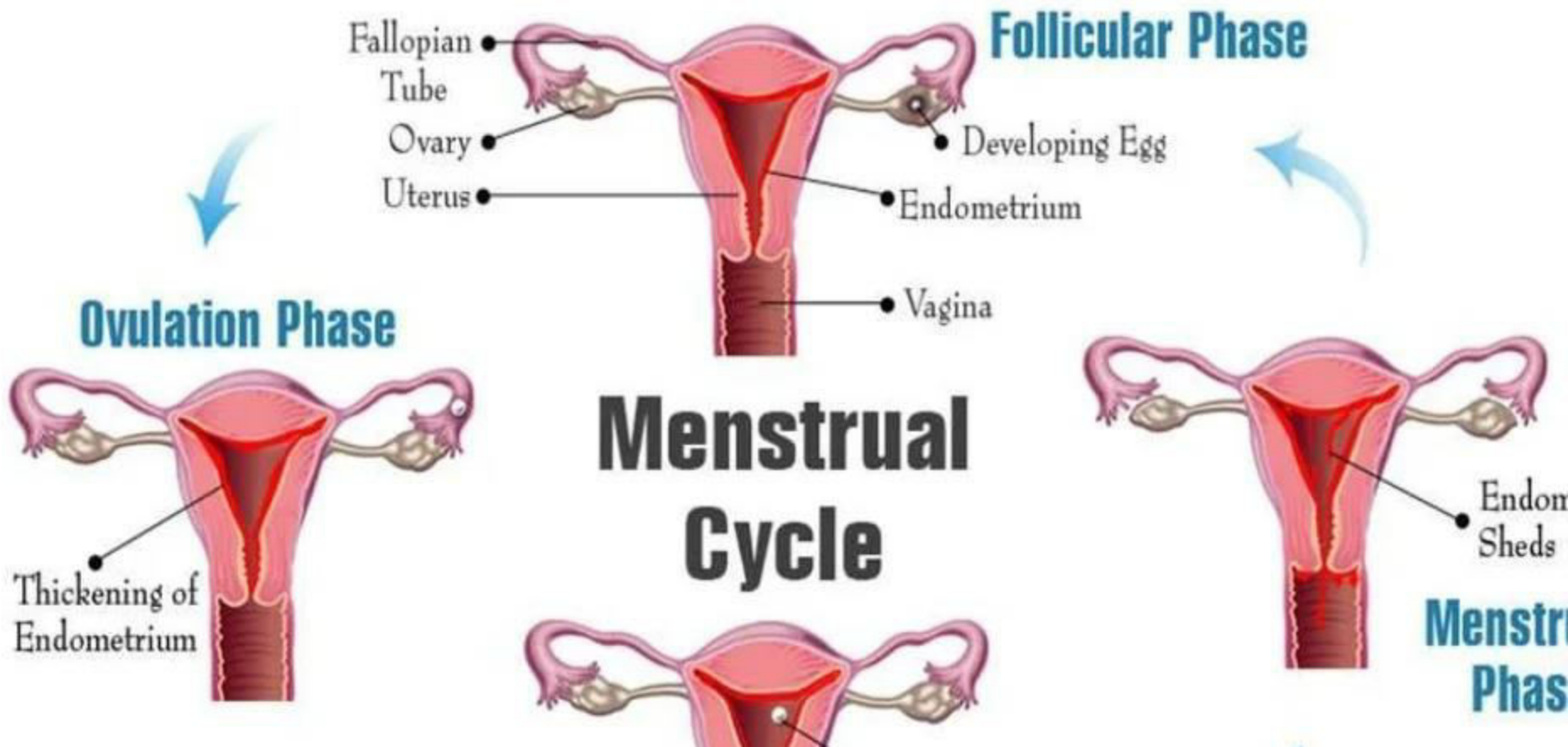
- What defines abnormal menstruation?
- Burden of disease
- Differential diagnosis of abnormal menstruation patterns
- Classification of abnormal menstruation
- Evaluation



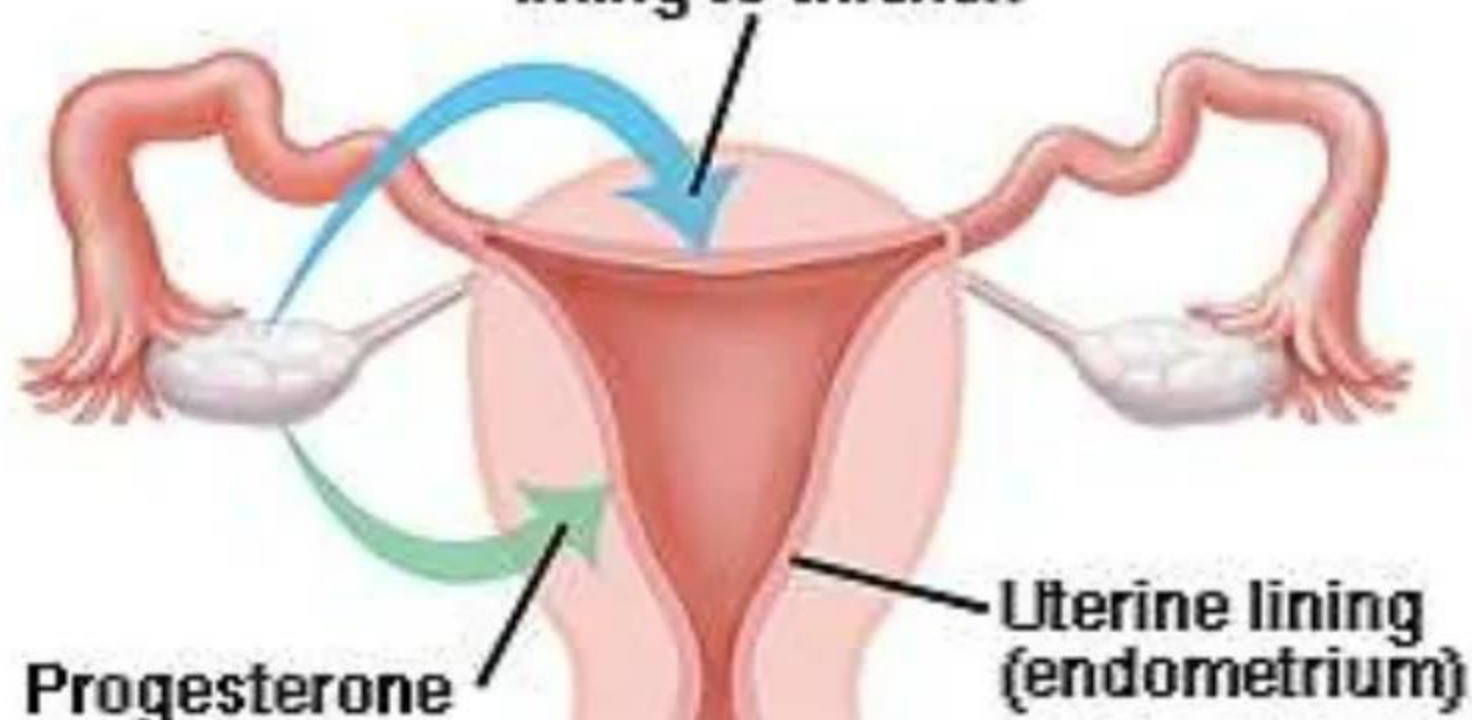
MENSTRUAL CYCLE FOLLICULAR DEVELOPMENT



Menstrual Cycle



Estrogen causes lining to thicken

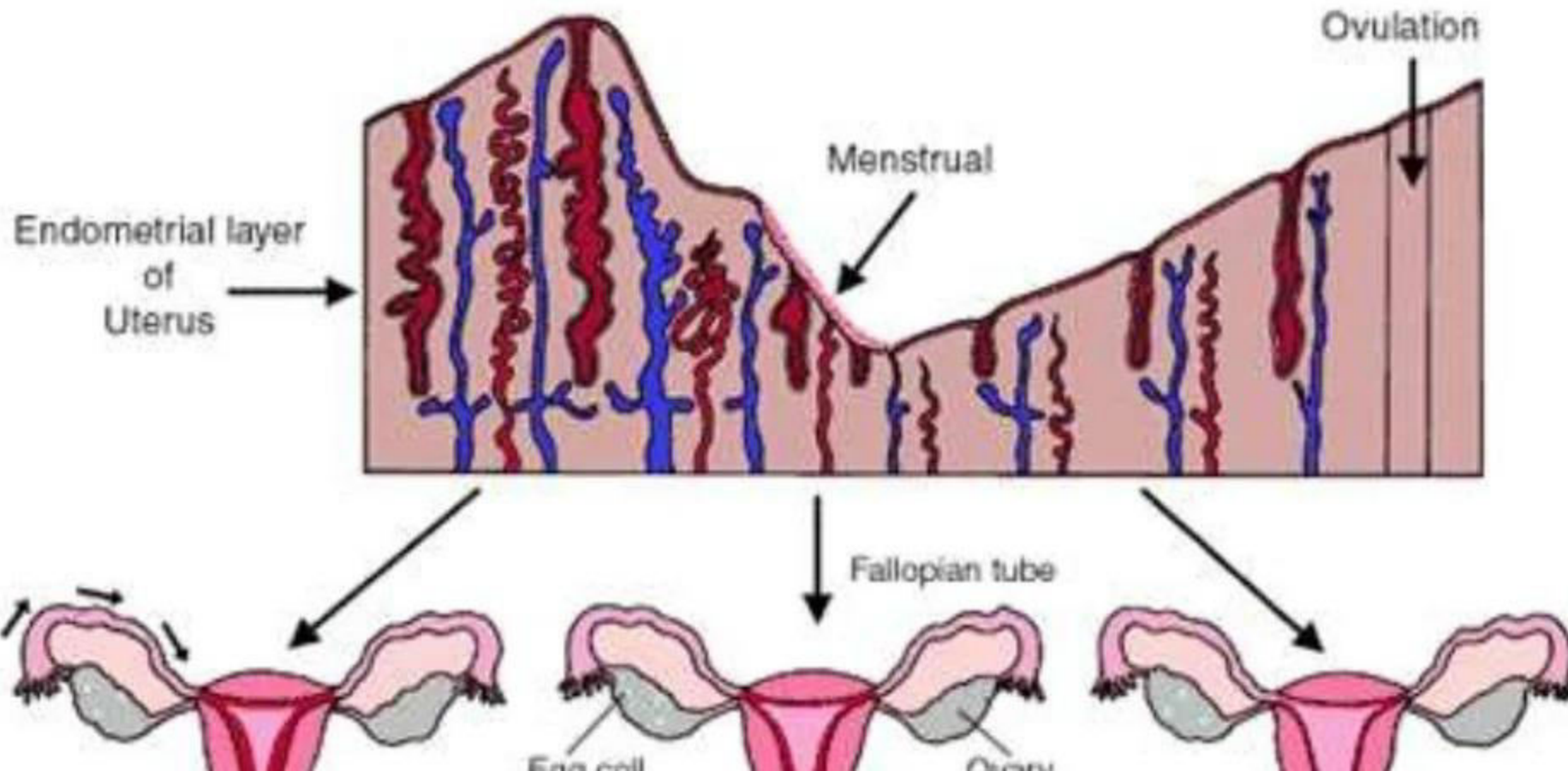


MENSTRUATION



- Shedding the uterine lining (endometrium) if pregnancy does not occur.
- Necessary (in the absence of hormonal

MENSTRUAL CYCLE



Characteristics of normal menstruation

- 1-Menarche: **10-16** years. average **13** years.
- 2-Duration: **2-7** days (<2days is **hypomenorrhea** and >7 days is **menorrhagia**)
- 3-Amount: 20-80 ml uses 2 napkins per day >8

MENSTRUATION PROBLEM??



FACTS & STATISTICS

Around 30 % of women have irregular periods during their childbearing years.



WHAT IS
ABNORMAL



Evaluation of Abnormal Menstruation

Step 1: History

- Detailed menstrual history
 - Inter-menstrual intervals
 - Consistent, normal (q 24-35 days)
 - Variable
 - Character, volume
 - Duration
 - Normal (3-7 days)

Abnormal uterine bleeding refers to uterine bleeding outside of the parameters noted below :

- ❖ Duration greater than eight days
- ❖ Flow greater than 80 mL/cycle or subjective impression of heavier-than-normal flow (ie, more than six full pads or tampons per day)
- ❖ Occur more frequently than every 24 days or less frequently than every 28 days



ETIOLOGY

The causes of **Per Vaginal Bleeding** (outside of pregnancy)

Bleeding unrelated to menstruation

Drugs

eg progesterone-only oral contraceptive pill.



Pelvic Inflammatory Disease - Infection!

Uterine Cancer

Cervical Cancer, Polyps & Erosions

Post-menopausal Atrophic Vaginitis
(Associated with decreased oestrogen levels)

Causes associated with heavy periods.

Hypothyroidism
(A rare cause)

Intra-uterine Coil

Fibroids

Endometrial Hyperplasia

Endometrial Polyps
(Also cause post-menopausal bleeding)

? Dysfunctional Uterine Bleeding
(Diagnosis of exclusion. Affects middle aged women causing peri-menopausal menorrhagia)

www.PictorialMedicine.com

Etiology of Abnormal Uterine Bleeding

PALM : Structural Causes

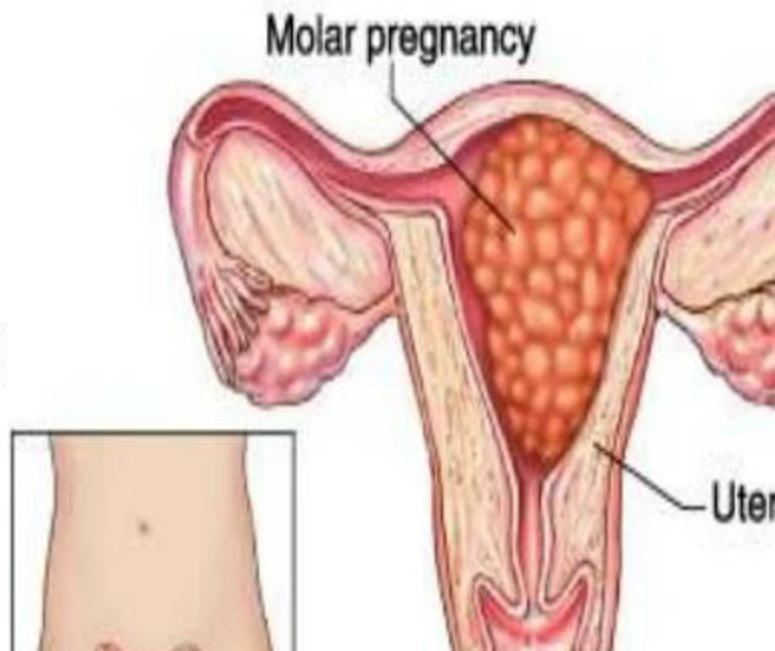
- **P**olyp
- **A**denomyosis
- **L**eiomyoma

COEIN : Non Structural

- **C**oagulopathy
- **O**vulatory dysfunction
- **E**ndometrial

Anatomic causes

- Pregnancy—cessation of menstrual bleeding for 40 weeks
 - 1 in 5 pregnancies end in spontaneous abortion
 - First symptom is usually bleeding
- Gestational trophoblastic disease (molar pregnancy)
 - Non-viable pregnancy with a



Anatomic causes

- Infection
 - Cervicitis—leads to bleeding from the cervix
 - Endometritis—leads to sloughing off of endometrial blood and mucous

Cervicitis symptoms include a red and inflamed cervix with an unusual discharge

Normal cervix

Cervicitis



ENDOMETRITIS



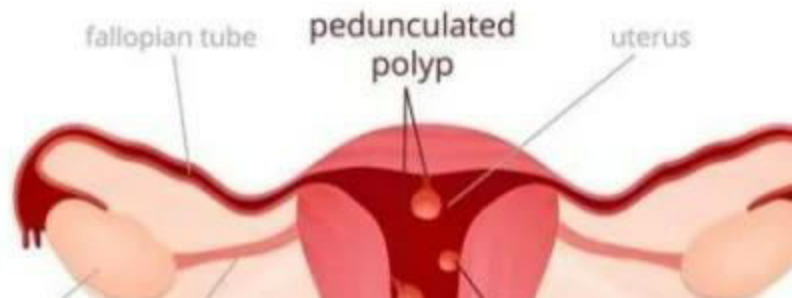
Anatomic causes

- Endocervical or endometrial polyps
 - Especially post-coital bleeding

Cervical polyps



UTERINE POLYPS (endometrial Polyps)



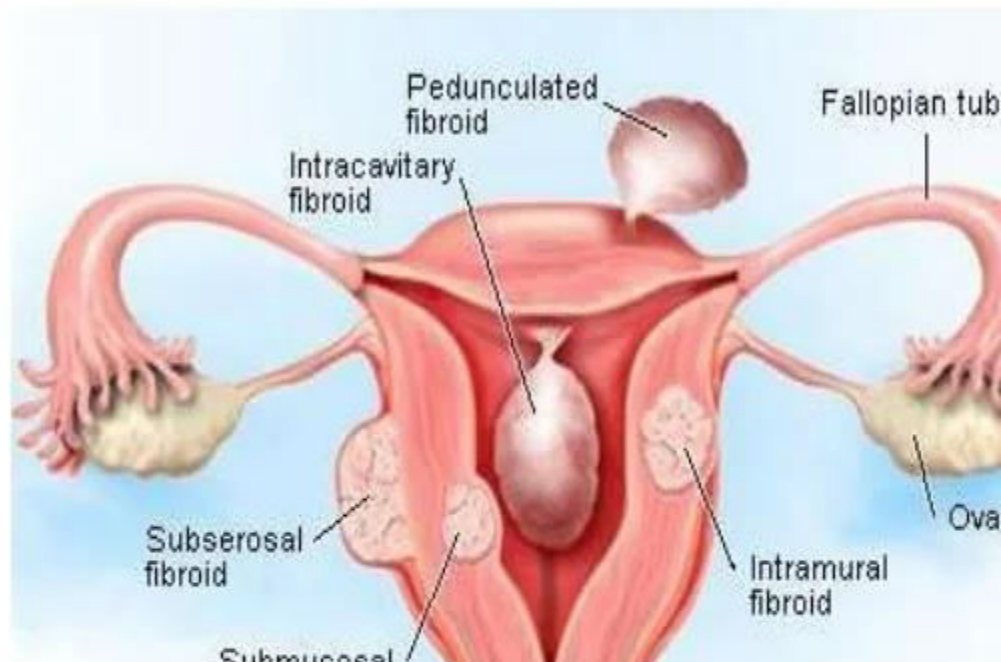
Anatomic causes

- IUD
 - Bleeding likely with Paragard, extremely rare with Mirena (progestin-containing)



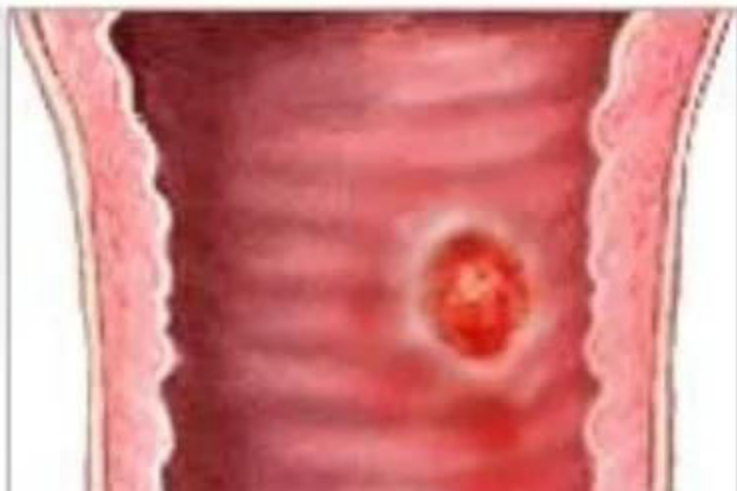
Anatomic causes

- Leiomyoma (fibroids)
 - Subserosal (in wall of myometrium)
 - Intramural (most common “bump on ...”)





Ulcer on vaginal wall



Vaginal bleeding
between periods



TYPES

Types of uterine bleeding disorders

- Amenorrhea: (absence of menstruation)
- Hypomenorrhea: (scanty menstruation)
- Oligomenorrhea: (infrequent menstruation, periods more than 35 days apart),
Menorrhagia: (excessive menstruation),
- Metrorrhagia: (bleeding between periods).
- Menometrorrhagia: (is heavy bleeding during

AMENORRHEA



AMENORRHEA

- No menstrual period for more than 6 months
- Possible causes:
 - Congenital uterine absence
 - Hormonal disturbances from the hypothalamus and pituitary gland
 - Failure of the ovary to receive or maintain egg

Primary amenorrhea causes are:

- Extreme weight gain
- Congenital abnormalities of the reproductive system
- Stress
- Excessive exercise
- Eating disorders
- Polycystic ovarian syndrome
- Hypothyroidism
- Turner Syndrome
- Imperforated Hymen
- Chronic illness

Secondary amenorrhea causes are:

- Breast feeding
- Emotional stress
- Malnutrition
- Pituitary, ovarian, or adrenal tumours
- Depression
- Pregnancy
- Hyper thyroid or hypothermia
- Hyper prolactinemia
- Rapid weight gain or loss
- Chemotherapy or radiotherapy
- Vigorous excrete

HYPOMENORRHEA



Hypomenorrhea (cryptomenorrhea)

- Defined as unusually light menstrual flow sometimes only spotting
- Possible causes include: hymenal or cervical stenosis, uterine synechiae (Asherman's syndrome), occasionally oral contraceptives

Causes for Hypomenorrhea

- Asherman's syndrome
- Uterine
- Nervous and emotional
- Low body fat
- Usage of contraceptives
- Anemia

Front view



Side view



OLIGOMENORRHEA



Oligomenorrhea

- Describes menstrual periods that occur more than 35 days apart
- Possible causes: anovulation which may be from endocrine causes (pregnancy, menopause, pituitary and hypothalamic disorders); or systemic causes (excessive weight loss);

Oligomenorrhea



MENORRHAGIA



Menorrhagia (Hypermenorrhea)

- Definition:

Heavy (>80 ml) or prolonged (>7 days)
uterine bleeding

excessive volume and durations of flow

regular, normal intervals

ETIOLOGY

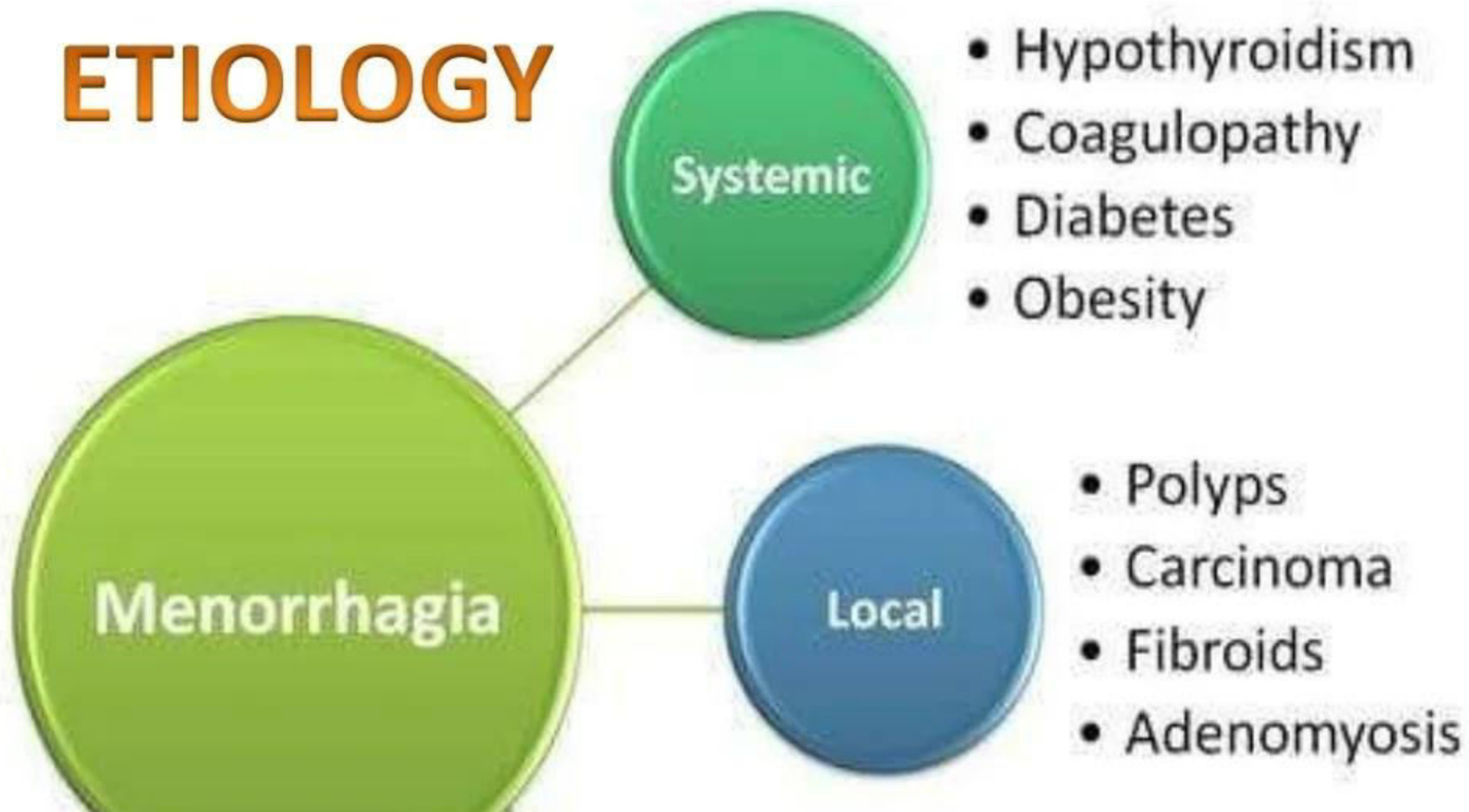


TABLE 2. Iatrogenic causes of menorrhagia

Medication class	Examples
Anticoagulants	Aspirin, warfarin, heparin, fish oil
Steroid hormones	Medroxyprogesterone and other progestins (when stopped), prednisone
Chemotherapy agents	Paclitaxel, platinol, docetaxel

Signs and symptoms

Symptoms

- ▶ Change, increased menstrual blood loss
- ▶ Flooding
- ▶ Blood clots

Signs

- ▶ Conjunctival pallor
- ▶ koilonychia

METRORRHAGIA



Metrorrhagia (intermenstrual bleeding)

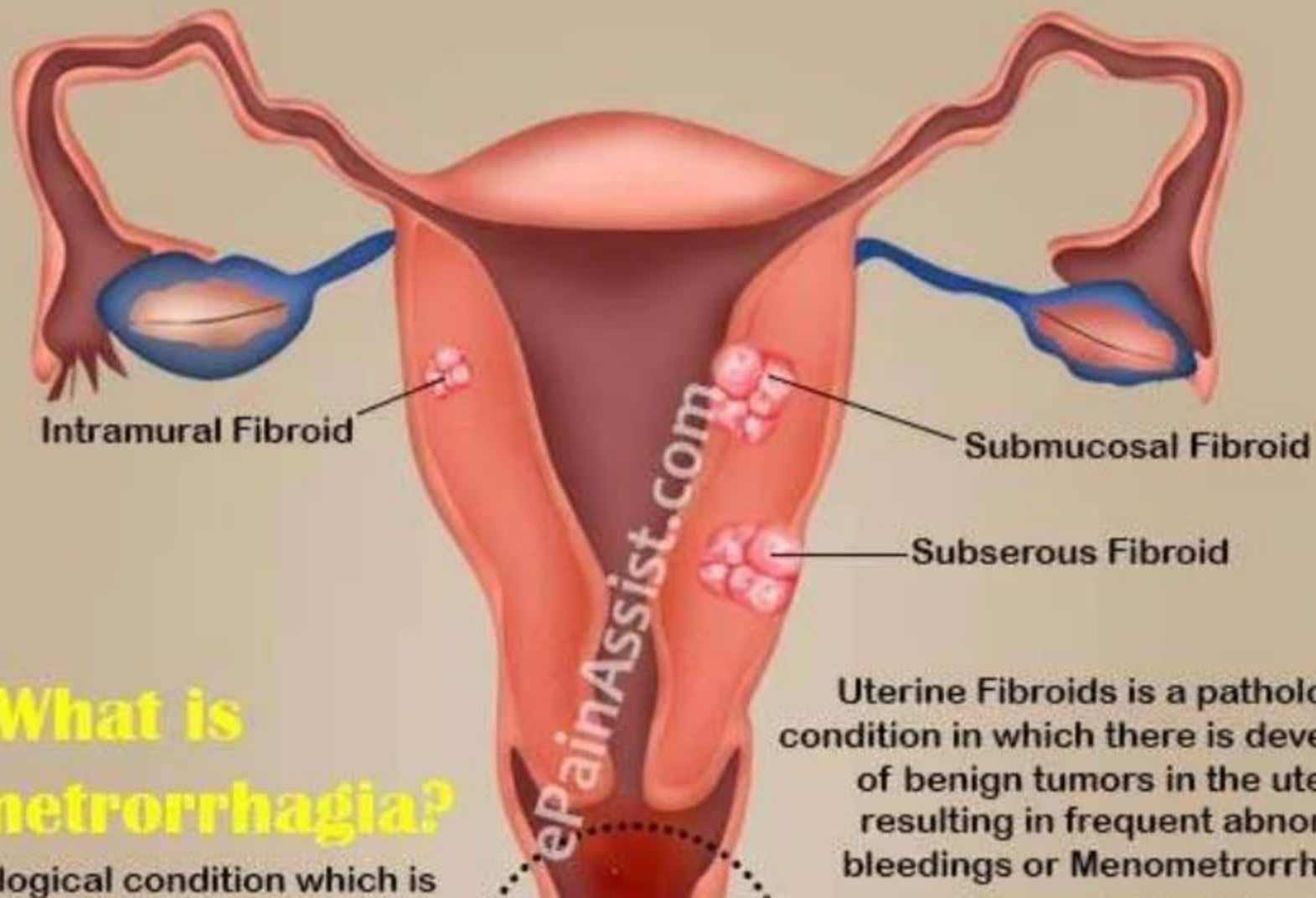
- Defined as bleeding occurring any time between the menstrual periods
- Possible causes include: endometrial polyps, CA cervix, CA endometrium, exogenous estrogen administration

MENOMETRORRHAGIA



Menometrorrhagia

- This is bleeding that occurs at irregular intervals and varies in amount and duration of bleeding
- Caused by any condition that can lead to intermenstrual bleeding



Intramural Fibroid

Submucosal Fibroid

Subserous Fibroid

What is

Menometrorrhagia?

It is a pathological condition which is

Uterine Fibroids is a pathological condition in which there is development of benign tumors in the uterus resulting in frequent abnormal bleedings or Menometrorrhagia

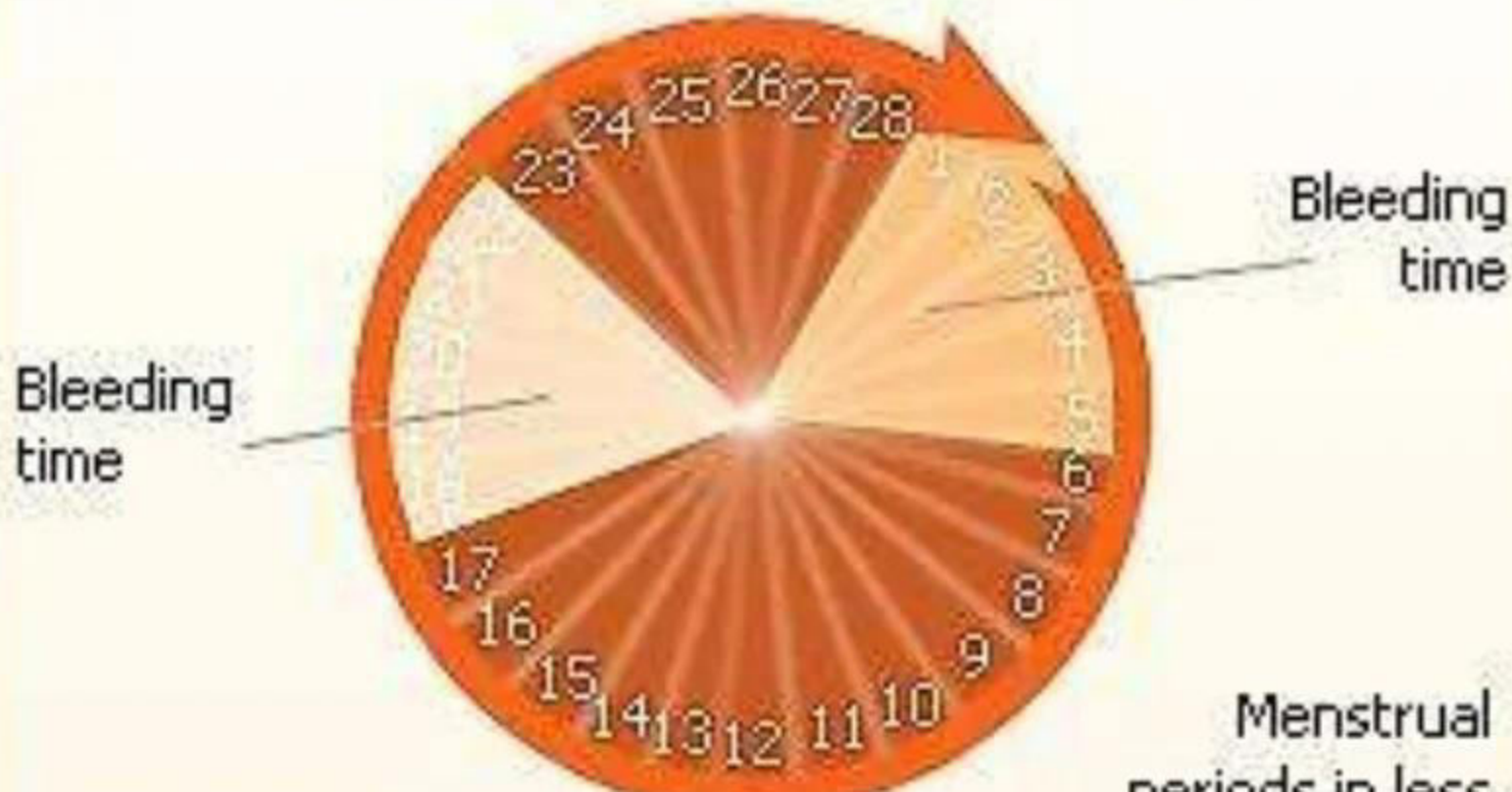
POLYMENORRHEA



Polymenorrhea

- Describes periods that occur too frequently
- Usually associated with anovulation and rarely with a shortened luteal phase in the menstrual cycle

Polymenorrhea Menstrual Cycle



DIAGNOSTIC



Diagnosis in abnormal uterine bleeding

- History and physical examination
- Cytological examination –include biopsy and histology
- Pelvic ultrasound scan
- Endometrial biopsy
- Hysteroscopy
- Dilatation and curettage
- Hormonal profile

Pap smear:
cells are scraped from the cervix
and examined under a microscope
to check for
cancer or other
problems



Cervix viewed
through speculum
with patient in

MANAGEMENT

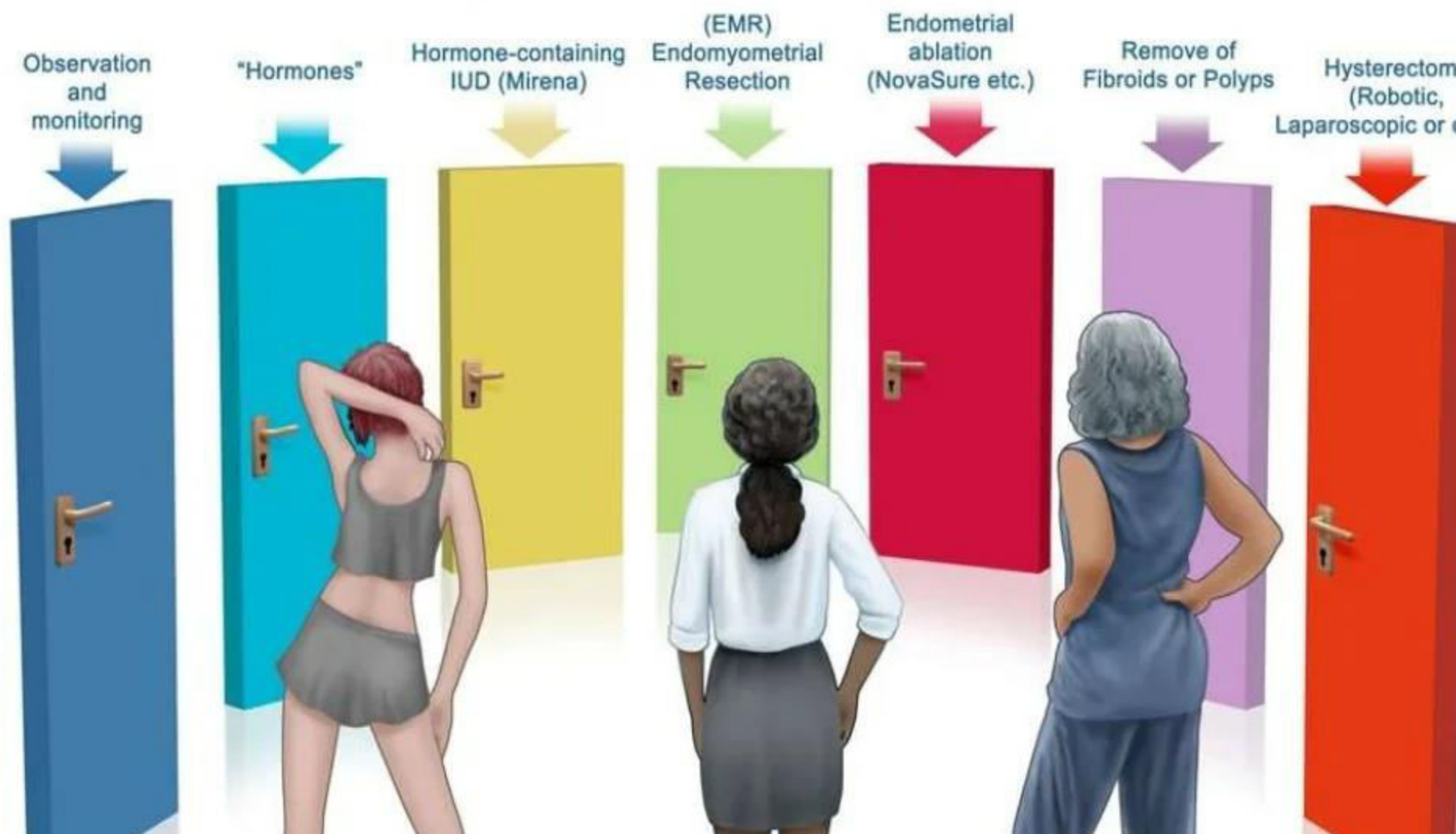


Management of Abnormal Uterine Bleeding Principles

➤ Treat cause appropriately

May include :

- Hormonal preparations
- Surgery
- Endometrial ablation and endometrial

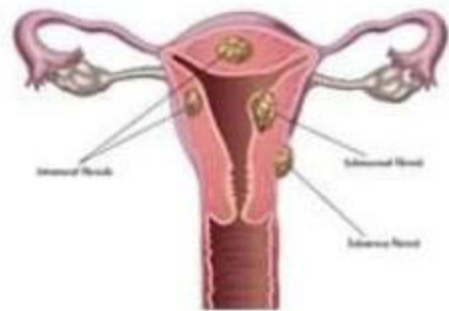


SUMMARY



HEALTH PROBLEMS

that Your
PERIOD
INDICATES



EXCESSIVE OR
PROLONGED BLEEDING
MAY INDICATE FIBROIDS



IRREGULAR PERIODS
MAY INDICATE PCOS



IRREGULAR
MENSTRUAL



Definition	Interval	Frequency	Amount	Others
Polymenorrhea	Regular	Increase	Normal	<21 days
Menorrhagia	Regular	Normal	Excessive	>7 days >80 ml
Oligomenorrhea	Regular	Decrease	Normal	>35 days
Metrorrhagia	IRregular	Normal	Normal	-----
Menometrorrhagia	IRregular	Normal	Excessive	Combination



ASK ME

