STATISTICAL ANALYSIS OF ABNORMAL UTERINE BLEEDING AMONG MALDIVIAN WOMEN OF REPRODUCTIVE AGE

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Introduction. Abnormal uterine bleeding (AUB) describes uterine bleeding that varies from the usual parameters of a normal menstrual cycle [3]. AUB is one of the most common gynecologic problems among women of reproductive age. Approximately one-third of women experience AUB at some point in their lives [1].

Purpose of the study. This study aims to explore the prevalence and causes of AUB among Maldivian women of reproductive age who have experienced menstruation.

Materials and method. An online questionnaire survey was conducted among reproductive-age Maldivians who have experienced menstruation. The study population was analyzed through exploratory data analysis.

Research result. From the data collected, out of 110 participants, 37 (33.6%) individuals reported having irregular menses. Additionally, 22 (20%) individuals experienced menorrhagia. Moreover, 16 (14.5%) reported polymenorrhea, 14 (12.7%) reported amenorrhea and 9 (8.2%) reported oligomenorrhea. According to the data interpreted from the menstrual pictogram, it was observed that among the 35 participants self-reporting heavy menstrual bleeding, merely 20% (7 individuals) actually had a menstrual blood loss (MBL) exceeding 80ml. The average blood loss among these individuals was calculated to be 113 ml, highlighting a notable disparity between subjective perception and objective data. Out of the 68 individuals who reported a normal flow, 4 had a MBL exceeding 80ml, with a mean of 116.19 ml. Moreover, among the entire study group, 44 (40%) participants reported having a diagnosis of polycystic ovarian syndrome (PCOS), and 18 (16.4%) individuals reported having ovarian cysts. Furthermore, 2 (1.8%) individuals reported endometriosis, 2 (1.8%) individuals reported having uterine fibroids and, 2 (1.8%) individuals mentioned having cervical polyp, and 1 (0.9%) had an endometrial polyp.

Conclusion. Using FIGO system 1 as a gateway to FIGO system 2 simplifies the process of investigating AUB [2]. Based on the criteria set by FIGO system 1, only 46 (41.8%) out of the 110 participants in the study were found to have a normal menstrual cycle. The remaining 64 (58.2%) participants experienced AUB. Out of these 64 (58.2%) participants, a total of 29 individuals have a diagnosis of PCOS. These findings suggest a significant association between AUB and PCOS within the study population.

References

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