Abnormal Uterine Bleeding



Types of AUB

Amenorrhoea	Oligomenorrhoea	Menorrhagia
Polymenorrhoea	Intermenstrual bleeding	Post coital bleeding
	Post menopausal bleeding	

Amenorrhea

• Definition – complete absence of menstruation in a woman of reproductive age

• Primary amenorrhea

- No period by the age of 16
- Less than 1%
- Causes
- Pregnancy
- Outflow tract imperforated hymen
- Mullerian anomalies
- Gonadal agenesis
- Stress
- Constitutional delay
- Investigations
 - Progesterone challenge test
 - Hormonal profile FSH/ LH/ PRL/TSH
 - Karyotype

• Secondary amenorrhea

- Absence of menses for more than 6 months
- Common causes
 - Pregnancy
 - PCOS
 - Stress/ chronic illness
 - Medications
 - Premature ovarian failure (before 40 years old)
- Initial blood test
 - Serum HCG
 - Hormonal profile
 - FSH/LH/estradiol
 - Prolactin
 - Testosterone
 - TSH
 - USS



Oligomenorrhea

Infrequent menses

Interval is greater than 45 days

Common causes are:

- Polycystic ovarian syndrome
- Hypothalamic causes: stress, change in weight, eating disorders
- Perimenopausal
- Medications related: antipsychotic, antiepileptic, contraceptive pills
- Medical conditions: chronic illness, thyroid disorder, prolactinoma

Investigations

- Pelvic scan
- Blood tests: TSH, Testosterone, FSH, LH, estradiol, PRL

- Defined as heavy menstrual bleeding that interferes with physical, emotional, social or quality of life
 - Bleeding for more than 8 days
 - Change pads every 2hr or less
 - Double pad
 - Clots
 - Overflow
 - Tiredness during menstrual cycle

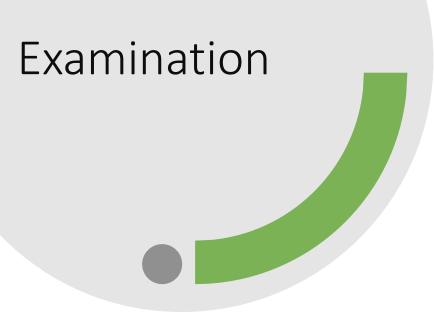




History

- Menstrual history
 - Cycle
 - Days of bleeding
 - Flow: how many days heavy? How many pads used
 - IMB/ PCB
 - Dysmenorrhoea
 - Pressure symptoms ie urinary frequency, abdominal bloating
- time off work/ school
- Tiredness
- Smear history
- Past medical history

- General appearance:
 - BMI
 - Signs of anaemia
- Abdominal exam: abdominal pain and mass
- Pelvic exam: look for local causes ie vaginal/ cervical lesions
 - Prolapsing submucosal fibroids
 - Cervical polyps
 - Cervical cancer
 - PIPELLE
- Bimanual exam
 - Size of uterus
 - Adnexal masses/ tenderness



Aetiology

- Hormones related problems
 - PCOS
 - Perimenopausal
 - Hypothryoidism
- Cervical/ Uterine related problems
 - Endometrial polyps
 - Fibroids submucosal fibroids
 - Adenomyosis
 - Endometrial hyperplasia
 - Uterine cancer
 - Over 45 yrs old, over 90kgs, nulliparity, PCOS, BRCA, HNPCC
 - Cervical ca
- Disorders of blood
- Other medical conditions
 - Liver and renal disease
 - anticoagulant

Blood tests

Cervical Smear

- FBC
- Ferritin
- Coags
- Young <20 years old +/- family history: Factor V Leiden
- Thyroid function tests
- Hormonal profiles ?PCOS