

Clinico-Pathological Correlation of Abnormal Uterine Bleeding in Peri-Menopausal Women

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Abstract

Background: Abnormal uterine bleeding is a common presenting symptom in clinical practice. It affects as many as 20% of otherwise healthy, perimenopausal women over the age of 35 and causes approximately 5% of women aged 30 to 49 years to seek medical care each year. **Aims and Objectives:** To know the causes of abnormal uterine bleeding in perimenopausal women (39- 51 years of age) and to study the benign pelvic disorders, malignant tumors of the reproductive tract, infections, and functioning ovarian tumors. **Methods:** This prospective study consisted of 254 perimenopausal women who were admitted in the gynecology department of tertiary care hospital during the period from May 2015 to May 2017 with the chief complaint of irregularity in menstrual cycle. **Results:** The commonest presenting symptom is menorrhagia (53.93% cases) followed by dysmenorrhea (17.32% cases). The commonest organ involved in abnormal bleeding is uterus in 85.43% patients followed by cervix 9.05%, ovary 1.57% and vagina 0.39%. Combined involvement of two or more organs seen in 3.54% cases. The commonest pattern of endometrium in dysfunctional uterine bleeding is proliferative type (28.92% of cases). **Conclusion:** Histopathological examination not only confirmed the preoperative diagnosis but also helped in diagnosing the cause in clinically unsuspected lesion like adenomyosis which was reported in 13.38% cases and was not diagnosed clinically in the present study. In cases preoperatively considered as DUB, histopathological examination diagnosed lesions like adenomyosis in 33.34% and leiomyoma in 32.25% thus establishing the cause of abnormal uterine bleeding.