

Ultrasonographical and Pathological Evaluation of endometrium in Perimenopausal Women with Abnormal Uterine Bleeding

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Abstract:

Background: Abnormal Uterine Bleeding refers to a symptom of excessive, prolonged, unexpected or acyclic bleeding regardless of diagnosis. Perimenopause is a period 4-5y before menopause, so during this period lot of change from normal ovulatory cycles to irregularity of menstrual cycles. AUB not only affects the quality of life such as intimate relationships, day to day living but can have serious adverse effects like anaemia or malignancy. AUB can be caused by a variety of systemic diseases such as endocrine disorders or drugs. So the importance of endometrial biopsy or curettage done to know the pathological evaluation with help of ultrasound for further diagnosis and management in perimenopausal women who are at risk of malignancy.

Aims & Objectives: To study clinical, pathological and ultrasound evaluation of endometrium in AUB among perimenopausal women.

Methods & Materials: This study done at Dr B R Ambedkar Medical College & Hospital, in Dept of OBG, from June 2018 to March 2019. Women with perimenopausal age who came with AUB are enrolled into this study.

Results: 90 women were included in this study after taking consent and inclusion criteria. About 6 cases were Endometrial malignancy, 15 were simple hyperplasia without atypia, 5 were complex hyperplasia with atypia and 35 were proliferative endometrium.

Conclusion: AUB is one of the commonest condition for which women seek advice in opd. Proper clinical and other diagnostic test are essential for early diagnosis of serious condition to help women in perimenopausal age.

Key words: AUB, HMB, PCB, dysmenorrhea, Endometrial thickness, Hyperplasia

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I. Introduction

The endometrium is the inner epithelial lining of uterus which undergoes cyclical changes in response to hormones secreted by ovary[1]. AUB contains unusual bleeding pattern that varies in duration, frequency and quantity from normal menstrual pattern. About 50% of women in perimenopausal have AUB[2] Out of this, only one third will visit hospital for help[3,4] Transvaginal ultrasound clearly help to know uterine contour, with endometrial thickness, myometrium, endocervix & other pathology also[5] So endometrial sample in opd is easy, accurate and inexpensive.

II. Aims & Objectives

To study clinical, ultrasound and histological pattern of endometrium in perimenopausal women with AUB.

III. Methods & Materials

This study done at Dept of OBG at Dr B R Ambedkar Medical College & Hospital, Bangalore, were 90 women with perimenopausal age group are enrolled into the study, after taking consent. Any women who were on systemic disease on treatment and on hormonal treatment are not included in this study. On opd basis only endometrial sample taken after knowing endometrial thickness and sent for histopathological for report.

IV. Results

Age	No of cases	Percentage
44-47	45	50
48-51	32	35.56
>52	13	14.44
Total	90	100

Table No 1. Age wise distribution of cases

Complaints	No of cases	Percentage
HMB	53	58.89
PCB	16	17.78
Others	21	23.33
Total	90	100

Table No 2. Complaints wise distribution of cases (HMB-heavy menstrual bleeding, PCB-post coital bleeding)

No of pads changed per day	No of cases	Percentage
<3	13	14.44
4-7	63	70
8-10	14	15.56
Total	90	100

Table No 3. No of women based on No of pads changed per day

Passage of clots	No of cases	Percentage
Yes	78	86.67
No	12	13.33
Total	90	100

Table No 4. No of women with history of clots passage

Dysmenorrhea	No of cases	Percentage
Yes	40	44.44
No	50	55.56
Total	90	100

Table No 5. No of women with dysmenorrhea

Parity	No of cases	Percentage
Nulli parous	06	6.70
Multi parous	71	78.86
Grand parous	13	14.44

Table No 6. Parity wise distribution of cases

Endometrial thickness	No of cases	Percentage
Less than 8	27	30
More than 8	63	70
Total	90	100

Table No 7. No of cases with endometrial thickness

Uterus vascularity	No of cases	Percentage
Normal	53	58.89
Increased	37	41.11
Total	90	100

Table No 8. USG showing uterine vascularity

Pattern of endometrium	No of cases	percentage
Atropic endometrium	09	10.00
Secretory endometrium	20	22.22
Proliferative endometrium	35	38.89
Simple hyperplasia without atypia	15	16.66
Complex with atypia	05	5.56
Ca endometrium	06	6.67
Total	90	100

Table No 9. Different endometrial patterns

V. Discussion

In this study, total 90 women with AUB who presented at perimenopausal age groups were taken into account during this study.

In our study, incidence of AUB is increased with age b/w 44-47yr(50%) which is similar with results of other studies [6,7,8]

In our study, incidence of HMB is main complaints with 53(58.89%) women and post coital bleeding noted in 16(17.78%) women.

In our study, multi parous women were 71(78.86%) cases, similar to other studies also[9,10]

In our study, passage of clot seen in 78(86.67%), along with changing of pads about 63 cases, about 40(44.44%) women had dysmenorrhea which was almost similar to other study[11]

Finally, endometrical malignancy seen in 06 women(6.7%) which was same with other study[12]

VI. Conclusion

AUB is one of the most common problem in women in all age groups in reproductive period. The incidence of AUB is more in perimenopausal women, so to diagnosis early changes in the endometrium with the help of ultrasound will be easy and adequate sample can be take in OPD sittings to make life easier for women with any risk of malignancy. Any histopathology of endometrium shows complex hyperplasia with atypia needs regular follow up.

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