

17th World Congress of the Academy of Human Reproduction

15–18 March 2017
Rome, Italy

TITLE

THE STRUCTURE, FEATURES OF THE HORMONAL AND PSYCHOLOGICAL STATUS IN WOMEN WITH STRESS RELATED MENSTRUAL DISORDERS.

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ABSTRACT

Aim: to determine the structure of stress – related menstrual disorders, to assess hormonal and psychological status.

Materials and methods: 72 women of early reproductive age where stress was defined as the cause of menstrual dysfunction and 10 women of the same age with a regular menstrual cycle were examined. The hormonal (FSH, LH, TSH, prolactin, DHEA-S, cortisol, testosterone, estradiol, androstenedione, 17 OH progesterone) and psychological status were examined.

Results: oligomenorrhoea in the structure was the most common - 76,4%, followed by amenorrhea - 16,7%, dysfunctional uterine bleeding and premenstrual syndrome were observed among 4,1% and 2,8% women respectively. The average level of hormonal data was within normal range in both groups. The level of cortisol was significantly higher ($p=0,01$) in patients of the main group, whereas the level of androstenedione was significantly lower ($p=0,03$). Indexes DHEA-S/cortisol, estradiol/cortisol are significantly lower in the women with menstrual disorders. No significance was found in the level of DHEA-S ($p=0,4$) before the age 30 and after in patients of the main group. This indirectly can also tell about the influence of stress and the result of high secretion of DHEA – S.

In women with stress-related menstrual disorders revealed higher scores on all scales measuring depression and anxiety.

Conclusion: the obtained data about the peculiarities of changes of some physiological constants in patients with functional menstrual disorders allow us to state that they have signs of hyperadaptosis. In the management of this category of patients, a psychosomatic approach was used, primarily providing for the elimination of the factors that led to menstrual disorders (stressful situation, the deficit of body weight, physical overload). Mandatory component of the treatment if necessary - use of psychotropic therapy.

INSTITUTE

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