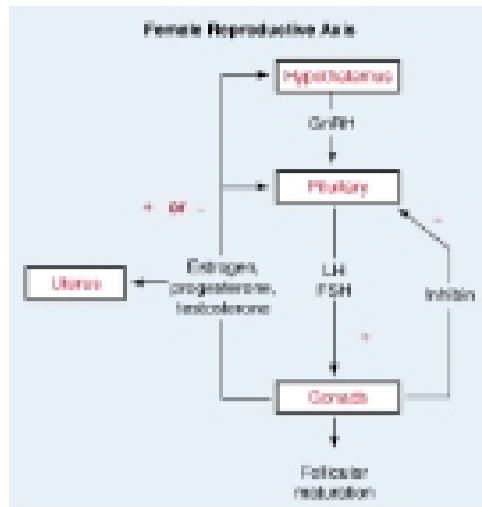


Menstrual Disorders

Wednesday, October 15, 2014
8:16 PM



	Amen	Men	Anov	PCOS	Dysmen	Endo										
	AMENORRHEA (NO bleeding)	MENORRHA (excess bleeding)	ANOVULATION (NO ovulating)	PCOS	DYSMENORRHEA (PAIN)	ENDOMETRIOSIS										
Definition	<ul style="list-style-type: none"> No period Primary: <ul style="list-style-type: none"> <15 = normal >14 = abnormal Secondary: <ul style="list-style-type: none"> < 3 cycles < 6 months (if previously menstruating) 	<ul style="list-style-type: none"> Blood loss <u>>80ml/cycle</u> 	<ul style="list-style-type: none"> No ovulation Irregular bleeding (not due to lesion) 	<ul style="list-style-type: none"> ↑ Androgen & Anovulation 	<ul style="list-style-type: none"> Cramping 	<ul style="list-style-type: none"> Peritoneal endometrial cells 										
Causes	<ul style="list-style-type: none"> Pregnancy Anorexia Anovulation ↑ Prolactin H/O/U disorder 	<ul style="list-style-type: none"> systemic: (ectopic) pregnancy, miscarriage ulcering: fibroids, polyps bleeding: VW, ITP inhibits 	<ul style="list-style-type: none"> PCOS immature HPO (no LH peak) ovarian failure ↑ Prolactin ↑ Androgen ↑ TSH & FSH 	<ul style="list-style-type: none"> insulin resistance (↑ Insulin) ↓ SHBG 	<ul style="list-style-type: none"> Associations: <ul style="list-style-type: none"> longer (>7) early (<7) smoking diet 	<ul style="list-style-type: none"> heavier longer (>7) early (<7) 										
Pathology	<table border="1"> <tr> <td>H</td> <td>↓ GnRH</td> </tr> <tr> <td>P</td> <td>↑ Prolactin</td> </tr> <tr> <td>O</td> <td>↓ Follicles</td> </tr> <tr> <td></td> <td>↓ Abnormalities</td> </tr> <tr> <td></td> <td>↓ Toxins</td> </tr> </table>	H	↓ GnRH	P	↑ Prolactin	O	↓ Follicles		↓ Abnormalities		↓ Toxins				<ol style="list-style-type: none"> constriction (↑ PGE₂) ischemia ↑ Pain Fibers 	<ul style="list-style-type: none"> Theories: <ol style="list-style-type: none"> Retrograde menstruation Coelomic Metaplasia Lymph/blood movement
H	↓ GnRH															
P	↑ Prolactin															
O	↓ Follicles															
	↓ Abnormalities															
	↓ Toxins															
Manifestations/Consequences/Symptoms	<ul style="list-style-type: none"> Osteoporosis (↓E) 	<ul style="list-style-type: none"> Anemia 	<ul style="list-style-type: none"> Infertility Metabolic Syndrome 	<ul style="list-style-type: none"> Infertility Metabolic Syndrome Amenorrhea Anovulation Dysmenorrhea Hirsutism, Obesity enlarged ovaries, cysts 	<ul style="list-style-type: none"> sweating fatigue/weakness insomnia nausea/diarrhea headache/back pain dizziness/syncope 	<ul style="list-style-type: none"> Endometriomas hemorrhagic lesions +/- scar tissue pain Dyschezia (pain w/BH) Sciatica (leg numbness) Classic Triad: <ul style="list-style-type: none"> Dysmenorrhea (cramping) Dyspareunia (painful sex) infertility 										

ISCHEMIA – lack of blood to tissues
DYSPAREUNIA – painful intercourse
HIRSUTISM – unwanted male-type hair