

PREVALENCE OF AMENORRHEA AMONG UNDERGRADUATE FEMALES AT
BUITEMS: A CROSS-SECTIONAL STUDY

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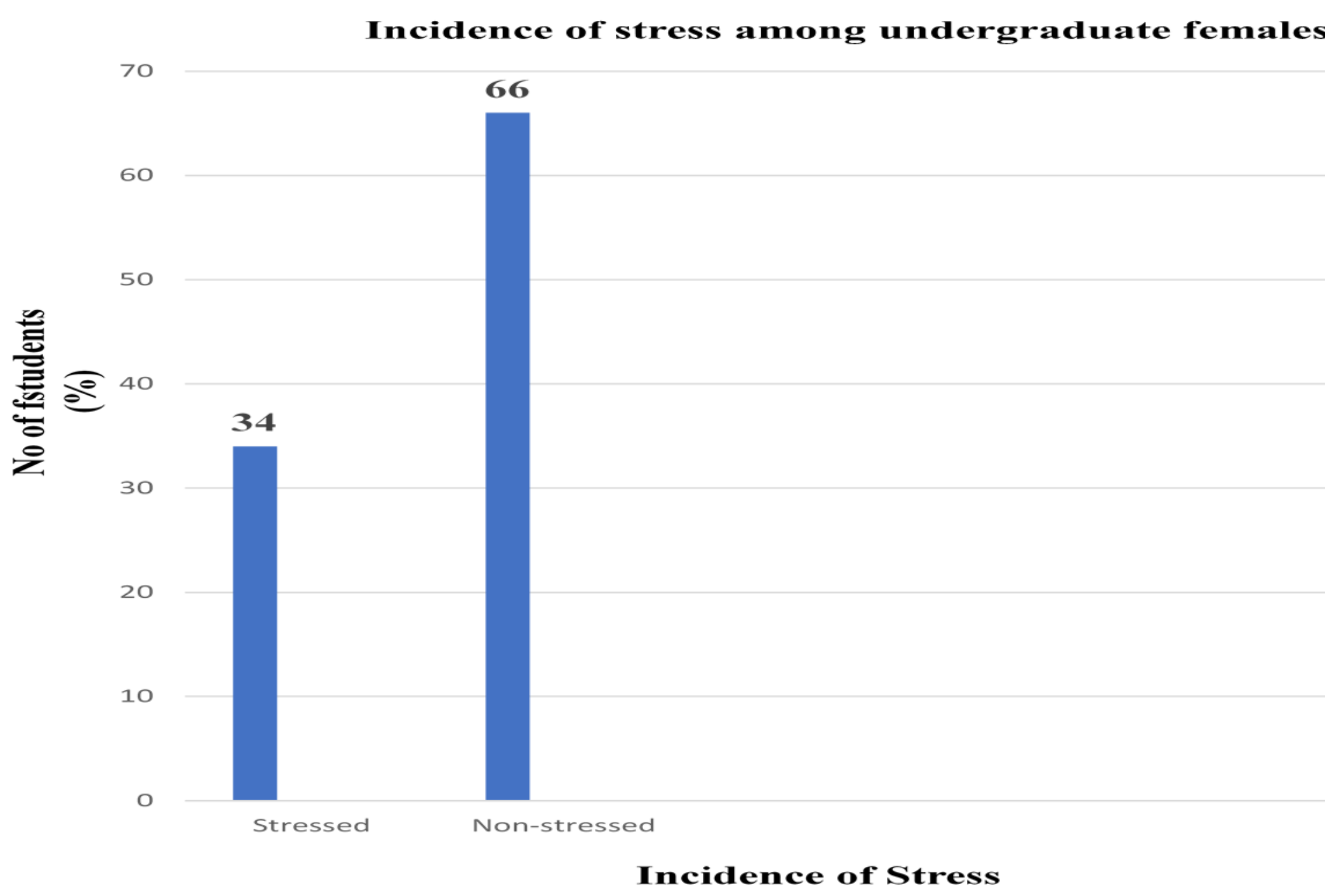
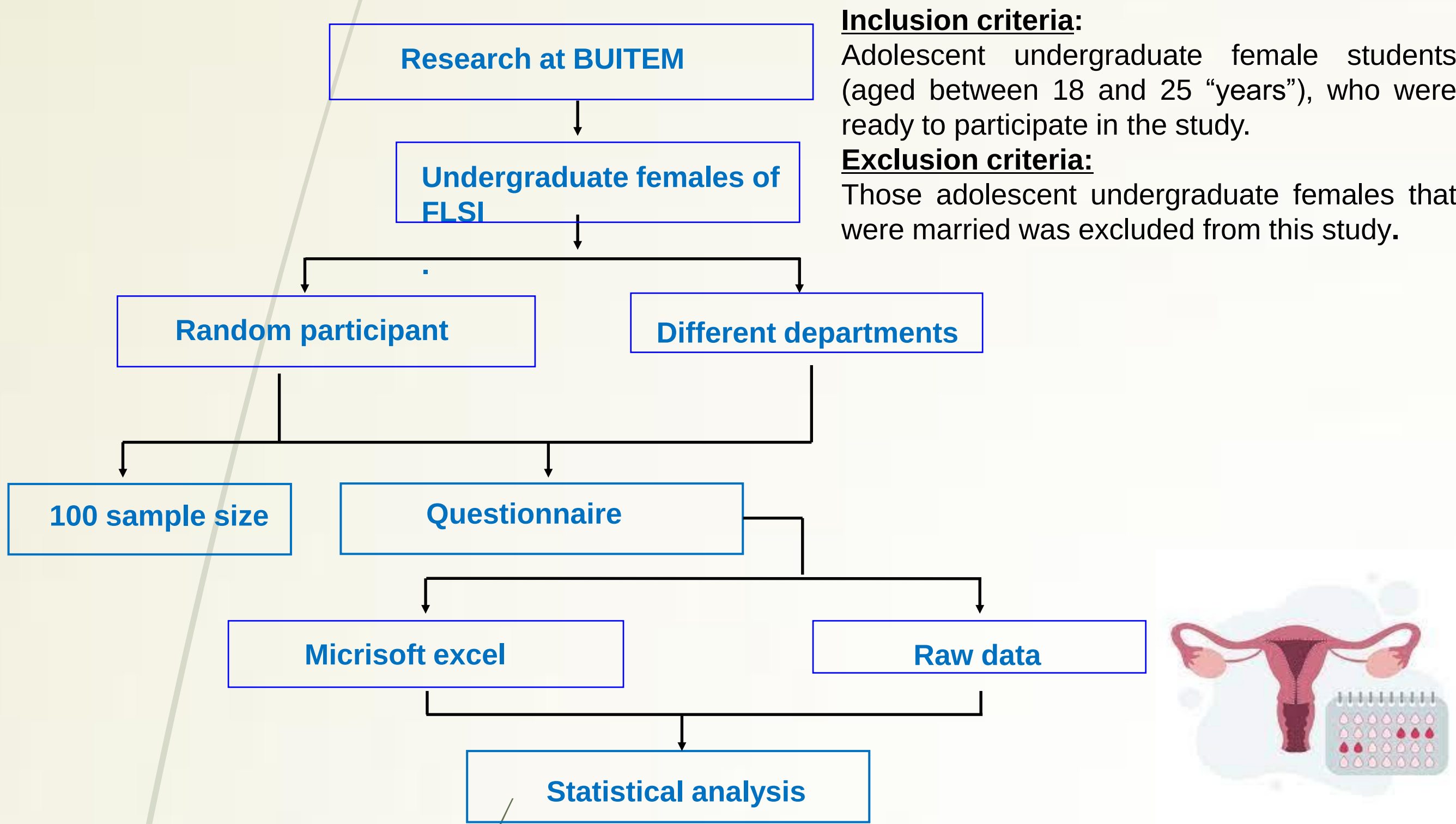
Introduction

Absence of menses for 2 months or more in a woman of reproductive age i.e. missing of 2 or more consecutive fertility cycles [1]. The symptoms of amenorrhea includes pain in the pelvic, decreased bone density, hair loss ,excessive facial and body hair (hirsutism), headache, increased muscle size, vision problems, acne etc [2,3].

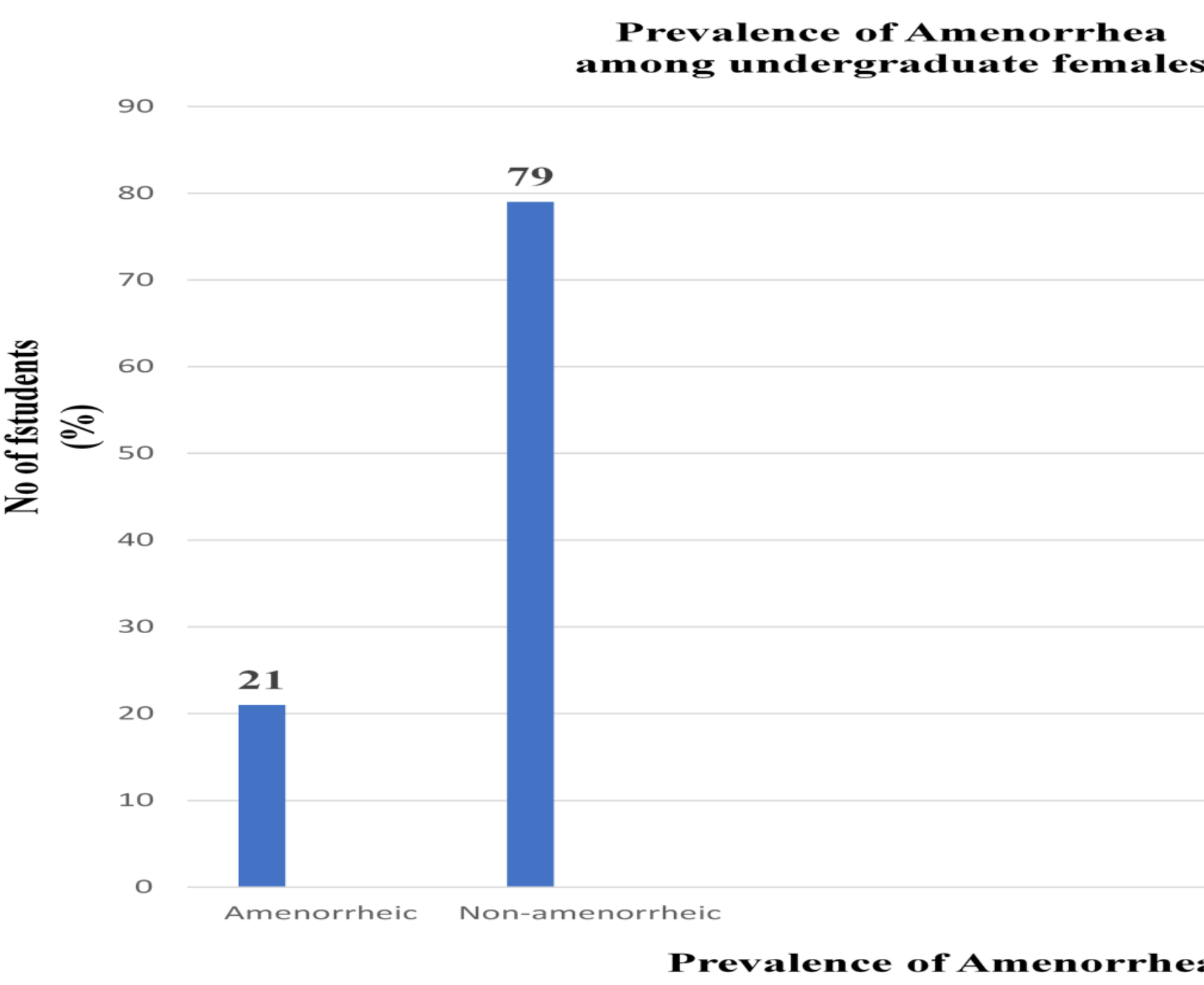
AIMS OF THE STUDY

- 1. To determine the prevalence of amenorrhea among undergraduate females
- 2. To identify those contributing factors that causes amenorrhea

Study Design

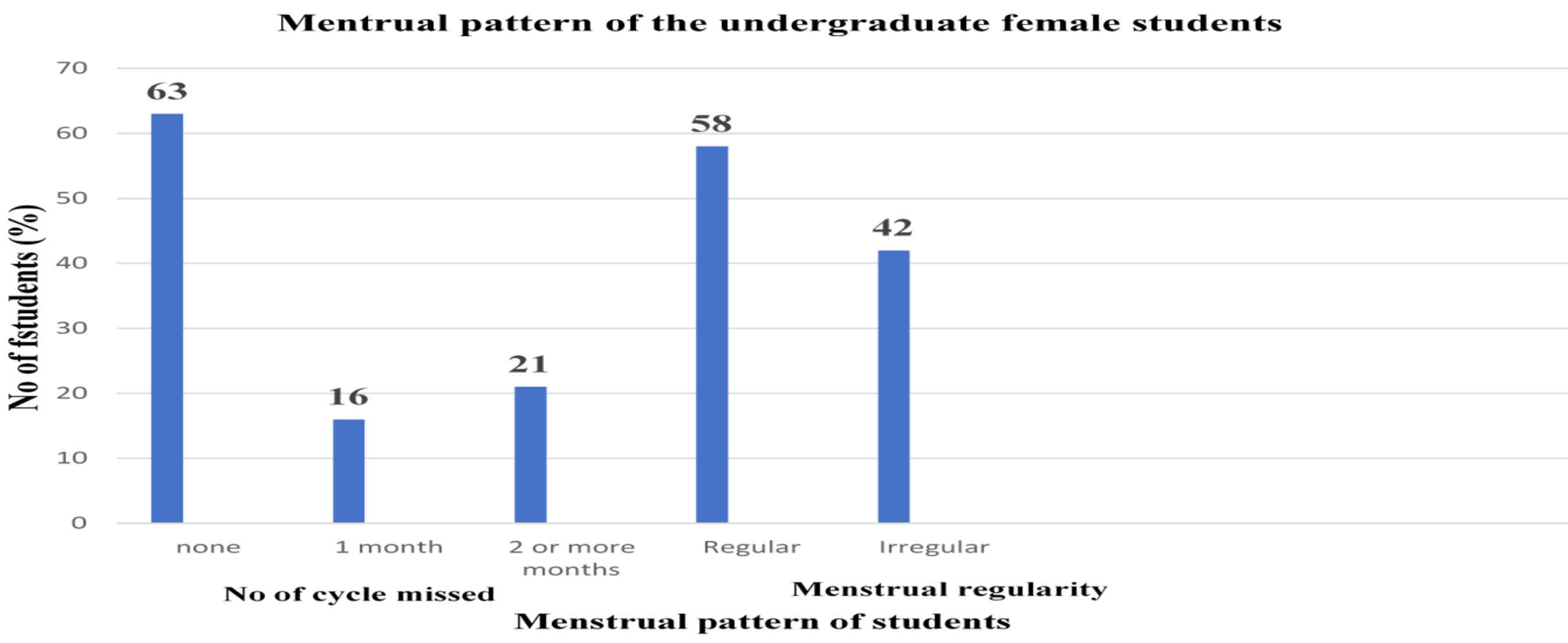


Graph 4: Incidence of stress among undergraduate females

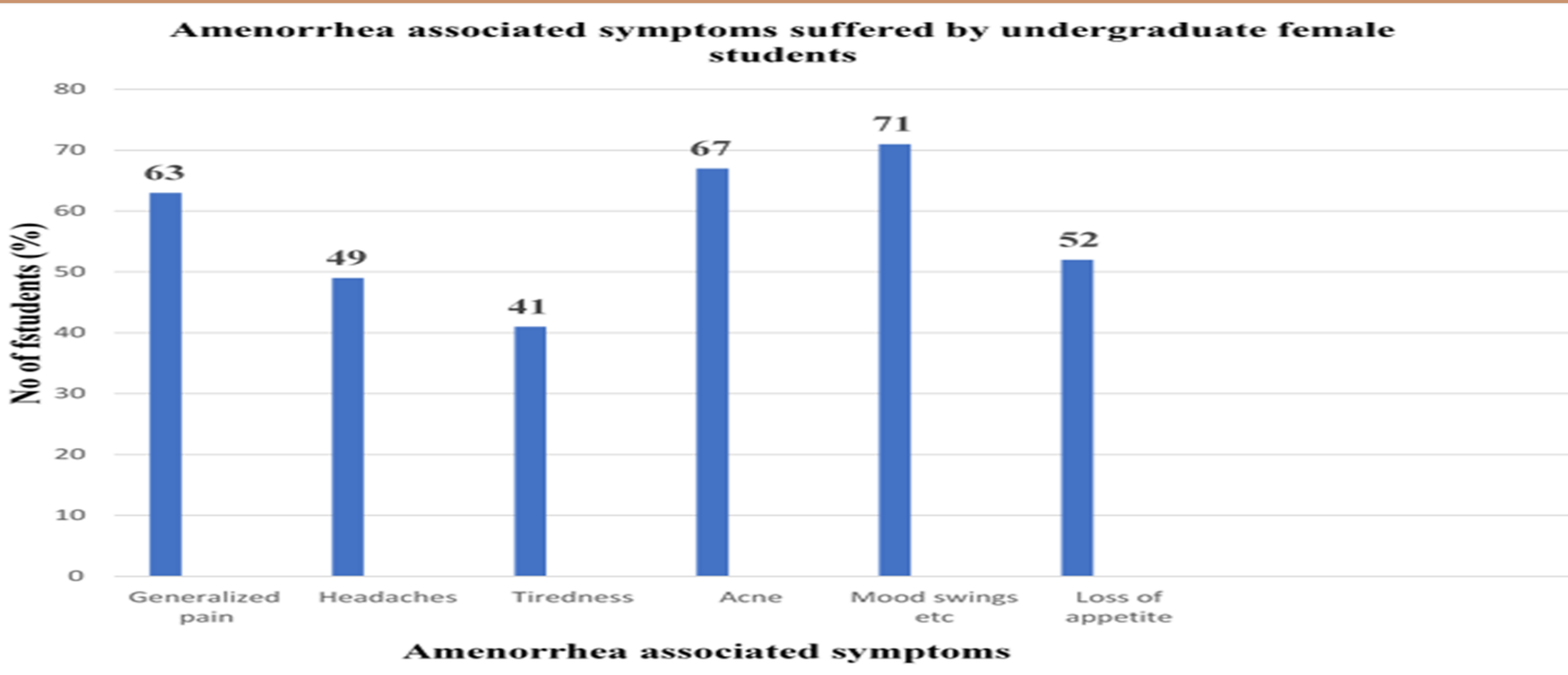


Graph 5: Prevalence of Amenorrhea among undergraduate females

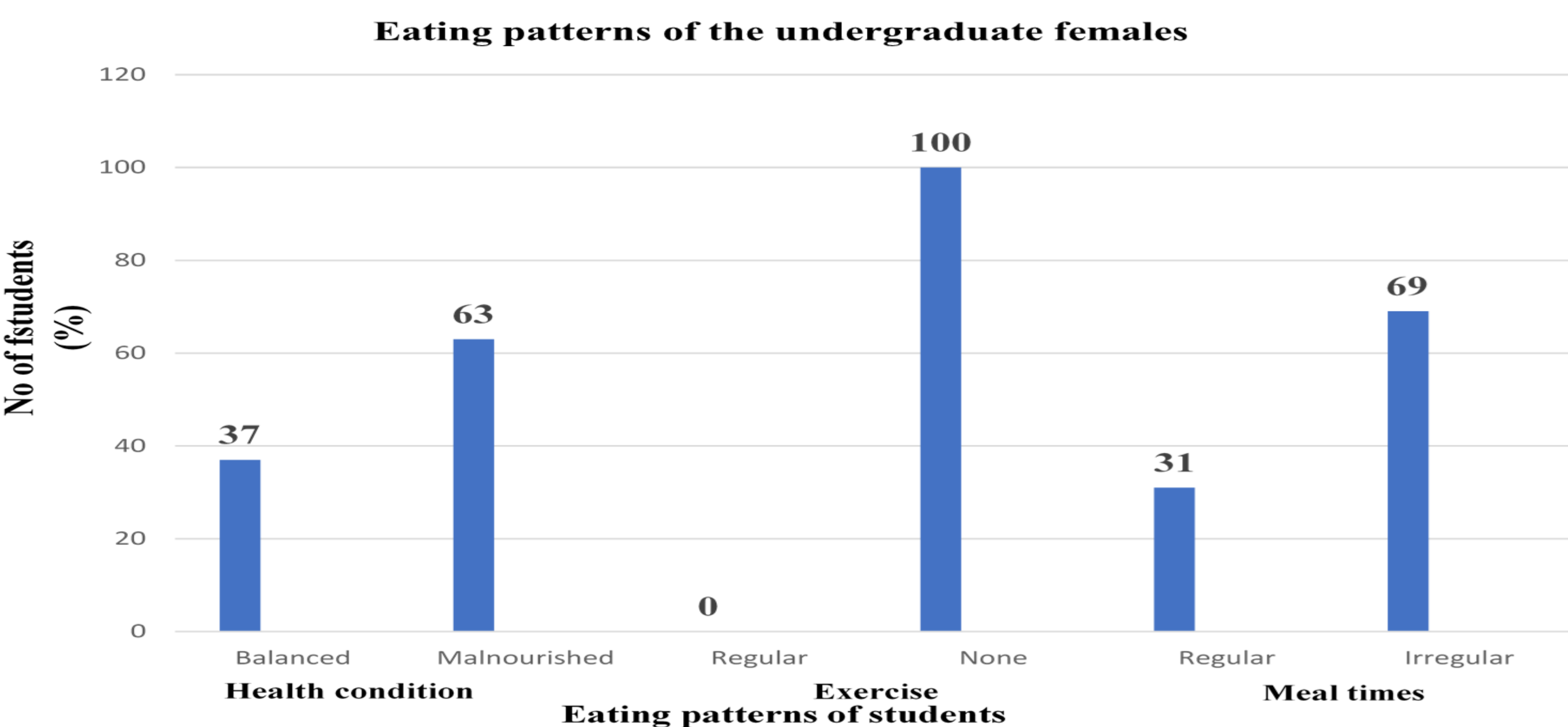
Results



Graph 1: Menstrual pattern of the undergraduate female students



Graph 2: Amenorrhea associated symptoms suffered by the undergraduate female students.



Graph 3: Eating patterns of the undergraduate females

Conclusions

This research study concluded that amenorrhea is a menstrual related health issue that is triggered by high stress among undergraduate females studying at BUITEMS. In addition to stress, factors like eating patterns, premenstrual symptoms, etc were also characterized in amenorrheic females

Future Recommendations

- Clinical assessments such as blood/urine test, pelvic ultrasound, progesterone challenge test etc should be done and factors such as absence of sleep, socioeconomic status of parents , genetic abnormalities etc should be taken into consideration
- Young females should be provided with therapeutic counseling on stress management and menstrual issues at their respective educational institutions

References

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2. Taher, Y. A., Ben Emhemed, H. M., & Tawati, A. M. (2012). Menopausal age, related factors and climacteric symptoms in Libyan women. Climacteric, 16(1), 179-184.

3. Creatsas, G. K., & Creatsas, M. (2014). Pathophysiology and Clinical Assessment of Primary Amenorrhea. In Frontiers in Gynecological Endocrinology (pp. 3-7). Springer, Cham.