

ABSTRACT ON “STUDY ON ROLE OF THYROID DYSFUNCTION IN WOMEN WITH MENSTRUAL DISORDERS”

INTRODUCTION

Menstrual disorders is reported to occur in 9-14% of women between menarche and menopause. . In India , the reported prevalence of menstrual disturbances is about 17.9%. Thyroid disorders are more common in women than in men. Overt hypothyroidism is estimated to occur in 1% of female population. Menstrual irregularities are occasionally the first sign of thyroid dysfunction.

AIM OF THE STUDY

1. To study the association between thyroid disorders and menstrual abnormalities among women of reproductive age group(18-45 years).
2. To study the type of thyroid dysfunction among different types of menstrual irregularities.
3. To establish screening for thyroid abnormalities is justified using ft3,ft4 and TSH.

MATERIALS AND METHODS

STUDY DESIGN:The present study “**STUDY ON ROLE OF THYROID DYSFUNCTION IN WOMEN WITH MENSTRUAL DISORDERS**” was a 2

year cross sectional (from oct 2016 to sep 2018) study conducted at Gynaecology outpatient at Department of Obstetrics and Gynaecology, Govt Theni Medical College and Hospital , Theni based on the data collected from 200 women attending the gynaec opd with menstrual disturbances.

MATERIALS:

A predesigned structured questionnaire, Hemoglobin, BT, CT, Transabdominal USG, serum free T₃, T₄ and TSH .SAMPLE SIZE:200. Statistical analysis done

RESULTS

The most common age group studied were between 32-40 years. Hypothyroidism presents in 18%, subclinical hypothyroidism in 4% and hyperthyroidism in 2% and subclinical hyperthyroidism in 1% of the study population. The most common type of menstrual disturbance are menorrhagia. (39.5%). Anaemia and hypothyroidism had significant association with hypothyroidism. The study showed a significant correlation between thyroid profile with different types of menstrual disturbances (P value=0.001). **CONCLUSION**

From the above study it can be concluded that there is a significant association between thyroid dysfunction and menstrual disorders. The high prevalence of thyroid dysfunction (21%) in the study and the relative

prevalence of subclinical hypothyroidism(4%) justifies the screening for thyroid dysfunction in women with menstrual disorders thereby preventing inappropriate therapeutic and diagnostic procedures.

Key words : thyroid dysfunction, menstrual disorders, hypothyroidism, hyperthyroidism, menorrhagia