The role of prophylactic examinations of adolescent girls in detection of pathology of the reproductive system

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Prophylactic examination of adolescent girls before marriage is necessary for the detection of pathology of the reproductive system. Often the girls of this age are being shy to discuss this problem with their mother and friends and don't go to the doctor.

The aim of this study was to identify the frequency and types of pathology of the pelvic organs during the preventive examination. We have conducted a routine inspection of girls on the presence of pathology of the pelvic organs and menstrual function. Were inspected 3934 girls. Age of surveyed ranged from 13 to 16 years. We carrying out prophylactic examination used anamnesis data and ultrasound examination of the pelvic organs. All complaints of violations of the menstrual cycle showed in 158 girls, including violations by type of algomenorrhea detected in 10.1% girls, irregular cycle - 77.8% girls. Secondary amenorrhea was detected in 7.6%. Juvenile bleeding were in history of 4.4% girls. Revealed: the cyst of ovary in 0.13% girls and polycystic ovary syndrome (PCOS) - 1.3% girls. Most of them were overweight or obese I-II degree. Structural abnormalities of the uterus was rare, only 5 girls was revealed hypoplasia of the uterus I or II degree, a two-horned uterus - 0.2% adolescents. All girls with menstrual disorders were assigned to treatment with combined low-dose synthetic progestins (lindinet-20). Patients with hypoplasia of the uterus or secondary amenorrhea were treated using hormone replacement therapy (femoston), PCOS treatment metformin. This led to the normalization of the menstrual cycle in the vast majority (87%) of girls.

Conclusions. Conduct of prophylactic examination of adolescent girls allows to detect the latent pathology and it allows to treat and restore the normal menstrual cycle, to prevent the reproductive disorders in the future and to improve the quality of life of young girls.