

## CAUSES OF MENSTRUAL CYCLE DISORDERS.

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**Abstract:** Puberty is a process of changes in the body that affects their physical, psychological and emotional state and begins at about 8-9 years old. At this time, there is an increase in the level of sex hormones that cause a number of changes in the body. There is an increase in the growth rate, pelvic bones grow, there is an increase in the amount of adipose tissue (the hips become wider, fat is deposited in the chest, buttocks and pubis, giving the body of a young girl feminine outlines) and secondary sexual characteristics appear.

**Keywords:** adipose tissue, growth rate, pelvic bones grow, buttocks and pubis.

Every woman has faced a violation of the menstrual cycle. Sometimes such a failure can indicate a serious pathology in the body. This issue is especially acute for those patients who are planning to conceive. Contact the specialists of 100med in Lyubertsy or Lytkarinsky branch to make sure of the health of the reproductive system.

Treatment of menstrual disorders depends on the cause. With primary dysmenorrhea, specialists of the Clinical Hospital in Yauza prescribe painkillers, antispasmodics, as well as combined oral contraceptives. Treatment of secondary dysmenorrhea consists in eliminating the underlying disease, including surgically. Our gynecology department is equipped with modern laparoscopic equipment, and doctors are proficient in modern minimally invasive surgical methods. Amenorrhea therapy is aimed at correcting the underlying disease. If necessary, surgical treatment is performed: dissection of intrauterine synechiae, plastic surgery that restores the structure and work of the genitals.

Normally, menstruation lasts from three to six days. The minimum cycle period is 21 days, the maximum is 35 days. Both options fit into the norm.

Symptoms of a cycle disorder:

- delay of 14 days or more;
- menstruation 2 times a month;
- sudden changes in the cycle (its regularity or duration, the appearance of uncharacteristic symptoms).

Each violation is considered by a specialist individually. It is important to determine the type of menstrual cycle disorder. It can be:

- oligomenorrhea (a period of 40 days or more between menstruation);
- polymenorrhea (the period of less than 21 days between menstruation);
- dysmenorrhea (painful menstruation);
- hypermenorrhea (too much menstruation);
- amenorrhea (long-term cycle disorder, manifested in the absence of menstruation).

Do not delay the visit to the doctor and pay attention to these points. All of them require diagnosis and treatment by a specialist. Causes of menstrual cycle disorders.

The provoking factors may differ greatly from patient to patient. The most common of them are:

- sexual infections. Pathogenic microorganisms are the main cause of cycle disruption. In treatment, it is important to identify the pathogen. To do this, tests are given for chlamydia, uroplasma and similar infections. To prescribe the study you need, as well as to decipher and consult a specialist, you need to contact a gynecologist at the 100med clinic. With competent and timely treatment, the problem is solved quickly and without consequences for the body;
- hormonal background. A more serious cause of cycle disruption. It is the hormonal background that regulates a woman's menstrual cycle. It is influenced by many factors, but the main one is the state of the endocrine system, especially the thyroid gland. With violations of the organ and delaying treatment, numerous dysfunctions occur in the woman's body. If you are interested in the question "what hormones to take in case of a cycle violation", you need to consult an endocrinologist at the 100med clinic. There are many hormones that affect the cycle and only a specialist will point out those that need to be checked for you;
- heredity. Do not underestimate the influence of genetic predisposition. Find out from your mother or grandmother if they have encountered similar problems, and then come to the gynecologist of the 100med clinic to collect an anamnesis and then prescribe therapy;
- stress and nervous overstrain. The poor condition of the central nervous system affects the entire body. The menstruation cycle is no exception. First of all, you need to attend a psychological session of a psychologist at the 100med clinic to determine the causes of this condition. A specialist will prescribe the necessary therapy for you, return calm to your life, and then the cycle will return to normal;
- irrational nutrition. Basically, this applies to too strict diets combined with exhausting physical exertion. It is necessary to stop exhausting your body with starvation and inadequate training. If you can't adjust your diet yourself, contact a dietitian at the 100med clinic. If the situation is out of control and you need psychological help. Consult a psychologist at our clinic.

These are just the main causes of violations. An irregular cycle can be caused by various pathologies or individual characteristics of the body. For example, when it comes to endometriosis, cycle disruption is an important factor that will help diagnose the disease.

The same applies to benign and malignant tumors of the ovaries or uterus, as well as ectopic pregnancy.

Treatment of cycle disorders in adolescents is medicated. The necessary tests are given, suitable hormone therapy is prescribed. Vitamins in violation of the hormonal cycle are used according to a clear scheme to stimulate hormone production in the ovaries. As a rule, these are B vitamins (the whole complex or B1 and B6). At the second stage of treatment, folic and ascorbic acid are also added, as well as vitamins E and A. In complicated and severe cases, a histological examination of the scraping is carried out and a decision is made to carry out scraping.

Depending on the etiological factor, menstrual cycle disorders can manifest themselves in different ways, therefore, a classification of clinical manifestations has been derived in gynecology, among which:

- algodismenorrhea – accompanied by pulling pains in the lower abdomen, nausea, headaches, menstruation failure;
- dysmenorrhea is an unstable cycle, manifests itself sharply without accompanying symptoms;
- hypermenorrhea – copious discharge of menstruation with normal duration;
- menorrhagia – the cycle lasts up to 12 days with abundant bloody discharge;
- hypomenorrhea – poor spotting;
- polymenorrhea – the interval between menstruation is no more than 21 days;
- oligomenorrhea – short periods with a duration of 1-2 days;
- opsomenorrhea is a rare discharge with intervals of 1 every 3 months.

In addition to the main clinical signs, there may be other symptoms that worsen a woman's well-being and quality of life:

- increased fatigue;
- irritability;
- decrease or increase in body weight;
- lower back or lower abdominal pain of varying intensity;
- nausea;
- frequent headaches, migraines.

All of the above symptoms should not be ignored by a doctor who, after the results of the examination, will be able to determine the cause, make the correct diagnosis, choose the necessary therapy, and give recommendations.

How and how to treat:

When a woman has a menstrual disorder, the doctor will prescribe a number of instrumental and laboratory tests without fail:

- ultrasound;
- histological analysis;
- colposcopy;
- smear on the flora;
- dad test;
- blood and urine analysis;
- infection screening.

The results of the research will help the doctor to make a complete picture, determine the cause, and, if necessary, select drug therapy. Treatment for menstrual disorders directly depends on the cause, concomitant symptoms and characteristics of the patient's body. If the cause is physiological reasons, it is enough to normalize the daily routine and rest, monitor nutrition, avoid physical and psychological stress. When the cycle is disrupted due to infections, inflammatory processes of the ovaries, antibacterial drugs, uroseptics, hormonal drugs, physiotherapy, vitamin therapy are prescribed. Phytotherapy is prescribed as an adjunct. The choice of any drug is always left to the attending physician, who will select the necessary dose, duration of administration.

To regulate menstruation, doctors often advise to follow a diet, exclude contact with any provoking factors. If the failure of menstruation occurs due to a lesion of the cervix, a woman may be prescribed surgical treatment. The treatment of cycle disorders in women of childbearing age is similar to the treatment regimen of adolescents. The difference here is only in the prescribed drug therapy and concomitant complications. If a woman notes a cycle violation at the age of 40 or a cycle violation at the age of 45, this is not a reason to write off everything for menopause. So, you can skip a serious pathology, an effective fight against which is possible only at the early stages of diagnosis.

The main cause of menstrual disorders is considered to be the dysfunction of the hormonal background of women, which entails an unstable manifestation of spotting. This condition can be divided into 3 main groups:

- physiological - climate change, frequent nervous overstrain, irrational nutrition, menopause;
- pathological – gynecological diseases, chronic pathologies of internal organs and systems that have a negative impact on the work of the pelvic organs;
- medication – taking hormonal contraceptives, glucocorticoids, anticoagulants, anticonvulsants that can affect the menstrual cycle.

Menstruation disorders in women after 40 years are most often associated with age-related changes in the reproductive system. At this age, the follicular reserve of the ovaries is depleted, the frequency of anovulatory cycles increases. Such changes in the female body initially cause irregular menstruation, dysfunctional uterine bleeding, then menopause.

In young girls, menstruation failure is often associated with uneven maturation of the hypothalamic-pituitary and ovarian systems. Less often, the cause may be congenital or acquired syndromes, chromosomal diseases or abnormalities of the reproductive system. Regardless of the cause, the treatment of menstrual failure should be carried out under the guidance of a gynecologist.

Some women do not turn to a specialist in time for reasons of fear or inadequate assessment of the situation. The consequences of cycle disruption can be quite unexpected. First of all, infertility. Cycle disruption cannot be ignored at any age.

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