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To study the thyroid hormone profile in women presenting with AUB attending gynecology OPD in Dr. BRAMH, Raipur (C.G.)

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Background: Abnormal uterine bleeding (AUB) is defined as any bleeding pattern that differs in the regularity, frequency, duration and amount from a pattern observed during a normal menstrual cycle or menopause. Menstrual disorders pose a huge burden on gynecology OPD, accounting for approximately 10%- 30% of attendance. The thyroid gland plays an important role in the growth, development, metabolism and function of every organ in the body. Thyroid dysfunction is a cause of nonstructural AUB. Thyroid is closely linked with the process of ovarian maturation and endometrial hyperplasia. Females with thyroid gland abnormality have chances of reproductive abnormalities ranging from abnormal sexual development, menstrual irregularities, infertility and premature menopause.

Methods: This is an observational cross-sectional study performed at Pt J. N. M. Medical College and Dr. B.R.A.M. Hospital Raipur (C.G.) between 1st January 2020 to 31st December 2020. A total of 100 cases were included in the study.

Results: In the present study among 100 women, majority belongs to the age group more than 39 years (46%). 56% belong to class III socioeconomic status. 41% of women were multiparous. 22 cases of AUB were hypothyroid, 7 cases were hyperthyroid. The commonest pattern of bleeding was heavy menstrual bleeding (52%) followed by frequent menstrual bleeding (20%). Among others 15% belong to infrequent menstrual bleeding, 9% belong to light menstrual bleeding and 4% have amenorrhea. Structural abnormality like leiomyoma of uterus seen in 37 out of 100 cases, 17 cases have adenomyosis, and 14 cases have ovulatory dysfunction which is a non-structural abnormality.

Conclusion: The study concludes that as there is a high incidence of thyroid disease in our area so thyroid profile study must be carried out in all cases of AUB. It reduces the need of unnecessary hormonal treatment and hysterectomy.

Keywords: Abnormal uterine bleeding, hypothyroid, hyperthyroid.

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