

Adolescent Health-an Unexplored Field

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- **Introduction:** Adolescence is a transitional stage of physical and psychological development including 10-19 years(1). It is further divided into early adolescence i.e. 10-14 years age group, and late adolescence between 15-19 years.. Girls of adolescent group has significant anxiety, psychological stress and also excitement for the transformation of reproductive system, sometimes causing embarrassment and therefore seeking late consultation. In major part of country, adolescent problems are avoided and not taken care of because of lack of knowledge and awareness, cultural taboos, and taken for granted attitude of adults towards young females. Even in urban and higher societies, it is neglected or considered secondary as this adolescent period also form the important landmark for educational carrier.
- **Aims and objectives:**To study the prevalence of gynaecological problems and create awareness of the need of consultation for adolescent problems.
- **Material And Methods:** Cross-sectional observational study, in OBGY dept of DMMC. Duration: 1 year. Data were collected using a structured and self-administered questionnaire. Clinical examination, blood investigations done and management done as per problems.
- **Statistical Analysis:** Statistical analysis was done by using SPSS software 23.0
- **Results:** Total 200 cases were enrolled.68% had menstrual problems 31.5% had leucorrhoea, and 27% had complaints related to weight gain and weight loss and pain in abdomen. Max. cases of 15-19 years had oligomenorrhea and those in 10-14 years group heavy menstrual bleeding and polymenorrhea. 2 cases had primary amenorrhea. 56% cases in 10-14 years had anemia whereas in 15-19 years group maximum patients had high LH/FSH ratio and abnormal USG findings like, polycystic ovarian disease, simple ovarian cyst, endometriotic cyst, hematocolpos, atropic uterus
- **Discussion:** 84% were from 15-19 years group, negligence at early stage, fear of unwanted pregnancy and preparing these girls for marriage physically and mentally could be the reason for more consultation in this group. Only 16 % were from 10-14 years group and max. patients need admission as they came in critical condition, which are not manageable on OPD basis. Menstrual cycle are regulated by co-ordination of hypothalamic-pituitary-ovarian axis, which are readily influenced by psychological and pathological factors(2) and this could be the reason for more menstrual problems in this group.
- **Conclusion:** Adolescence is a bridge between childhood and adulthood, thus is an important phase of life, which have to taken care of properly for developing them into healthy adult. In our study, most common disorder of adolescent was menstrual problems and anemia, which can be managed effectively only on OPD basis, if consulted at an early stage.
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- 2. Wood CL, Lane LC, Cheetham T. Puberty: Normal physiology (brief overview). Best Pract Res Clin Endocrinol Metab. 2019 Jun;33(3):101265.