Clinical approach to menstrual disorders in teens

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Adolescent reproductive health issues such as menstrual problems, teen pregnancy and sexually transmitted diseases are on the rise leading to possible consequences in later adult life. Awareness on teen preventive services such as psychosocial counseling, information of the HPV vaccine and menstrual function are important considerations to this group of patients. According to the Young Adult Fertility Sexuality Survey (YAFS) 2002, a study of almost 20,000 Filipino youth (aged 15-24), two most common reproductive health problems in young Filipinas are dysmenorrhea and irregular menses. Menarche is being noted to occur earlier than the average age of 12. Menstrual irregularity is noted in 40-50% in the first two gynecologic years with expected regularity in the next 3 years. The majority of cases are often caused by the immaturity of the HPO axis, however, blood coagulation disorders should also be ruled out. Polycystic ovarian syndrome is likewise seen due to the increasing cases of obesity and metabolic syndrome in teens nowadays. Clinical approach and management catered to the young will be discussed.

Biography

Ma Socorro C Bernardino is a Head of Pediatric Gynecology Section at St. Luke's Medical Center-Quezon City in Philippines. She is a President of Pediatric and Adolescent Gynecology Society, Philippines. She is a Fellow in International Federation of Pediatric and Adolescent Gynecology & Philippine Obstetrical and Gynecological Society and also she is Member in Federation Internationale Gynecologie de Infantile Et Juvenile. Her interests include perinatal, pediatric and adolescent gynecology.

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