

AIMS

- Differentiate primary from secondary dysmenorrhoea
- Different management options
- Causes & treatment of dyspareunia

DYSMENORRHOEA

• Defined as painful menstruation.

- Dysmenorrhoea is the leading cause for absence from school or work
- 45%-95% of female of reproductive age suffer from dysmenorrhea

CLASSIFICATION

- Primary (spasmodic)dysmenorrhoea: painful menstruation without underlying pathology.
- Secondary dysmenorrhoea: due to an underlying disease or structural uterine abnormality

PRIMARY DYSMENORRHOEA

• Onset usually 6_12 months after menarche

- Peak incidence in teens & 20s
- Pain begins with the onset of menstruation &lasts for less than 2 days
- Cramping pain radiating to the thighs & back
- Nausea and other GI symptoms
- relieved after childbirth
- Prostaglandins & leukotrins play a major role
- Uterine hypercontractility

SECONDARY DYSMENORRHOEA

Usually pain start before menstruation & continue through out menstruation

Associated symptoms

SECODARY DYSMENORRHOEA

Causes :

- endometriosis
- adenomyosis
- chronic pelvic inflammatory disease
- Pelvic congestion syndrome
- pelvic adhesions
- IUD
- Fibroids
- Uterine polyp
- Uterine anomalies as rudimentary horn

DYSMENORRHOEA EVALUATION

History

• Physical examination:

 If symptoms are typical of primary dysmenorrhoea especially in adolescents—>therapeutic trail

DYSMENORRHOEA

Investigations needed ?

- Failure of medical treatment in patients with symptoms of primary dysmenorrhea
- symptoms suggestive of secondary dysmenorrhoea

• High vaginal & endocervical swabs

- Pelvic Ultrasound
- Laparoscopy

PRIMARY DYSMENORRHOEA TREATMENT

 Simple analgesics: paracetamol, NSAID:ibuprofen,mefenamic acid,naproxen

- Hormonal therapy: as a second line when simple analgesia fails. COCP
- LNG-IUS
- Depo-provera, new POP
- GnRH agonist



SECONDARY DYSMENORRHOEA... TREATMENT

- Treat the underlying cause
- ${\scriptstyle \textcircled{o}} \mathsf{NSAID's}$
- \odot Hormonal contraceptives
- Surgical treatment:LUNA(lap. Uterine nerve ablation) or Pre-sacral neurectomy in selected cases

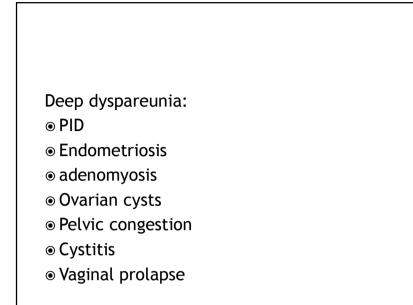
DYSPAREUNIA

- Defined as pain during sexual intercourse
- Could be superficial at entrance of the vagina or deep in the pelvis on deep penetration

CAUSES

Superficial dyspareunia:

- Vaginismus
- ${\scriptstyle \odot}$ Vaginal infection
- Episiotomy scars & narrowed vagina
- Insufficient vaginal lubrication
- Atrophic vagina due to menopause



DYSPAREUNIAMANAGEMENT

- Aimed at identifying & properly treating the underlying cause
- History
- pelvic examination:signs of vulvovaginitis,abnormal discharge,structural abn.,bimannual examination:size,mobility of the uterus,adenxial mass

DYSPAREUNIAMANAGEMENT

● Lubricants as k-y gel for vaginal driness

- ${\scriptstyle \odot}$ Topical oestrogen for atrophic vagina
- ${\scriptstyle \odot}$ Treatment of vaginal infections
- Vaginsmus:psychotherapy
- surgery may sometimes be required for vaginal prolapse or inadequate vagina

