

DYSMENORRHOEA, DYSpareunia

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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 & leukotriens 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
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- ⊙ 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
- NSAID's
- 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
- ⦿ Vaginal infection
- ⦿ Episiotomy scars & narrowed vagina
- ⦿ Insufficient vaginal lubrication
- ⦿ Atrophic vagina due to menopause

Deep dyspareunia:

- ⦿ PID
- ⦿ Endometriosis
- ⦿ adenomyosis
- ⦿ Ovarian cysts
- ⦿ Pelvic congestion
- ⦿ Cystitis
- ⦿ Vaginal prolapse

DYSPAREUNIAMANAGEMENT

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

DYSPAREUNIAMANAGEMENT

- ⦿ Lubricants as k-y gel for vaginal driness
- ⦿ Topical oestrogen for atrophic vagina
- ⦿ Treatment of vaginal infections
- ⦿ Vaginsmus:psychotherapy
- ⦿ surgery may sometimes be required for vaginal prolapse or inadequate vagina

