

POSTMENOPAUSAL BLEEDING: A TERTIARY CARE HOSPITAL EXPERIENCE

¹Dr. Mona Rani, ²Dr. B S Meena, ³Dr. Arshdeep Kaur, ⁴Dr. Leela

^{1,3} Junior Resident, ² Senior Professor & HOD, ⁴Senior Resident

¹⁻³ Department of Obstetrics and Gynaecology, SMS Medical College, Jaipur (Raj.)

⁴ GMC Patiala (Punjab)

Article Info: Received 20 July 2021; Accepted 21 August 2021

DOI: <https://doi.org/10.32553/ijmbs.v5i9.2192>

Corresponding author: Dr. Mona Rani

Conflict of interest: No conflict of interest.

Abstract

Background: To evaluate the prevalence of post-menopausal bleeding.

Methods: This is a descriptive type of observational study conducted among women with Postmenopausal Bleeding who attended the Gynaecology OPD SMS Medical College Jaipur. 60 Postmenopausal patients were included in this study. After fulfilling the inclusion criteria a detailed history and clinical examination was done as per Proforma, followed by investigations.

Results: On the basis of histopathological examination most of the patients was having atrophic endometrium followed by simple hyperplasia. Majority of patients had atrophic endometrium i.e. 38.3% cases, followed by endometrial hyperplasia was detected in 14 patients i.e. 23.3% cases out of which 11 had simple hyperplasia while 3 patients had atypical hyperplasia. Endometrial cancer was detected in 8 patients i.e. 13.3% cases. Out of 8 patients one case was confirmed as adenocarcinoma on histopathology after polypectomy through hysteroscope.

Conclusion: The statistical probability of one of those postmenopausal bleeding episodes being due to gynecologic cancer is extremely low.

Keywords: Post-menopausal bleeding, Cancer, TVS

Introduction

Menopause is a Greek word and in the strict sense means “men” (month) and “pause” (cessation) i.e. cessation of menstruation. The WHO defines menopause as permanent cessation of menstruation resulting from the loss of ovarian follicular activity. The clinical diagnosis is confirmed following stoppage of menstruation (amenorrhoea) for twelve consecutive months without any other pathology. The average age at which women go through menopause is 47.5 years in India.⁽¹⁾ Post-Menopausal Bleeding is bleeding that occurs 12 months after the last normal period and causes of postmenopausal uterine bleeding⁽²⁾ are Endometrial atrophy, Estrogen replacement therapy, Endometrial polyps, Endometrial hyperplasia, Endometrial cancer, Cervical cancer, Uterine sarcoma, Urethral caruncle, Trauma etc.⁽²⁾

Endometrial atrophy is the most common endometrial finding in women with postmenopausal bleeding. Atrophic Endometritis/Vaginitis becomes clinically apparent 4-5 years after the menopause and objective changes as well as subjective complaints like dysuria, dyspareunia, sexual dysfunction, dryness of the vagina are present in 25-50% of all postmenopausal women. As the condition is attributable to estrogen deficiency, estrogen replacement therapy is offered as appropriate to the individual, in addition to alternative strategies.⁽²⁾

Material and Methods

This is a descriptive type of observational study conducted among women with Postmenopausal Bleeding who attended the Gynaecology OPD SMS Medical College Jaipur. 60 Postmenopausal patients were included in this study. After fulfilling the inclusion criteria a detailed history and clinical examination was done as per Proforma, followed by investigations.

Study Type

Hospital based prospective study.

Study Design :

Hospital based cross sectional study.

Study Period:

Feb. 2019 onwards till completion of sample size.

Study Setting:

The study was conducted at Department of Obstetrics and Gynecology, SMS Medical College, Jaipur

Study Participants:

Patients admitted with chief complaint of Postmenopausal Bleeding in Department of Obstetrics and Gynecology, SMS Medical College, Jaipur.

Inclusion Criteria:

Women with postmenopausal bleeding who has given written consent to participate in this study.

Exclusion Criteria:

Any lesions of vulva, vagina or cervix.

Women with blood dyscrasias.

Postmenopausal women on Hormonal therapy or tamoxifen therapy.

Patient refusal to participate in study

Sample Size:

Sample size is calculated at 95% confidence level, assuring 90% prevalence of endometrial pathology as histopathological report and 96.77% sensitivity of TVS in detecting endometrial pathologies as per results of seed

article. [The Journal of Obstetrics and Gynecology of India (January-February 2016)].

At the absolute allowable error of 5%, minimum 52 patients of postmenopausal bleeding are required as sample size which is enhanced & rounded off to 60 patients as final sample size.

Statistical Analysis

Appropriate parametric and non-parametric tests will be for linear and categorical variables respectively depending on data yield.

Pre value <0.05 will be taken as significant. Med Calc 16.4 version software will be used for statistical calculation.

Results**Table 1: Proportion of cases of postmenopausal bleeding**

Total no. of Gynaecological admissions	1212
Total no. of cases of postmenopausal woman with complaints of postmenopausal bleeding	80 (6.6%)

Of the total number of gynaecological admissions in the hospital i/e/ 1212, 6.6% comprised of postmenopausal women with complaints of postmenopausal bleeding out of which first sixty patients were taken up for the study.

Table 2: Distribution of cases according to histopathology

Histology	No. of cases	Percentage (%)
Atrophic Endometrium	23	38.33
Disordered Endometrium	7	11.67
Endometrial Polyp	2	3.33
Carcinoma	8	13.33
Hyperplasia with atypia	3	5.00
No pathology found	6	10.00
Simple Endometrial Hyperplasia	11	18.33
Total	60	100.00

On the basis of histopathological examination most of the patients was having atrophic endometrium followed by simple hyperplasia. Majority of patients had atrophic endometrium i.e. 38.3% cases, followed by endometrial hyperplasia was detected in 14 patients i.e. 23.3% cases out of which 11 had simple hyperplasia while 3 patients had atypical hyperplasia. Endometrial cancer was detected in 8 patients i.e. 13.3% cases. Out of 8 patients one case was confirmed as adenocarcinoma on histopathology after polypectomy through hysteroscope.

Discussion

This incidence of postmenopausal bleeding decrease with increasing age while the probability of cancer as the underlying cause increases. The prevalence of endometrial cancer in women with postmenopausal bleeding is 3-10%.

In a Swedish study, where the yearly incidence of postmenopausal bleeding was 14.6/1000 in women under 50 and the total yearly incidence of postmenopausal bleeding in the present study was 134/1000 person-years in women aged 45-54. ³ This is not surprising as the incidences of

postmenopausal bleeding in the study of Gredmark *et al.* ³ were based on a highly selected group of patients, calculated as the number of women referred to the county gynecologic departments because of postmenopausal bleeding in relation to an estimated number of postmenopausal women in each age group within the county.

In the study of Treloar ⁴ days of amenorrhea, and this was not apparently associated with significant illness 5-10% of women recorded a further episode of vaginal bleeding after 360. ⁵ The study did not, however, give reliable estimates of the frequency of these episodes in the population.

Conclusion

The statistical probability of one of those postmenopausal bleeding episodes being due to gynecologic cancer is extremely low.

References

1. Unni J. Third consensus meeting of Indian Menopause Society (2008): A summary. *Journal of Mid-life Health*. 2010;1(1):43.

2. Berek J.S, Berek D.L;chapter 35 Uterine cancer;Berek & Novak's Gynecology;15th edition;1833-1835
3. Mateos F, Zarauz R, Seco C, Rayward JR, del Barrio P, Aguirre J et al (1997) Assessment with transvaginal ultrasonography of endometrial thickness in women with postmenopausal bleeding. *Eur J Gynaecol Oncol* 18:504–507
4. Auslender R (1993) Vaginal ultrasound in patients with postmenopausal bleeding. *Ultrasound Obstet Gynecol* 3:426–428
5. Singh P, Dwivedi P, Mendiratta S. Correlation of Endometrial Thickness with the Histopathological Pattern of Endometrium in Postmenopausal Bleeding. *The Journal of Obstetrics and Gynecology of India.* 2014; 66(1):42-46.