



ABSTRACT BOOK



KHARKIV, UKRAINE
MAY 24th-26th, 2017



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OBSTETRICS AND GYNECOLOGY



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CONSERVATIVE REHABILITATION ACTIVITIES IN WOMEN AFTER THE PERINEAL RUPTURE

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Introduction. Restoring the anatomical and functional integrity of the perineum in women with perineal ruptures in labor is one of the actual problems of modern obstetrics.

According to the literature, traumatization of the soft tissues of the birth canal is observed in every 3-5 maternity patients, with perineal ruptures occurring from 6 to 15% of cases. In turn, unsatisfactory results of healing of perineal injuries with a high probability lead to the development of serious gynecological pathology - omission and prolapse of genital organs. This disease is accompanied by a violation of the function of urination and defecation, frequent inflammation of the organs of the genital tract, which together significantly reduces the efficiency of the woman and the quality of her life. In this regard, the improvement of existing methods of restoring the perineum is an actual task of practical obstetrics.

Materials and methods. 58 women with a history of perineal trauma (breaks of the perineum of the I-II degree), aged from 25 to 35 years, were examined and treated. The 1-st group included 24 (41.4%) patients who underwent rehabilitation measures in the volume of traditional corrective gymnastics. The 2-nd group comprised 34 (58.6%) patients who underwent non-surgical correction with the help of volumizing agent.

Results of research. Against the background of the application of the volume-forming agent, the most pronounced positive dynamics of restoring the pelvic floor muscles was noted. A significant improvement in the condition implied an increase in the strength of the muscles of the pelvic floor when the perineometer sensor was compressed by 3 arbitrary divisions and above. So, in 1 group of women, a significant improvement in the condition was noted in 8 (33.3%), improvement was observed in 7 (29.2%) patients, lack of efficacy in 9 (37.5%) patients. In the 2nd group, a significant improvement was registered in 19 (55.9%), improvement in 12 (35.3%), absence of effect in 3 (8.8%) patients.

Conclusions. Thus, the developed method of optimization of rehabilitation measures allows to increase the effectiveness of treatment and to achieve stabilization of the process.

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DYSMENORRHEA IN ADOLESCENTS

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Introduction. Dysmenorrhea (DM) ranks first among disorders of the menstrual cycle and is a neuroendocrine syndrome, which cyclically repeats, sometimes completely

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