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**INFLUENCE OF DURATION OF HYPOKINESIA EFFECT ON THE**

**FEMALE MENSTRUAL CYCLE**

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**Introduction.**The lifestyle of a modern woman is exposed to various unfavorable factors: stresses, supercooling, restricted volume of muscular activity, irregular and unbalanced diet. Their effect changes all female organism and specifically sexual system that results in reducing of reproductive potential. Hypokinesia, based on the restriction of a volume of muscular activity, negatively affects the human body state, causing disturbances of activity of muscular system, cardiovascular and other organs and systems.

**Materials and methods.**The study included 90 women at the age of 25-35 years old, having been divided into three equal in number clinical groups – two basic (first and second) and control one. Groups were identical in obstetrical-gynecologic anamnesis: they had no inflammatory processes or operations of organs of small pelvis, there were no organic pathologies of uterus and appendages, all women had one-two labors through natural parturient canals with satisfactory course of a postnatal period. Social conditions of all women were good, a diet – sufficient and balanced. Nobody went in for sport or did any physical exercises in their free time. The effect of hypokinesia on women of both basic groups occurs during 7-8 hours in work days, in the first group lasted five years, and in second – ten. The control group during working hours had an

ordinary motor activity.

**Results of research.** Group during working hours had an ordinary motor activity. It was established that in the first basic group the disturbance of a menstrual cycle observed in 20 women (66.7 %), and in the second basic group – in 28 (93.3 %). In the control group the menstrual cycle has been disturbed in five women (16.6 %). Among the disturbances of a menstrual cycle originating under the effect of hypokinesia, there was defined dysmenorrhea, presented in the first basic group in 18 women (60 %), and in second – in 25 (83.3 %). In the control group disturbances of a menstrual cycle were manifested by only moderately expressed painful syndrome during menses. Restriction of a volume of muscular activity has affected a regularity of a menstrual cycle, having stipulated delay of menstruation from one week to one and a half month in 10 women (33.3 %) of the first basic group and in 15 (50 %) – second one. Under the effect of hypokinesia the volume of menstruation in the form of hypomenstrual syndrome was also changed (5cases, 16.6 % – in the first basic group and 10 cases, 3.3 % – in second). Menorrhagia in observable women was noted in eight cases: four (13.3 %) in each group.

**Conclusions.** 1. The presented analysis has shown that the hypokinesia unfavorably affects a menstrual cycle, causing its disturbances and degree of manifestation depends on duration of effect of this factor.

2. The main manifestation of menstrual cycle pathology is dysmenorrhea, however other disturbances – an irregularity of menses and changes of quantity of a blood loss are added later.

3. Thus, restriction of a volume of muscular activity is the unfavorable factor essentially changing a menstrual cycle and demanding the search of correction ways.