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ABSTRACT
BOOK





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Khalil Arwa

PHYTOESTROGEN THERAPY IN AUB

Kharkiv national medical university

Department of Obstetrics and Gynaecology No. 1

Kharkiv, Ukraine

Research advisor: ass. Naguta L.O.

Introduction. The frequency of abnormal uterine bleeding (AUB) varies from 15 to 20%. AUB can be not only a manifestation of pathological processes in the reproductive system, but also the first recognition of violations of the main links of the hemostasis system.

Materials and methods. To study the effectiveness of phytoestrogens in the treatment of patients with AUB, a comparative analysis of the results of treatment of 36 patients who received traditional treatment: haemostatic and hormonal therapy (comparison group) and 33 patients, which constitute a complex therapy involving the use of phytoestrogens. The control group consisted of 16 healthy women. All sick people complain of general weakness, a violation of the menstrual cycle. All patients were examined, which included clinical and laboratory examination, functional diagnostics tests, determination of hormones in blood serum (FSH, LH, estradiol, progesterone), ultrasound of pelvic organs, and histological examination of endometrial scraping.

Results. Complete normalization of menstrual function, absence of painful periods was noted in 33 (93.9%) patients of the main group in comparison with 28 (77.8%) women in the comparison group. When phytoestrogens were administered, a positive dynamics was observed, complications were not revealed. Clinical efficacy of phytoestrogens in the treatment of patients with AUB is confirmed by clinical-laboratory, hormonal, histological and ultrasound data. In the patients of the main group, the general condition improved, the complaints disappeared, and menstrual blood loss decreased. In the 1st (2.7%) patients of the comparison group, there was a need to abolish hormonal therapy due to side effects. In 2 (5.6%) patients of the same group, due to heavy menstruation, a second scraping of the uterine cavity was performed after 6 months. Histological study of scraping of the uterine cavity revealed endometrial hyperplasia.

Conclusion. Thus, the obtained data, the absence of relapses in patients with AUB using phytoestrogens, evidence of high efficacy of the therapy and can be a prospective treatment for AUB and is recommended for wide application in gynecological practice.

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