PECULIARITIES OF TACTICS OF MANAGING WOMEN WITH PROLONGETAL HYPOKINESIA USING COMBINED ORAL CONTRACEPTS

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Introduction. Limiting the amount of muscle activity is a common phenomenon in modern society, gaining new relevance during the period of quarantine measures, when the work acquired a remote character with the active use of computer technology. However, at this stage in their lives, women of reproductive age still use combined oral contraceptives (COCs) to protect themselves from unwanted pregnancies. The aim was to study the appearance of pathological symptoms from the mammary glands in women of reproductive age, who are in a state of prolonged hypokinesia and take COCs, and the use of methods for their treatment. Materials and methods. We observed 50 women aged 25-37 years who had limited muscle activity for 5-10 years for 8-10 hours a day. All women excluded organic lesions of the mammary glands, hormonal disorders and tumors of the reproductive system. The patients were divided into clinical groups with the same number of observations. In both groups, women took low-dose monophasic COCs for three to seven menstrual cycles according to the traditional drug regimen. We analyzed the occurrence of symptoms characterizing the side effects of the drug in the form of soreness, tension, and increased sensitivity of the mammary glands. The second group of women was prescribed a herbal remedy, which included 20 mg of the native extract of Prutnyak vulgaris, since its action is aimed at normalizing the ratio of the level of sex hormones. It was possible to use the drug in combination with COCs and was recommended by the European Medical Agency. Research results and their discussion. It was found that starting from the first month of COC intake, 12 women from the first group and 14 women from the second (48% and 56%, respectively) had 2-3 symptoms of side effects of the drug. The second group of patients, immediately after the onset of these symptoms, used a herbal preparation in a dosage of 1 tablet once a day. Analysis of the result, carried out a month later, showed that side effects completely disappeared in 5 women (35.7%), in another 5 (35.7%) the number of symptoms decreased to one or two, and their severity also decreased. All women tolerated the treatment well. Thus, it was concluded that taking the drug should be continued until the three-month standard course. In the first group, changes were also noted, apparently associated with the adaptation of women to taking COCs and expressed in a decrease in the number of side symptoms to 1-2 in five women (41.7%) and complete disappearance. was noted in only one (8.3%). Conclusions. Studies have shown that in women with prolonged hypokinesia, with the start of COC use, there are undesirable effects on the part of the mammary glands, manifested in 48-56% of cases and manifested in the form of breast tenderness, increased sensitivity and tension. As a means of treating them, we recommend taking a herbal preparation containing 20 mg of natural extract of the common pond, the effectiveness of which has been proven.