Quality of life and menstrual pattern in patients with oral anticoagulants

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Introduction :
Heavy menstrual bleeding (HMB) is one of the main causes of anemia in women in fertile age, affecting seriously the quality of life of the patients. Oral anticoagulants intake can cause an increase of menstrual bleeding, generating iron deficiency anemia and decrease of quality of life.
The aim of this study is to evaluate whether there are changes in the pattern of bleeding in those patients treated with oral anticoagulant drugs.

Materials and Methods:
On the basis of NICE recommendations considering HMB as a patient perception disorder, 9 YES/NO key questions have been formulated to identify HMB among oral anticoagulants users. Each "Yes" counted 1, so the maximum score obtained could be 9. The higher the score, the more is affected the quality of life.
The survey was provided to patients treated with oral anticoagulants (Acenocumarol or Aldocumar) attending scheduled routine checks. The same survey was administered to healthy patients attending gynecological examination.
To evaluate these changes, the results of the surveys were compared using the Mann-Whitney test for non-normal quantitative distributed data and the Chi-squared test or the Fisher's exact test for qualitative variables.

Results:
A total of 55 patients answered the survey, 47.3% in the anticoagulants group, 52.7% in the control group. Mean ± SD age was 38.4 ± 8.0 (41.5 ± 7.1 in anticoagulants group vs 35.4 ± 7.8 in control group, being this difference statistical significant; p<0.05).

No statistical differences were observed in the mean questionnaire score (3.3 ± 1.8 in anticoagulants group vs 2.6 ± 2.0 in control group). Despite of that, question 2: "Do you dress differently to not stain clothes during menstruation?" (57.7% vs 31.0%) and question 8: "Did you attend the emergency service due to the amount of menstruation?" (30.8% vs 3.4%) showed statistical differences between groups (Chi-squared test; p<0.05).

Conclusion:
Oral anticoagulants users have to attend to emergency units for HMB more frequently than general population and there is a trend that these patients have worse quality of life.

Mots clefs : Heavy menstrual bleeding, Quality of Life, anticoagulants
Auteurs :

Auteurs (raw format)

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