

# THE PREVALENCE, MAIN CLINICAL SYMPTOMS AND METHODS OF TREATMENT OF UTERINE FIBROIDS.

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Introduction: According to the statistics department of Republican Health Centre the frequency of new cases of uterine fibroids on the Astana city has no tendency to decrease. In addition, uterine fibroids is the most frequent indication for hysterectomy.

Aim: To determine the prevalence of the disease and its main symptoms and treatments.

Material and methods: This prospective study was conducted from January 2015 to March 2016 among gynecological patients of Astana (Kazakhstan) by Medical University of Astana. There was examine 125 patients with a diagnosis of "uterine fibroids", aged 18 to 55 years.

Results and discussion: Average age - 42 years  $\pm$  5,1, the average age of menarche - the age of 13  $\pm$  1,1, onset of sexual activity - in 21  $\pm$  2. Patients with uterine myoma in 50% of cases have an extragenital diseases. From extragenital diseases in the first place were cardiovascular diseases (40.5%), where the dominant pathology was iron deficiency anemia (65.3%). In the second place there were endocrine diseases (27.2%), and among them a greater degree of thyroid disorders (50%). In fact, increased body mass index - 86% of patients.

Women diagnosed with uterine fibroids more often complain of menstrual disorders (55%): severe bleeding - 15.6%, polymenorea - 37.4%, irregular and unpredictable bleeding - 47%. The next symptoms in women with uterine fibroids significantly following pain symptoms (25%): the pressure on the bladder (32.6%), chronic pelvic pain (14.5%), painful sexual intercourse (23.5%) and pain during and after a menstrual bleeding (31.3%). The infertility was in 16% of patients (every 6 patient). The 53.7% of women reported that their symptoms had a negative impact on their lives in the last 12 months, affecting their sex life (42.9%), productivity at work (27.7%) and relationships and family (27.2 %). In this case, the duration of the disease was in average 6 years  $\pm$  3,8.

The average size of uterine was corresponds to 10 weeks  $\pm$  2,5. Most frequently in 54.4% - FIGO type 5, in 35.2% - FIGO type 6. Rarely detected in 3.2% of FIGO type 2-5 and FIGO type 8 - 6.4%.

Methods of treatment of uterine fibroids varied. The data showed that 25% of patients receive no treatment. The 60% of patients receive medical treatment after diagnosis. The first place was symptomatic haemostatic treatment of bleeding or pain (non-steroidal anti-inflammatory drugs) - 35%, oral contraceptives (10%) and 5% of patients receiving treatment ulipristal acetate and 5% IUD "Mirena". Each 3 (30%) the patient undergoes surgery, while hysterectomy is a leading surgery.

Conclusions: Uterine fibroids are the serious problem in women of childbearing age causing bleeding, pain and infertility that have a negative impact on various aspects of women's lives. At the same time, remain topical issues of improving forecasting, prevention of disease, as well as the implementation of common approaches of treatment of uterine fibroids.

Keywords : uterine fibroids, epidemiology, prevalence, symptoms, treatment.

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