

## Adolescence Gynecological Problems & Legal Acts

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**Abstract:** The study is to know the incidence of gynecological problems in adolescent girls attending the department of gynecology in Siddhartha medical college, Vijayawada. The study includes 130 patients in the age group of 11-19 years attending the SMC VJA. The problems are the menstrual disorders are around 63.84%, unwanted pregnancy 14.72%, vaginal discharge 6.2%, trauma to genital tract 3.87%, ovarian tumors 3.1%, molar pregnancy 2.32%, infertility 2.32%, breast tumors 2.32%, ectopic pregnancy 1.55%. They were counseled regarding normal and abnormal menstruation, malnutrition, safe sex, sexually transmitted disease, teenage pregnancy and personal hygiene. We made aware this legal act like Medical termination of pregnancy act, child labor act, marriage act etc to the adolescence.

**Key words:** Adolescent, breast tumors, Menorrhagia, ovarian tumors, polycystic ovaries, teenage pregnancy, unwanted pregnancy.

### I. Introduction:

Adolescent are healthiest section of the society and they make up to 22% of the population. Many peculiar problems are seen in this age group and usually they are shy and don't share their problem with the friends and parents. Dew Hurst commented that adolescent gynaecology is not a new subject. The importance of adolescent health has been formally recognized by international organizations like WHO, UNFPA, IPPF, and UNICEF. Adolescent health has been the main focus of activities of FOGSI in the year 1999 and designated that year as "The year of the adolescent girl" and 2006 as the "year of youth". In 2009, FOGSI is awakening people with "Bharath Jagruthi Yatra" and one of the prime aims of this yatra is saving girl children and empowering them.

The Family welfare Department of the Government of India has aptly introduced a strong adolescent reproductive and sexual service delivery component in the RCH II 2 and the NRHM. India's progress towards achievement the millennium development goals (MDG-4) for reducing child mortality and MDG-5 for improving maternal health. The important Act for the Adolescent age group are

- 1) Medical Termination Act 1971
- 2) Child labor Act
- 3) Protection of Child Sexual Act 2012
- 4) Bharath Jagruthi Yatra
- 5) Marriage Act

The government of India introduced many government programmes like child compulsory education, abolition of labor, mid day meal, fixation for marriage age, protection of child from sexual abuse, etc.

The common problems encountered during adolescent age group are delayed puberty, amenorrhea, menstrual disorders like menorrhagia, oligomenorrhea, polymenorrhea, polymenorrhagia, dysmenorrhea, premenstrual syndrome, breast disorders/tumors, ovarian tumors, infertility unwanted pregnancy, intersex, hyperandrogenism, trauma to genital tract.

### II. Material & Methods:

The study includes 130 patients in the age group of 11-19 years attending the SMC VJA. The problems are the menstrual disorders, unwanted pregnancy, vaginal discharge, trauma to genital tract. Ovarian tumors, molar pregnancy, infertility, breast tumors, ectopic pregnancy and evaluation of abdominal mass. At the time of admission patients age, presenting complaint, detailed gynecological history, family history, obstetric history, were obtained. In addition to it general examination, height, weight, and secondary sexual characters were recorded. Investigations were done according to need of patient's and treatment was done.

Observation and results:

Table1:Age Distribution

Adolescent Age	Age in years	No of patients	%
Early	11-13	8	6.15%
Mid	14-16	41	31.53%
Late	17-19	81	62.30%

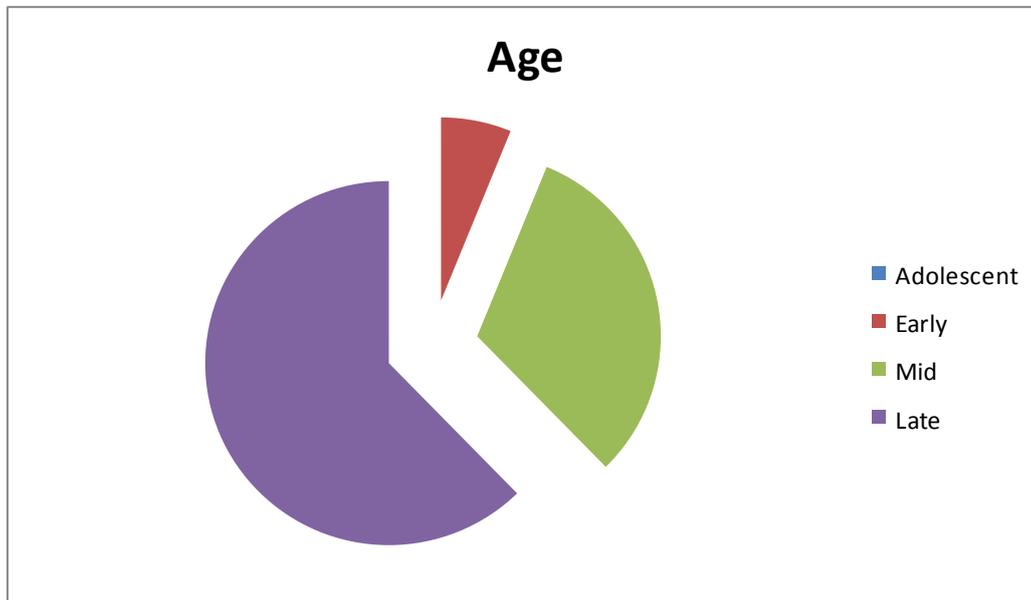
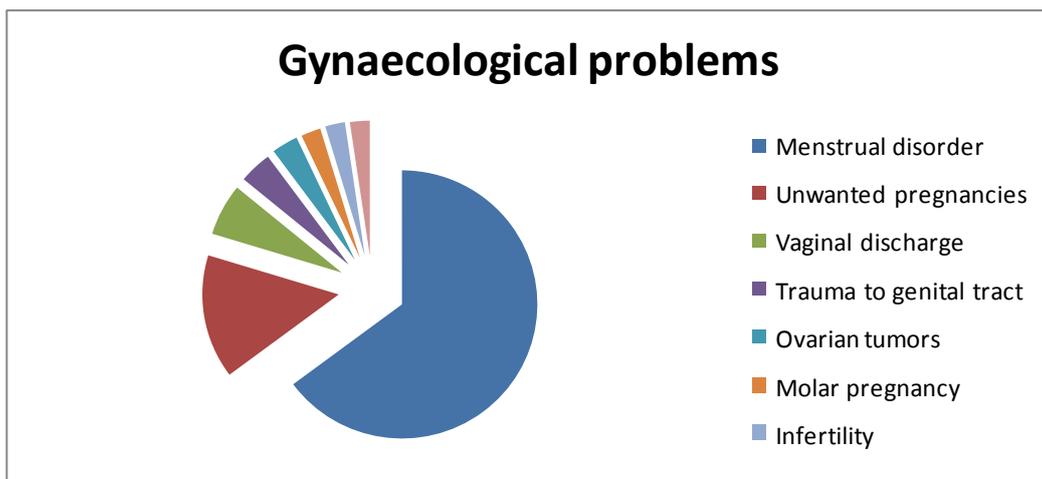


Table 2 Gynecological problem

Types	Number	%
Menstrual disorder	83	63.84%
Unwanted pregnancies	19	14.72%
Vaginal discharge	8	6.2%
Trauma to genital tract	3	3.87%
Ovarian tumors	4	3.1%
Molar pregnancy	3	2.32%
Infertility	3	2.32%
Breast tumors	3	2.32%
Ectopic pregnancy	2	1.55%



**Table3 : Menstrual disorder**

Menstrual disorder	No of cases	%
Menorrhagia	30	36%
Oligomenorrhea	23	28%
Dysmenorrheal	17	20%
Amenorrhea		
Primary	8	9.75%
Secondary	5	6.09%

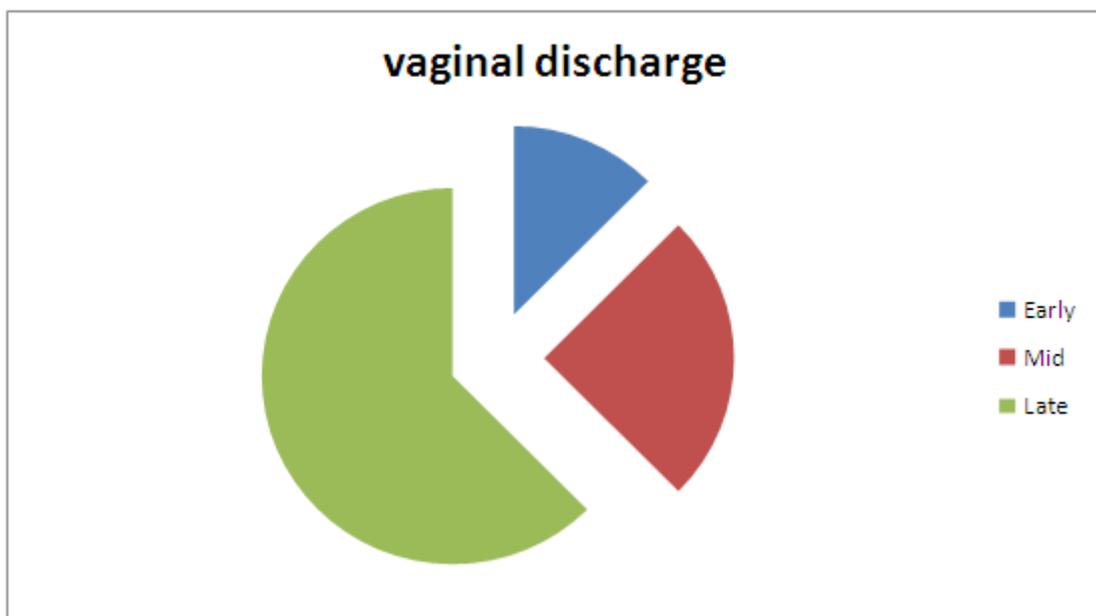
**Table5: Unwanted pregnancy**

Age	No of cases	%
Early adolescence	0	0
Mid adolescenc	4	21%
Late adolescenc	15	78.94%



**Table6: Vaginal Discharge**

Age	No of cases	%
Early adolescenc	1	12.5%
Mid adolescenc	2	25%
Late adolescenc	5	67.50%



**III. Discussion**

Menstrual disorders are the commonest adolescence gynecological problem (63.84%), My study was compared to the study done by Goswami sebanti et al (2003)[3] from Calcutta has the incidence of 58.06% and chung et al from the Chinese university of Hongkong study has incidence of 69%.

Among the 83 patients with menstrual disorders, most of them were presented with menorrhagia[2]. Other were having dysmenorrhea, very few were having primary & secondary amenorrhea.

Pregnancy in teenagers is a accounted 14.72% & problem threatening the ultimate reproductive and child health with complications. They do not aware of having safe sex & vulnerable to STD'S. Most of them were unmarried. Unwanted pregnancy accounts for 14.72%.

Bhaluao study (1988)-3[7]

Gowswamy et al, Calcutta- 4.03%

Abnormal vaginal discharge in this study was 6.2 %

Trauma to genital tract was 3.87%, Latifah et al, Kuwait university (2003)[8]

Ovarian tumors were 3.1 % in this study, ectopic pregnancy incidence was 1.55%, and Molar pregnancy incidence was 3.2%. Adolescent or puberty represent the transition period linking child hood and adult hood[1]. Tanner and Marshall describe the 5 stages of puberty changes. Acceleration of growth, breast budding, axillary hair, pubic hair and menarche[4]

#### **IV. Conclusion:**

Adolescence gynecological problems are common. They were prevented by Psychological & emotional support, exercise, good nutrition, good counseling[6], good relationship with parents & friends, Sex education in School prevent STD', use of contraception prevents unwanted pregnancy.

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