

MENSTRUAL IMPROVEMENT IN ADOLESCENTS WITH ABNORMAL UTERINE BLEEDING-COAGULOPATHY (AUB-C), TREATED WITH COMBINED ORAL CONTRACEPTIVE PILLS AND PROGESTERONE ONLY PILLS: A RETROSPECTIVE STUDY

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Introduction

- Abnormal uterine bleeding (AUB) is one of the most common reasons adolescent females present for gynecologic care. Treatment modalities include medical management of hormonal pills either in the form of a combined oral contraceptive pill or progesterone only pill.

Objectives

- The objective of this investigation is to determine the efficacy between combined oral contraceptive pills and progesterone pills in menstrual improvement in adolescents with abnormal uterine bleeding with coagulopathy.

Methods

- A retrospective chart review of patients diagnosed with abnormal uterine bleeding-coagulopathy was done. The effect of combined oral contraceptive pills or progesterone only pills was determined.

Results

- Eighty-seven patients were included in the study, with 35 receiving combined oral contraceptive pills and 52 receiving progesterone only pills. **Improvement in symptoms measured as pain score was statistically significant ($p=0.018$). A significant difference in change in menstrual pattern before and after treatment was seen regardless of treatment received ($p<0.001$).**

Conclusion and Recommendation

- There is significant difference before and after treatment of the patients with both combined oral contraceptive pills and progestin only pills, in terms of their menstrual pattern in adolescents with abnormal uterine bleeding with coagulopathies. This study recommends a randomized controlled trial and a larger study population.

Keywords: Abnormal Uterine Bleeding, Coagulopathy, Combined Oral Contraceptive Pills, Progestin Only Pills