

FEATURES OF SEXUAL DEVELOPMENT IN ADOLESCENT GIRLS WITH PRIMARY DYSMENORRHEA

Donayeva A.E.¹, Amanzholkyzy A.¹, Tubalbaeva S.A.¹, Gubasheva G.K.¹, Muhambetalyeva G.K.¹, Yerniyazova Zh.K.¹, Kunakov N.N.¹.

¹West Kazakhstan Marat Ospanov Medical University, Aktobe, Kazakhstan

Background. The period of puberty is a very responsible and kind of "critical" period of the child's postnatal development, which often determines his future life. Often, depending on how healthy the child enters this period, how correct it is, depends not only on his future, but also on the future of the next generations.

The sexual development of adolescents is one of the important indicators of the well-being of the population, the study of which in the context of the global trend towards a change in the timing of the onset of adolescence can help identify problems of public health care. Dysmenorrhea occurs in most adolescent girls and is the main cause of occasional short absences from school in this group. A presumptive diagnosis of primary dysmenorrhea can be made based on a typical history of pelvic pain that coincides with the onset of menstruation and lasts 1–3 days. This stage ends with the appearance of menarche in girls. At this time, the level of growth hormone decreases, the level of gonadotropins and estrogens rises, the function of the thyroid gland is activated.

Aim. To study the characteristics of sexual development according to Tanner and the definition of the Kazakh population among adolescents with primary dysmenorrhea.

Methods. Secondary sex characteristics were assessed by a specialist physician according to Tanner criteria, which assessed the development of pubic hair, axillary hair development, mammary gland development, and age at menarche.

Results. 105 adolescent girls were examined aged 12 to 18 years. The average age was 15.6 ± 1.7 years. At the time of enrollment in the study, 89% of adolescents had regular periods. Our study revealed that 3.8% of adolescent girls had premature sexual development, and the remaining 96.2% of girls had no pathology in sexual development. The degree of hairiness in the armpit according to Tanner's criteria in the early adolescence according to WHO was 66.3%, in the late adolescence it was 33.7%. Pubic hair development in early adolescence was 54.1% and in late adolescence was 45.9%. At the time of inclusion in the study, it was noted by a practitioner in late adolescence to have a higher degree of development. Taking into account the international regulatory documents that determined the criteria for the onset of puberty, the 2nd stage of development of the external genital organs in girls, the average age of the onset of menarche was 11-12 years.

Conclusions. The data obtained indicate that, with primary dysmenorrhea, there was no delay in the appearance of secondary sexual characteristics. This research will be continued, as well as the relationship with growth and sexual development among this category of surveyed will be revealed.

Acknowledgements. Authors declare the absence of conflict of interest. The study is funded by the Ministry of Education and Science of the Republic of Kazakhstan project IRN AP09563004.