

RISK FACTORS OF UTERINE FIBROID 2004

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Abstract

Every 10 minutes, 12 hysterectomies are performed worldwide. According to a recent report published by Obstetrics and Gynecology, nine of them probably did not meet the guidelines set out by the American College of Obstetricians & Gynecologists for hysterectomy. How and why is this occurring? Possibly, as many as 80% of all women have uterine fibroids. While the majority, usually have no symptoms; 1 in 4 end up with symptoms severe enough to require treatment. The most common manifestation being inter menstrual bleeding in women of reproductive age group and post menopausal in the particular group. Cancer of the female reproductive tract has a high incidence amongst Indian women. According to National cancer registry's population based study in 2003 on the proportion of uterine fibroid among all female benign tumours, it was about 5.8% and 7.5% in Bangalore and Chennai respectively. Uterine fibroid was about 9.6% in Delhi, 6.8% in Calcutta and 8.3% in Mumbai. Proportion of uterine fibroid in Trivandrum increased from 5.3% in 1993 to 8.3% in 2003. About 8.3% of the women with uterine fibroid are at the risk of having uterine or ovarian cancer of which women less than 55 years have a 5 year survival chance. If the disease is diagnosed in the earlier stages, it can be cured up to 97% on an average. Here comes the importance of early detection and treatment. The treatment such as abdominal hysterectomy, laparoscopically assisted hysterectomy, myomectomy, Myolysis. Uterine artery embolization Cryomyolysis along with the latest advent of New Focused Ultrasound treatment.

Objective:To find out the risk factors associated with uterine fibroid, among 100 patients, compared to 100 normal patients attending the SAT hospital, Thiruvananthapuram.

Methodology:A case control study was conducted on 100 women admitted with Fibroid and 100 non fibroid patients (Ultra sound confirmed) in the SAT Hospital, Thiruvananthapuram within a time period of three months from October 2007 to December 2007. The data was collected by interviewing the subjects based on a questionnaire, which contained the study variables:

- Obesity * Age at menarche
- Number of pregnancies * Outcome of gestation
- Use of Oral contraceptive * Hormonal Therapy
- Hypertension * Family History
- Use of intra uterine contraceptive device

Analysis:Univariate analysis using Odd's ratio and Chi Square test and Multivariate Analysis by Logistic Regression.

Results and outcome:From the study Obesity (odd's = 2.536, p=0.018), Outcome of Gestation (Odd's = 2.858, p=0.002), History of Hypertension (Odd's =3.688, p=0.000), Family history (Odd's=2.268, p=0.037) was seen as indepently significant risk factors and Number of pregnancies (Odd's = 3.517, p=0.021) was seen as a protective factor independently. Hormonal therapy (Odd's = 4.831, p=0.009) acts as a risk factor only in the presence of other factors as derived from logistic regression analysis. Factors like Age and menarche (p=0.758), Age at first pregnancy (p=0.671), oral contraceptive use (p=0.508) and use of intra uterine contraceptive device (P=0.134) were insignificant.