

## WOMENS HEALTH, REPRODUCTION AND FERTILITY

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**Menstrual pattern & disorders among higher secondary school females, khartoum state, 2019****Roaa Alhassan Ali Mohammed**  
University of Khartoum, Sudan

**Background & Aim:** Menstruation has a variable pattern and its disorders may affect the life of adolescents which might cause serious problems. This study aims to impart information on menstrual pattern and estimate the prevalence of the associated disorders, in addition to detecting the major risk factors influencing the sequences.

**Methods:** This was a descriptive cross-sectional study using interviewed questionnaire. A total of 150 students aged between 12-18 years participated in Khartoum State, Sudan, February 2019. Random schools were selected which participated. 50% of the questionnaires were answered at low status governmental schools while the other half took place at private schools. Ethical approval was obtained from IRB, University of Khartoum and from parents of the participated candidates. The questionnaire included both demographic data and menstrual cycle information, including PMS as well as school absenteeism and impact on social activities.

**Results:** The most prevalent disorder is dysmenorrhoea. This is followed by secondary amenorrhea and oligomenorrhea. One third of the females' school attendance and social activity was affected severely. The most common symptom during a PMS is concluded to be mood swings, comes after abdominal discomfort.

**Conclusion:** The prevalence of menstrual disorders is higher than expected. Clinicians need to identify menstrual abnormalities early to decrease the chance of the consequences. As a recommendation; an educational program should be implemented at the first year of high-school about menstrual cycle and its irregularities, in order for a better personal follow up providing a life free of anxiety and better school performance.

**Biography**

Roaa Alhassan Ali Mohammed is currently a Medical student at University of Khartoum, Sudan.

roaaali24840@gmail.com