

MENSTRUAL PATTERN IN PATIENTS OF EXTRAGENITAL TUBERCULOSIS

DOLAR R. TRIVEDI • S. P. NAGPAL

SUMMARY

More than half of the 475 patients analysed observed a change in their menstrual pattern. The highest incidence of altered menstrual pattern was observed in the age group of 21-30 years, i.e. the reproductive age group. The lungs were the most commonly affected organs in the body. Oligomenorrhoea was the most common change observed. More than one fourth of the patients had infertility, either primary or secondary.

INTRODUCTION

Tuberculosis still remains a major cause of morbidity in India. Though tuberculosis of other parts of the body, especially of lungs is diagnosed without much difficulty, genital tuberculosis still eludes diagnosis and remains under-diagnosed. Pulmonary and genital Tb can coexist but the symptoms suggestive of genital Tb usually appear long after the primary focus in the lungs has healed. Besides, extragenital Tb can alter the hypothalamo-pituitary-ovarian axis so as to mimic genital tuberculosis.

In the present study on patients attending the OPD at the T.B. Hospital attached to the

Civil Hospital, Ahmedabad, an attempt has been made to evaluate the effect of extragenital Tb on the menstrual pattern. Whether the patients with altered pattern require further evaluation to rule out genital Tb needs to be decided especially since the therapeutic aspect does not change in the presence of genital Tb. Besides, confirmation of genital Tb requires special investigations in the form of endometrial biopsy, with histopathological examination as well as culture studies.

MATERIAL AND METHOD

In the present study, 475 OPD patients with confirmed extragenital Tb were evaluated. Each patient was asked about the past menstrual history and the present men-

Dept. of Obst. & Gyn. B. J. Medical College and Civil Hospital, Ahmedabad.

Accepted for Publication on 08.09.1993.

strual history, with regards about the interval between two cycles, the duration of the menstrual flow, the amount of flow and association with dysmenorrhoea. The obstetric history was also inquired into to find out if the patient had infertility.

The T.B. Hospital attached to the Civil Hospital, Ahmedabad, had an annual attendance of 10, 496 patients in the year 1992, with 2978 (28.37%) patients being female.

Of the 475 patients analyzed, the age distribution was as follows.

The maximum number of patients belonged to the age group of 21-30 years, i.e. the reproductive age group, the total number of such patients being 251 (52.84%).

On comparing the age incidence in various other studies on patients with proved genital Tb, it was found that the age distribution was similar, with most patients

being in the reproductive age group.

The menstrual pattern was found to be altered in 251 patients (52.84%), since the patient developed symptoms of Tb. In 29 patients (6.1%), the menstrual pattern had changed but the change was within normal limits. In 195 patients (41.05%), no change was observed.

In patients with altered menstrual pattern, the age distribution was as follows :

Pulmonary Tb was the most common diagnosed site of lesion, being present in 439 patients, 92.42%. Abdominal Kochs was found in 14 patients, 2.94%, pelvic Kochs in 13 patients, 2.73%, tuberculous meningitis in 10 (2.1%), bone tuberculosis in 5 (1.05%) and cervical lymphopathy in 5 patients

Table II

Age distribution

Age in years	No. of patients	%
15 - 20	92	19.36
21 - 25	153	32.21
26 - 30	98	20.63
31 - 35	98	20.63
≥ 35	34	7.15

Table I

Six distribution of OPD Patients

Total	Male	Female
10,496	7518	2978
	71.63%	28.37%

Table III

Comparison of age distribution

Study	< 20	21 - 30	31 - 40	> 40	Total
K. B. Rao	15	58	21	6	116
Devi	12	70	14	4	114
Sant	22.67	69	8	6.33	301
Phatak	9.8	62.1	24.1	1.8	112
Hafeez	3.3	89.1	5.95	1.65	120
Present	19.36	52.84	27.78	—	475

Table IV

Incidence of altered menstrual cycles

Pattern	No. of patients	%
Altered	251	52.85
Change, WNL	29	6.1
No change	195	41.05
Total	475 *	

Table V

Age distribution in patients with altered cycles

Age in years	No. of patients	%
15 - 20	33	6.94
21 - 25	94	19.78
26 - 30	48	10.10
31 - 35	59	12.42
36	17	3.57
Total	251	47.15

Table VI

Site of Primary Lesion

Site	No. of patients	%
Pulmonary	439	92.42
Abdominal	14	2.94
Pelvic	13	2.73
TB Meningitis	10	2.10
Bone	5	1.05
Cervical L.N.	5	1.05
Extrapulmonary	47	9.89

(1.05%). In all, there were 47 patients with extrapulmonary lesion, (9.89%), 11 of these patients had coexisting pulmonary lesion.

The most common change in the menstrual pattern observed was oligomenorrhoea, being present in 89 patients, 18.73%. 50 patients (10.52%) had amenorrhoea of more than six months' duration, 42 had hypomenorrhoea, (8.84%), 26 (5.47%) had menorrhagia, 23 (4.84%) had secondary onset. Of the 89 patients with oligomenorrhoea, 34 (38.2%) had amenorrhoea of less than six months duration.

The total number of patients in this analysis exceeds the number 251 mentioned earlier due to the coexistence of two patterns in one patients.

On comparing the present data with various other studies on patients with proved endometrial TB, it was observed that oligomenorrhoea was the most common change in the present study whereas amenorrhoea was the most common change in all other studies.

58 of the 475 patients i.e. 12.21% patients were unmarried. Of the married women, 63 (13.26%) were para 1, 83 (17.47%) were para

Table VII

Menstrual Pattern

Change observed	No. of patients	%
Amenorrhoea	50	10.52
Oligomenorrhoea	89	18.73
Hypomenorrhoea	42	8.84
Menorrhagia	26	5.47
Polymenorrhoea	23	4.84
Dysmenorrhoea	31	6.52
Total	261	

2, 83 (17.47%) were para 3, 68 (14.31%) were para 4 and 71 (14.94%) were para 5. Ten patients (2.1%) had history of recurrent abortions.

The parity distribution in the present study is comparable to the parity distribution in the study by Phatak 1965. The incidence of issueless women in Phatak's

Table VIII

Comparison of change in menstrual pattern

Study	Amenorrhoea	Oligomenorrhoea	Menorrhagia
K. E. RAO	55.17	14	13.2
Devi	40	—	—
Sant	64	—	—
Phatak	52	19.6	16
Hafecz	39.27	7.5	23.3
Present	19.92	35.45	10.35

Table IX

Parity

O. H.	No. of patients	%
Unmarried	58	12.21
Para 1	63	13.26
Para 2	83	17.47
Para 3	83	17.47
Para 4	68	14.31
Para 5	71	14.94
Recurrent Abortion	10	2.10

study is much higher being 44.64%, however, it has not been clarified whether these women were infertile.

39 patients had primary infertility, 8.21% and 81 patients, 17.05% had secondary infertility, the total patients having infertility being 121 i.e. 25.55%.

SUMMARY AND CONCLUSION

More than half the patients (52.85%) having extragenital tuberculosis observe a change in their menstrual pattern. These patients would required additional investigations in the form of endometrial biopsy to confirm or rule out genital tuberculosis. This confirmation would be particularly

Table X

Comparison of parity distribution

Parity	Unmarried	1	2	3	4	5
Phatak	0	16.07	12.5	7.14	6.92	10.71
Present	12.21	13.26	17.47	17.47	14.31	14.94