

Awareness of Polycystic Ovarian Disease among Females of Age Group 30 – 50 Years

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Abstract

Aim :

A questionnaire based study to create awareness of Polycystic ovarian disease(PCOD) among the females of 30-50 years.

Objective :

The objective of this study deals with the causes, signs and treatment, diagnosis, complications, prevention and treatment for Polycystic ovarian disease(PCOD).

Background :

Polycystic ovarian disease(PCOD) is caused due to the increased level of sex hormones in females and it may also occur due to the presence of ovarian cysts. In PCOD the enlargement of ovary occurs. Some symptoms of PCOD are irregular menstruation, obesity, excessive hair growth, etc. The prolonged PCOD leads to diabetes, heart disease and endometrial cancer. There is no any particular diagnostic test or treatment for PCOD.

Reason :

Nowadays Polycystic ovarian disease is commonly seen in woman due to lack of exercise and work which causes various problems in their body. So by creating awareness of the causes, symptoms and complication of PCOD to the woman can lead to the necessary prevention of infertility and early treatment of PCOD.

Keywords: Females, Polycystic ovarian disease, infertility, awareness.

INTRODUCTION

Polycystic Ovarian Disease(PCOD) is the most common endocrine condition in women of reproductive age, with prevalence rates of between 6-10%. It has an incidence varying from 5% to 10% [1]. It is observed in women of child-bearing age across all cultures, and ethnicities. A prospective study of Indian adolescents reported an incidence of 9.13% [2]. The common features of PCOD are irregular or anovulatory cycles with signs of hyperandrogenism like acne, seborrhoea, hirsutism, alopecia, frank virilization, and with polycystic ovaries on pelvic sonography. Recently, It has been associated with obesity, insulin-resistance (IR) and a risk of developing Type 2 diabetes mellitus (T2DM) [3]. It may be perceived as a cosmetic issue because of hirsutism and acne, or as a gynaecological concern that causes irregular menses and reduced fertility. Proper diagnosis and management of the patient is important. Long term medications and lifestyle changes are essential for a successful outcome. Some of the investigations used for Poly cystic ovarian disease are ultrasound scan, Laparoscopy, hormonal investigations and hysteroscopy. In these methods Ultrasound scan are widely used. Treatment is largely directed at the immediate presenting complaint [4,5]. The treatment of infertility for overweight women should always include weight loss, exercise, food control and skin care. The clinician should inquire about, and examine for, the presence “male-pattern” hair, ie, hair located on the upper lip, chin, chest, lower abdomen, and inner aspects of the thighs. Oily skin and acne are subtle signs of androgenism, but hirsutism is the most common manifestation of the androgen component of polycystic ovarian syndrome. During the past decade, women with chronic anovulation and hyperandrogenism have been observed to have an increased prevalence of diabetes and increased risk factors for coronary heart disease (CHD) [6].

MATERIALS AND METHODS

Research design : Descriptive in nature

Sampling technique : Stratified Random Sampling

Data collective instrument : Questionnaire

Sample size : 50 Respondents

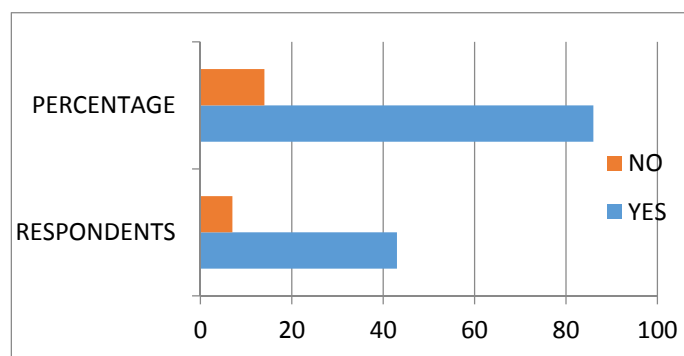
Method : Questionnaires are prepared and are distributed to 50 women belonging to age group 18- 30 in a random population and the survey is done.

Data analysis and conclusion : To synchronize the data received through questionnaire and thereby analyze the awareness of Polycystic ovarian disease among the females of age group 30 – 50 years.

DATA ANALYSIS AND INTERPRETATION

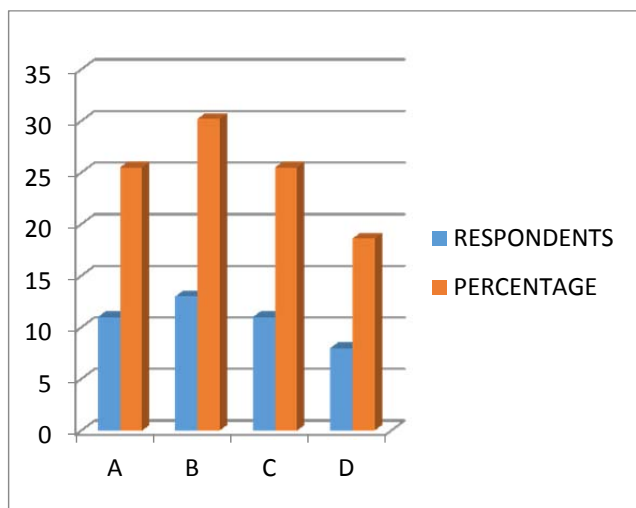
1 .Have you heard of polycystic ovarian disease?

Options	Response	No respondents	Percentage
A	YES	43	86
B	NO	7	14

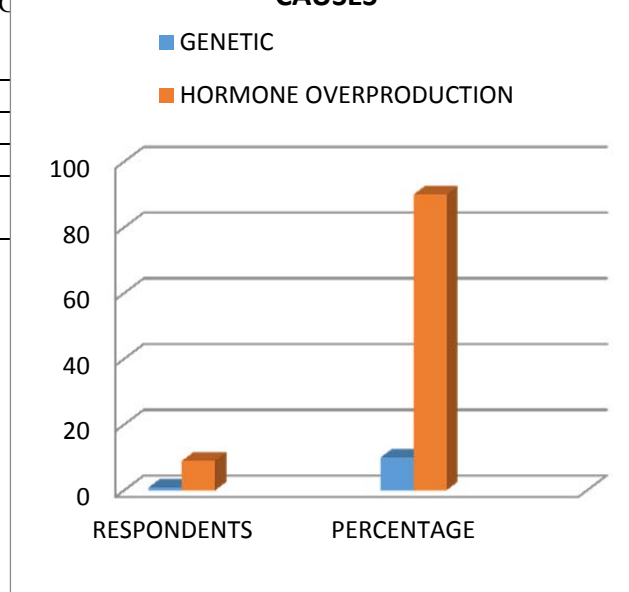


SOURCES

OPTION S	SOURCE	NO OF RESPONDENTS	PERCENTAGE
A	FRIEND	11	25.5
B	FAMILY	13	30.2
C	MEDIA	11	25.5
D	OTHER SOURCES	8	18.6

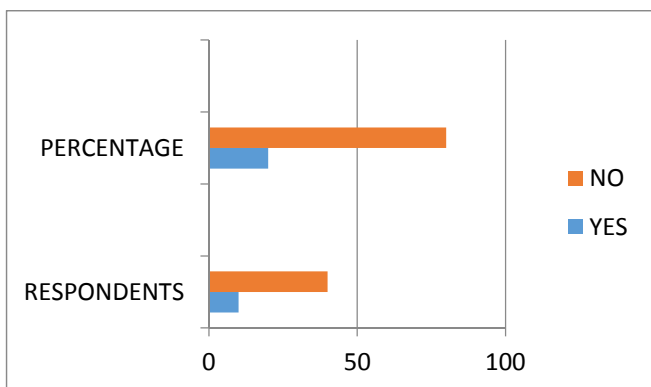


CAUSES



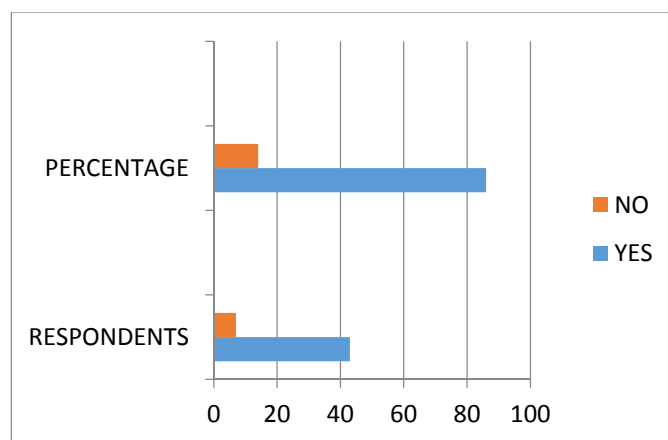
2. Do you know about the causes of PCOD?

Options	Response	No respondents of	Percentage
A	YES	10	20
B	NO	40	80



3. Do you know the symptoms of PCOD ?

Options	Response	No respondents of	Percentage
A	YES	43	86
B	NO	7	14

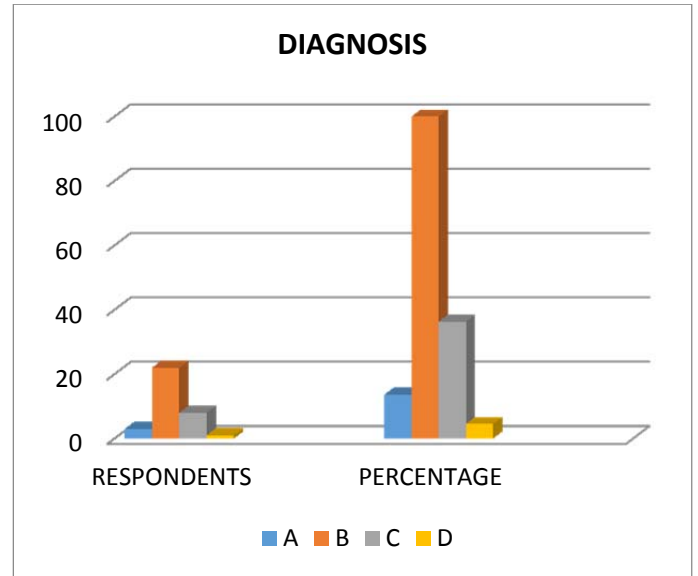
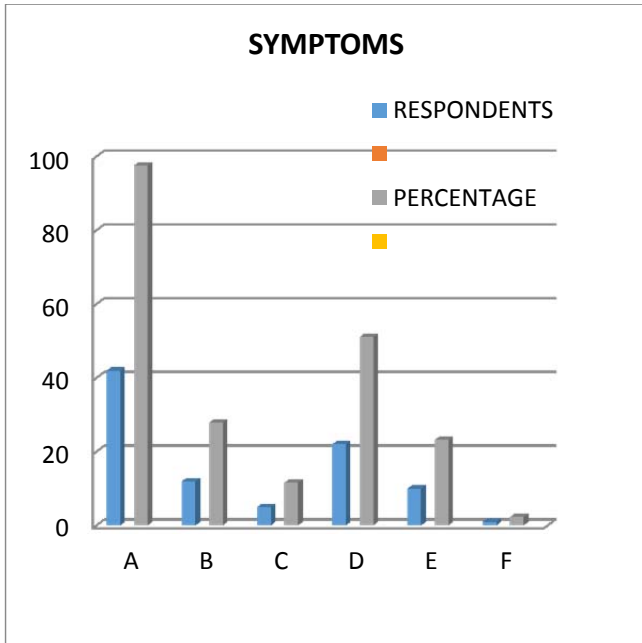


CAUSES

Options	Causes	No respondents of	Percentage
A	Genetic	1	10
B	Over production of hormones	9	90

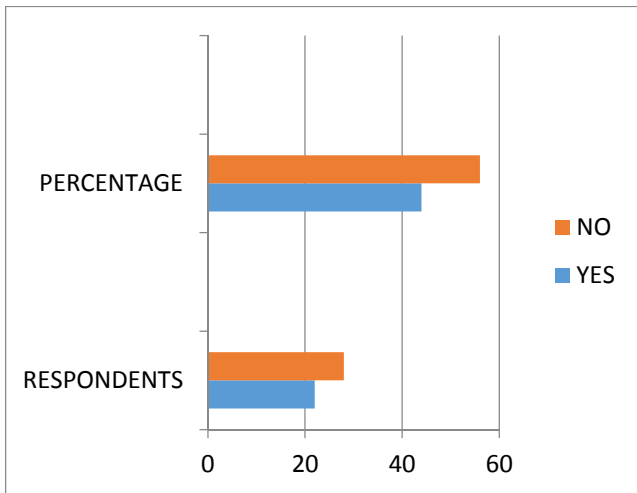
SYMPTOMS

Options	Symptoms	No respondents of	Percentage
A	Menstrual problems	42	97.6
B	Hair loss	12	27.9
C	Acne	5	11.6
D	Obesity	22	51.1
E	Depression	10	23.2
F	Breathing problem	1	2.3



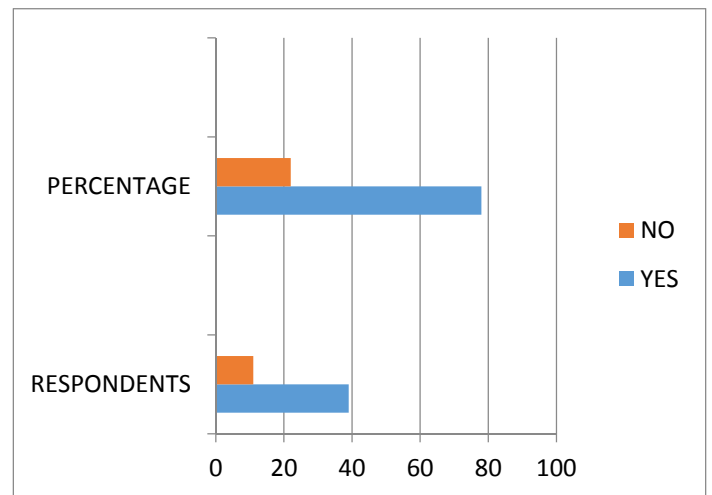
4. Do you know the diagnostic methods for PCOD ?

Options	Response	No respondents	of	Percentage
A	YES	22		44
B	NO	28		56



5. Do you know the treatment for PCOD ?

Options	Response	No of respondents	Percentage
A	YES	39	78
B	NO	11	22

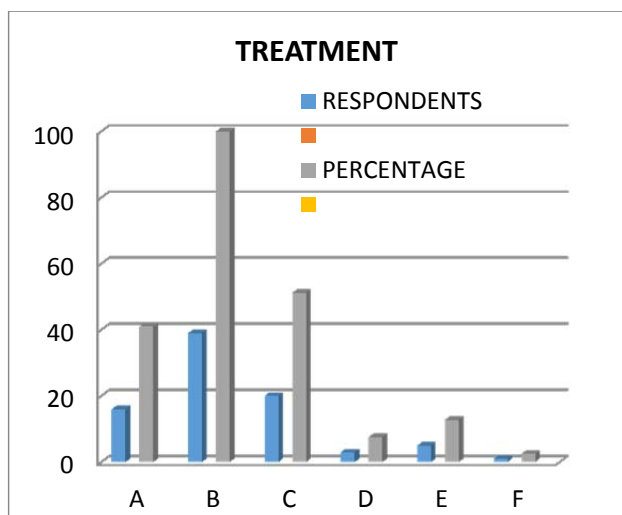


DIAGNOSTIC METHODS

Options	Diagnostic method	No respondents	of	Percentage
A	Hormonal investigation	3		13.6
B	Ultrasound scan	22		100
C	Laparoscopy	8		36.3
D	Hysteroscopy	1		4.5

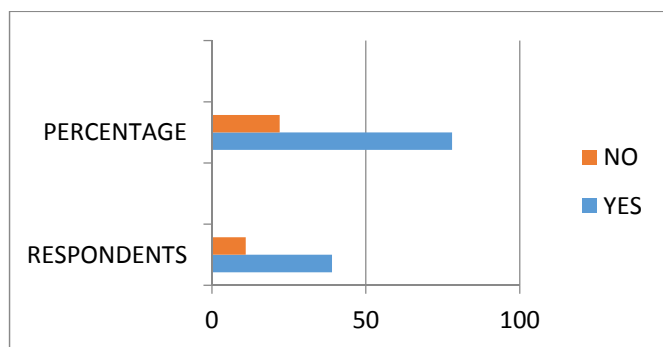
TREATMENT

Options	Treatment	No respondents	of	Percentage
A	Diet	16		41
B	exercise	39		100
C	Weight control	20		51.2
D	Skin care	3		7.6
E	Non smoking	5		12.8
F	Hormone therapy	1		2.5



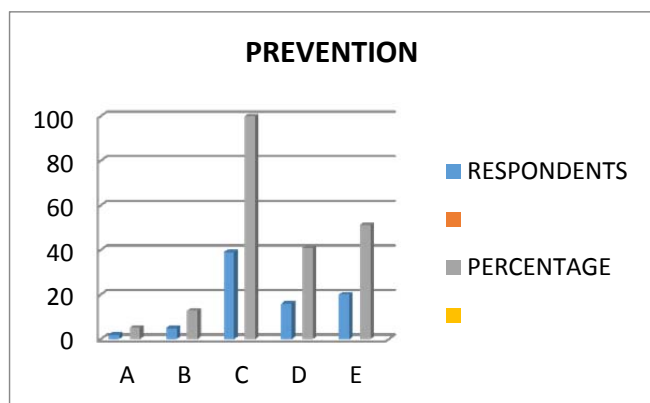
6. Do you know the way to prevent PCOD ?

Options	Response	No respondents	Percentage
A	YES	39	78
B	NO	11	22



PREVENTION

Options	Preventive measures	No respondents	Percentage
A	Treating insulin resistance	2	5.1
B	Avoid smoking	5	12.8
C	Healthy exercise	39	100
D	Good diet	16	41
E	Weight control	20	51.2



DISCUSSION

The awareness of Polycystic Ovarian Disease among females of reproductive age group was taken as a study and it was found that up to 65% of females have the knowledge about PCOD. This study aimed at analyzing the causes, symptoms, investigations, treatment and the prevention of PCOD among females of age group 30-50 years.

Through this study it was revealed that,

- 10% of the respondents reacted positively to the causes of PCOD and the over production of the hormones(90%) was the major cause according to them.
- The questionnaire consisted of symptoms such as menstrual problems, hair loss, acne, obesity, depression and breathing problems and it was surveyed that more than 80% of the population have a knowledge about some of the symptoms of PCOD and the response was major to the menstrual problems(97.6%) symptom.
- 44% of the females know the diagnostic methods for PCOD and the response was majorly positive to the ultrasound method(100%) of diagnosis.
- 78% of the respondents have the knowledge for the treatment of PCOD and the response was high for the exercise(100%) method for treatment.
- 78% of the females knew about the preventive measures for PCOD and the response was high for the healthy exercise(100%) method of prevention.

CONCLUSION

This survey aimed at creating awareness about PCOD among the females of age group 30-50 years. From the data collected and the results obtained it is understood that 65% of the respondents are aware of PCOD while 35% of them are unaware.

The awareness was found high for symptoms(86%), Treatment(78%) and prevention(78%). On the other hand the least awareness was found for causes(20%) and investigation(44%).

In a world with unlimited number of people and limited resources, awareness is less about a lot of diseases and PCOD is one among them. Efforts to develop awareness is very important and it can be done in variety of ways by conducting medical camps, through media and educational institutions and by making relatives, neighbours and friends more aware of these issues.

Thus, it is important to create awareness about PCOD to the population so that the future generation will be aware about PCOD and will be safe and stay healthy.

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