AMENORRHEA

Emphasis will be placed on the causes and diagnosis of primary amenorrhea and appropriate therapy. Secondary amenorrhea will also be defined.

CRITERIA FOR CLINICAL EVALUATION
1. No menstruation by age 14 in the absence of growth or development of secondary sexual characteristics
2. No menstruation by age 16 regardless of growth or development
3. Absence of menses for 6 months in a previously menstruating woman

AMENORRHEA

I. DISORDERS OF OUTFLOW TRACT OR UTERUS
II. DISORDERS OF OVARY
III. DISORDERS OF CNS (HYPOTHALAMUS)
IV. DISORDERS OF ANTERIOR PITUITARY

[References]
I. DISORDERS OF OUTFLOW TRACT OR UTERUS

TEST:
1. Progesterone in Oil 200 mg IM
2. Provera 10 mg Daily x5 d.

POSITIVE:
1. Endogenous Estrogen (60 pg/ml)
2. Intact CNS - Ovarian Axis
3. Reactive Endometrium

NEGATIVE

RETEST:
1. Conjugated Estrogen 2.5 mg Daily x 21 d.
2. Provera 10 mg Day 17-21

NEGATIVE
1. Mullerian Abnormalities
2. Asherman's Syndrome
3. Testicular Feminization
4. Tuberculosis/Schistosomiasis

Image: Surgical procedure
II. DISORDERS OF OVARY

TEST

1. FSH (Serum)
2. LH

RESULTS:

1. FSH 40 mIU/ml
2. LH also Elevated

1. Premature Ovarian Failure
2. Resistant Ovary Syndrome
3. Turner's Syndrome/Mosaicism
4. Gonadal Agenesis

FSH & LH

- FSH and LH Concentrations?
  - > 50 mIU/ml: Premature Ovarian Failure
  - 5 - 50 mIU/ml: Polycystic Ovary Syndrome
  - < 5 mIU/ml: Hypogonadotropic Hypogonadism

- First-line Therapy:
  - Estrogen & progestogen replacement
  - Serophene®
  - Pergonal®
III. HYPOTHALAMIC DISORDERS

TESTS:
1. FSH, LH
2. GnRH

RESULTS:
Low FSH and/or LH
1. Stress
2. Anorexia
3. Hypogonadotropism
4. Postpill Amenorrhea
IV. DISORDERS OF ANTERIOR PITUITARY

SECONDARY AMENORRHEA
1. 20% Hyperprolactinemia
2. Galactorrhea - 50% Abnormal Sella
3. 33% Pituitary Adenomas
INCIDENCE
7. 1/100, 000 WOMEN
AGES 15 THROUGH 44 YEARS

Figure 2—A 34-year-old anorexic woman. These photographs were
taken at intervals of 4 months to document the anorectic syndrome favorable
Diagnosis of Anorexia Nervosa

1. Onset between ages 10 and 30
2. Weight loss of 25% or weight 15% below normal for age and height
3. Special attitudes:
   - Denial
   - Distorted body image
   - Unusual hoarding or handling of food
4. At least one of the following:
   - Lanugo
   - Bradycardia
   - Overactivity
   - Episodes of overeating (bulimia)
   - Vomiting, which may be self-induced
5. Amenorrhea