Menstruation-Related Disorders

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LEARNING OBJECTIVES

Upon completion of the chapter, the reader will be able to:

1. Describe the underlying etiology of amenorrhea, heavy menstrual bleeding (HMB), abnormal uterine bleeding with ovulatory dysfunction (AUB-O) and dysmenorrhea.
2. Describe the pathophysiology of amenorrhea, HMB, AUB-O, and dysmenorrhea.
3. Explain how the pathophysiology of amenorrhea, HMB, AUB-O, and dysmenorrhea relates to the selection of effective treatment modalities.
4. Differentiate between premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD) with respect to pathophysiology and clinical presentation.
5. Differentiate between PMS and PMDD relative to their respective treatment(s).
6. Describe the clinical presentation of amenorrhea, HMB, AUB-O, dysmenorrhea, and PMDD.
7. Identify the potential negative health implications of amenorrhea, HMB, and polycystic ovary syndrome (PCOS).
8. Recommend appropriate lifestyle and dietary modifications for patients with amenorrhea, HMB, AUB-O, dysmenorrhea, premenstrual symptoms, and PMDD.
9. Recommend appropriate pharmacologic interventions for patients with amenorrhea, HMB, AUB-O, dysmenorrhea, premenstrual symptoms, and PMDD.
10. Compare the available therapeutic options for patients with amenorrhea, HMB, AUB-O, and dysmenorrhea dependent upon patient age, concomitant disease states (when necessary), and desire for contraception.
11. Evaluate the role of metformin in the management of PCOS.
12. Identify the desired therapeutic outcomes for patients with amenorrhea, HMB, AUB-O, dysmenorrhea, premenstrual symptoms, and PMDD.
13. Identify the time frame within which the desired therapeutic outcomes for amenorrhea, HMB, AUB-O, dysmenorrhea, and PMDD should be observed.
14. Design a monitoring plan to assess the pharmacotherapeutic efficacy for the treatment of amenorrhea, HMB, AUB-O, premenstrual symptoms, and PMDD.
15. Design a monitoring plan to evaluate and manage the occurrence of side effects associated with the treatment of amenorrhea, HMB, AUB-O, premenstrual symptoms, and PMDD.