

DYSMENORRHOEA / MENSTRUAL CRAMPS - Dr. Delphine Victoria

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Dysmenorrhoea which is otherwise known as menstrual cramps is one of the reasons that cripple the young girls especially the school and college students. This is the pain that occurs during menstruation that interferes with daily activities. This is one of the most commonly reported menstrual disorders. Physical and psychological factors contribute to the problem. It is the leading cause for recurrent short-term school/work absenteeism.

Dysmenorrhoea is classified into:

- PRIMARY (Spasmodic)
- SECONDARY (Congestive)

PRIMARY DYSMENORRHOEA:

Usually primary dysmenorrhoea occurs in the first few months/years after menarche & occurs in the adolescent group. It causes anxiety both to the patient and to the guardians. It is not associated with any pelvic disease or pathology.

SYMPTOMS

Crampy lower abdominal and pelvic pain that radiates to the thighs and back.

To understand this condition, we have to know certain facts about menstruation. The mean age of menarche or attaining puberty in an Indian girl is 13 years. It takes 2 years to attain puberty after the

breast development in young girls. Most cycles occur between 21-35 days with 3-10 days of bleeding and 30-40 ml of blood loss. Anovulatory cycles (where there is no ovulation) and irregular menstrual patterns are common within 24 months of menarche. Physical activity or longer duration of menstruation is not associated with dysmenorrhoea.

Earlier age at menarche and a strong family history are more associated with severe episodes of dysmenorrhoea.

Dysmenorrhea is caused by prostaglandins and leukotrienes during ovulatory cycles. Endometrial prostaglandin levels increase during the luteal and menstrual phases of the cycle, causing uterine contractions.

TREATMENT

The treatment for this is reassurance of the patient. Some Non-steroidal anti-inflammatory drugs (NSAIDs) is the best-established initial therapy for dysmenorrhea. They have a direct analgesic effect through inhibition of prostaglandin synthesis, and they decrease the volume of menstrual flow. Life style modification with low -fat diet along with exercise helps this condition.



SECONDARY DYSMENORRHOEA:

Secondary dysmenorrhea is the menstrual pain resulting from anatomic and/or macroscopic pelvic pathology, such as that seen in women with endometriosis or chronic pelvic inflammatory disease. This condition is most often observed in women aged 30-45 years. This needs a regular consultation with a Gynecologist.



Fresh air impoverishes the doctor.

~ Danish Proverb

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BIPOLAR DISORDER

Bipolar disorder, with its extreme mood swings from depression to mania is very serious and can cause risky behavior, even suicidal tendencies,

SYMPTOMS

Bipolar is a complex illness. There are many different symptoms -- and several different types -- of bipolar disorder. The primary symptoms of the disorder are dramatic and unpredictable mood swings.

Mania symptoms may include excessive happiness, excitement, irritability, restlessness, energy, less need for sleep, racing thoughts, high sex drive, and a tendency to make grand and unattainable plans.

Depression symptoms may include sadness, anxiety, irritability, loss of energy, uncontrollable crying, change in appetite causing weight loss or gain, increased need for sleep, difficulty making decisions, and thoughts of death or suicide.

TYPES

Bipolar I

A person affected by bipolar I disorder has had at least one manic episode in his or her life.

Bipolar II

Bipolar II is similar to bipolar I disorder. However, in this, the "up" moods never reach full-on mania.

Rapid Cycling

In rapid cycling, a person with bipolar disorder experiences four or more episodes of mania or depression in one year. About 10% to 20% of people with bipolar disorder have rapid cycling.

Mixed Bipolar

With mixed bipolar disorder, a person experiences both mania and depression in rapid sequence.

Cyclothymia

Cyclothymia is a relatively mild mood disorder. People with cyclothymic disorder have milder symptoms than in full-blown bipolar disorder.

COMPLICATIONS

Self-injury, often referred to as cutting, self-mutilation, or self-harm, is an injurious attempt to cope with overpowering negative emotions, such as extreme anger, anxiety, and frustration. It is usually repetitive, not a one-time act.

DIAGNOSIS

Doctors have come a long way in understanding different moods in bipolar disorder and in making an accurate diagnosis. A bipolar disorder diagnosis is made only by taking careful note of symptoms, including their severity, length, and frequency. With the greater understanding of mental disorders today, doctors can identify the signs and symptoms of bipolar depression, hypomania, and mania; and most cases can be treated effectively and safely with bipolar medications.

TREATMENT & CARE

Treatment for bipolar disorder most often includes a combination of a mood-stabilizing drug and psychotherapy. Although drug treatment is primary, ongoing psychotherapy is important to help patients better cope with the condition.

If you have bipolar disorder, you will probably need medication.

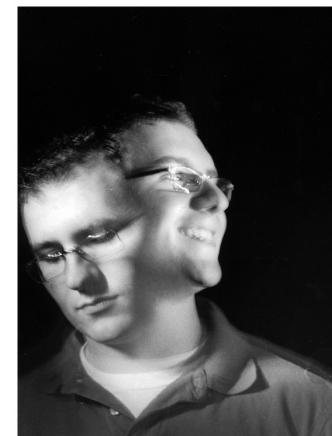
Along with medication, ongoing psychotherapy, or "talk" therapy, is an important part of treatment for bipolar disorder. If you are suffering from mania, your doctor may initially treat you with an antipsychotic drug.

Studies show that regular exercise can help improve mood whether or not you have bipolar disorder. And, a good meal plan can help you feel better and give you the nutrients you need.

Your relationships with friends and family are crucial to staying healthy with bipolar disorder. You need to keep the lines of communication open.

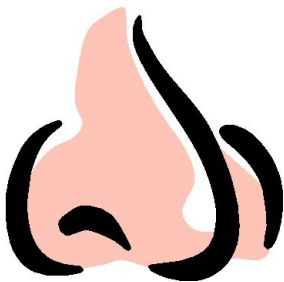


“Doctors have come a long way in understanding different moods in bipolar disorder and in making an accurate diagnosis”



THE HUMAN NOSE

- The technical term for sense of smell is ‘olfaction’.
- Your nose can help detect dangerous chemicals in the air.
- The 2 nostrils are divided by the nasal septum.
- Nasal septum is made up of cartilage, a tissue that is stiffer than muscle but more flexible than bone.
- Found at the roof of the nose, the ethmoid bone separates the nasal cavity and brain.
- The ethmoid bone is also one of the bones that make up the orbit of the human eye.
- Air passing through the nasal cavity is warmed to match body temperature (or cooled if it is very hot).
- Dust and other particles are removed in the nasal cavity by short hair.
- The floor of the nasal cavity is also the roof of the mouth.
- ‘Anosmia’ is the inability to smell.
- ‘Dysosmia’ is when things don’t smell as they should.
- ‘Hyperosmia’ is having a very strong sense of smell.
- On average, men have larger noses than women.
- Plastic surgery involving the nose is called ‘rhinoplasty’.



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