

MENSTRUAL BLEEDING IN ADOLESCENT GIRLS. JUVENILE DYSMENORRHEA

Kokand University, Andijan Branch,

Faculty of Medicine

2nd-year student of the "General Medicine"

program, Group 24-19

Tolasheva Jasminahon Jurabek kizi

Annotation

Menstrual bleeding in adolescent girls, particularly juvenile dysmenorrhea, is a common gynecological issue that affects physical, emotional, and social well-being [1, 2]. Juvenile dysmenorrhea refers to painful menstrual cramps occurring in adolescents, often associated with ovulatory cycles and hormonal changes [3]. Early diagnosis and proper management are essential to prevent complications, improve quality of life, and reduce school absenteeism [4]. Studies show that both pharmacological interventions, such as non-steroidal anti-inflammatory drugs (NSAIDs), and non-pharmacological methods, including lifestyle modification and physical activity, are effective in symptom management [5]. Awareness and education for adolescents and caregivers play a crucial role in timely intervention [6].

Keywords

adolescent girls, menstrual bleeding, juvenile dysmenorrhea, gynecological health, pain management.

Annotatsiya

O'smir yoshdagi qizlarda hayz davridagi qon ketishlar, xususan yuvenil dismenoreya, jismoniy, ruhiy va ijtimoiy holatga sezilarli ta'sir ko'rsatadigan keng tarqalgan ginekologik muammodir [1, 2]. Yuvenil dismenoreya — bu o'smirlar davrida yuzaga keladigan og'riqli hayz belgilarini ifodalaydi va ko'pincha ovulyator sikl va gormonal o'zgarishlar bilan bog'liq [3]. Erta tashxis va to'g'ri boshqaruv asoratlarni oldini olish, hayot sifatini yaxshilash va mакtabdan qolishni kamaytirishda muhimdir [4]. Tadqiqotlar shuni ko'rsatadiki, og'riqni kamaytirishda dorivor vositalar (masalan, steroid bo'lмаган yallig'lanishga qarshi dorilar) va no-dorivor usullar (hayot tarzi o'zgarishi, jismoniy faoliyat) samarali hisoblanadi [5]. O'smirlar va ularning ota-onalarini xabardor qilish hamda ma'lumot berish vaqtida to'g'ri yordam ko'rsatishda muhim rol o'ynaydi [6].

Kalit so'zlar

o'smir qizlar, hayz qon ketishi, yuvenil dismenoreya, ginekologik sog'liq, og'riqni boshqarish.

Аннотация

Менструальные кровотечения у девочек-подростков, особенно ювенильная дисменорея, являются распространённой гинекологической проблемой, оказывающей влияние на физическое, эмоциональное и социальное состояние [1, 2]. Ювенильная дисменорея характеризуется болезненными менструальными спазмами у подростков и часто связана с овуляторным циклом и гормональными изменениями [3]. Ранняя диагностика и правильное лечение важны для предотвращения осложнений, улучшения качества жизни и снижения пропусков школы [4]. Исследования показывают, что как фармакологические вмешательства (например, нестероидные противовоспалительные препараты), так и немедикаментозные методы (изменение образа жизни, физическая



активность) эффективны для контроля симптомов [5]. Осведомлённость и образование подростков и их родителей играют ключевую роль в своевременной помощи [6].

Ключевые слова

девочки-подростки, менструальное кровотечение, ювенильная дисменорея, гинекологическое здоровье, управление болью.

Introduction

Disorders of the blood coagulation system represent an important group of medical conditions that significantly affect the hemostatic balance of the human body. The coagulation system plays a vital role in preventing excessive blood loss after vascular injury while maintaining normal blood circulation. Any disruption in this system may lead to serious clinical consequences, including spontaneous bleeding or thrombotic complications [1].

Blood coagulation disorders can be classified into congenital and acquired forms. Congenital disorders, such as hemophilia and inherited platelet function disorders, are usually associated with genetic defects and often manifest from early childhood. Acquired coagulation disorders may develop as a result of liver disease, vitamin K deficiency, autoimmune conditions, infections, malignancies, or the use of certain medications such as anticoagulants and antiplatelet agents [2].

Patients with coagulation system disorders often present with symptoms such as prolonged bleeding, easy bruising, epistaxis, gingival bleeding, or severe hemorrhage following trauma or surgical procedures. In emergency situations, delayed or inadequate assistance may lead to life-threatening complications, including hemorrhagic shock and organ dysfunction [3].

Providing first aid in disorders of the blood coagulation system is therefore of great clinical importance. Timely and appropriate first aid measures help reduce blood loss, prevent the progression of bleeding, and stabilize the patient's condition until specialized medical care is available. Healthcare professionals, including students of general medicine, must possess sufficient knowledge and practical skills to recognize signs of coagulation disorders and provide effective initial care in emergency settings [4].

Thus, understanding the basic mechanisms of blood coagulation disorders and the principles of first aid is essential for improving patient outcomes and reducing morbidity and mortality associated with these conditions [5].

Research Methodology

This study was conducted using a comprehensive theoretical and analytical approach aimed at examining first aid principles in disorders of the blood coagulation system. The research methodology was designed to analyze existing scientific knowledge and clinical recommendations related to coagulation disorders and emergency care [1].

The primary method used in this study was a literature review, which included the analysis of textbooks, scientific articles, clinical guidelines, and publications related to hematology and emergency medicine. Sources published in recent years were prioritized to ensure the relevance and accuracy of the collected information [2].

In addition, a comparative analysis method was applied to evaluate different types of blood coagulation disorders, including congenital and acquired forms, and to identify similarities and differences in first aid approaches for each condition. This method allowed for a clearer understanding of appropriate emergency measures in various clinical situations [3].

The study also employed a descriptive method to summarize clinical manifestations of coagulation disorders and to outline step-by-step first aid measures for patients experiencing



bleeding episodes. This approach helped to systematize practical recommendations for use in medical practice and education [4].

Furthermore, a logical analysis method was used to assess the effectiveness and importance of timely first aid in preventing complications such as severe hemorrhage and shock. The collected data were analyzed and generalized to formulate conclusions relevant to healthcare professionals and medical students [5].

Overall, the applied research methodology ensured a structured and comprehensive evaluation of first aid provision in disorders of the blood coagulation system and contributed to the development of evidence-based conclusions.

Research Results

The analysis of scientific literature and clinical guidelines revealed that disorders of the blood coagulation system are among the most common causes of prolonged and recurrent bleeding in clinical practice. Both congenital and acquired coagulation disorders significantly increase the risk of hemorrhagic complications, especially in emergency situations [1].

The study showed that patients with coagulation disorders most frequently present with symptoms such as spontaneous bleeding, prolonged bleeding after minor injuries, epistaxis, gingival bleeding, and extensive hematoma formation. In severe cases, internal bleeding and hemorrhagic shock may develop if timely first aid is not provided [2].

The results indicate that early recognition of coagulation disorders and prompt first aid measures significantly reduce blood loss and improve patient outcomes. The most effective first aid interventions include immediate bleeding control, application of pressure bandages, immobilization of the affected area, and proper positioning of the patient to prevent further blood loss [3].

Comparative analysis demonstrated that while the general principles of first aid are similar for both congenital and acquired coagulation disorders, patients receiving anticoagulant or antiplatelet therapy require special attention due to an increased risk of uncontrolled bleeding. In such cases, continuous monitoring and rapid referral to specialized medical care are essential [4].

Furthermore, the findings emphasize that insufficient knowledge and delayed first aid are major contributing factors to the development of severe complications. Training healthcare workers and medical students in recognizing coagulation disorders and providing effective first aid was shown to be crucial in reducing morbidity and preventing life-threatening outcomes [5].

Overall, the research results confirm that timely and appropriate first aid plays a key role in the management of blood coagulation disorders and significantly enhances patient safety in emergency situations.

Literature Review

Numerous scientific studies and medical publications have emphasized the importance of the blood coagulation system in maintaining hemostatic balance and preventing excessive blood loss. According to hematology textbooks and clinical guidelines, disorders of the coagulation system result from abnormalities in clotting factors, platelets, or vascular components, leading to bleeding or thrombotic tendencies [1].

Several authors describe congenital coagulation disorders, such as hemophilia and inherited platelet function disorders, as conditions caused by genetic mutations that impair normal clot formation. These disorders often manifest early in life and require lifelong monitoring and specialized care. The literature highlights that patients with inherited coagulation



disorders are at high risk of severe bleeding even after minor trauma, making first aid measures critically important [2].

Acquired coagulation disorders are widely discussed in the literature and are associated with liver diseases, vitamin K deficiency, autoimmune disorders, infections, malignancies, and the use of anticoagulant or antiplatelet medications. Studies indicate that drug-induced coagulation disorders are increasingly common due to the widespread use of anticoagulants in cardiovascular diseases [3].

Emergency medicine sources stress that timely first aid plays a decisive role in preventing complications related to coagulation disorders. Proper bleeding control techniques, such as direct pressure, immobilization, and patient positioning, are consistently recommended as initial management steps before advanced medical care is provided [4].

Furthermore, recent research emphasizes the need for adequate training of healthcare professionals and medical students in recognizing coagulation disorders and applying appropriate first aid measures. The literature suggests that improved education and adherence to clinical guidelines significantly reduce morbidity and mortality associated with hemorrhagic complications [5].

In summary, the analysis of available literature demonstrates that disorders of the blood coagulation system remain a significant medical problem, and effective first aid is a key component in their management. The reviewed sources provide a strong scientific basis for the development of practical recommendations and further research in this field [6].

Conclusion

Disorders of the blood coagulation system are significant medical conditions that can lead to life-threatening bleeding or thrombotic complications. Both congenital and acquired forms of these disorders require careful monitoring and timely intervention [1].

The study confirms that early recognition of coagulation disorders and prompt first aid significantly reduce the risk of severe hemorrhage, minimize blood loss, and stabilize the patient until specialized medical care is available [2].

First aid measures, including direct pressure application, immobilization of the affected area, proper patient positioning, and rapid referral to medical professionals, are essential in emergency situations and can prevent complications such as hemorrhagic shock [3].

Congenital disorders, such as hemophilia or inherited platelet function defects, necessitate lifelong awareness and preparedness, while acquired disorders, including drug-induced coagulation abnormalities, require careful monitoring and individualized emergency response [4]. Training healthcare professionals and medical students in recognizing coagulation disorders and providing effective first aid is crucial. Knowledge and preparedness directly impact patient safety and clinical outcomes [5].

Overall, providing timely and appropriate first aid in disorders of the blood coagulation system is a cornerstone of emergency care, emphasizing the importance of awareness, education, and adherence to clinical guidelines [6].

References

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