

A photograph of four young women walking in a grassy field. They are dressed in casual summer attire, including tank tops and t-shirts. The woman on the far left is laughing joyfully. The woman in the center is looking down. The woman on the far right is smiling. The background is a soft-focus green field.

# Overview of Adolescent Gynaecology

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# Overview

- Consultation with adolescents
- Contraception in adolescents
- Controversies in adolescent gynaecology
  - Endometriosis
  - Labioplasty
  - Polycystic ovarian syndrome



# Consultation with adolescents

- Respectful, non-judgmental; reassurance re confidentiality
- Sensitive questions with parent out of the room



- **HEADSS** assessment:
  - Home
  - Education / Employment
  - Eating
  - Activities
  - Drugs & Alcohol
  - Sexuality
  - Suicide / depression / self-harm
  - Safety

# Contraception in adolescents

- Commonly used for other indications
  - Menorrhagia, dysmenorrhoea, menstrual irregularity, menstrual suppression, acne, recurrent cyst accidents
- Reassurance re age of coitarche, fertility & cancer risk
- Discuss importance of barrier protection once sexually active
- Defer first pap smear until two years of sexual activity
- STI screen routinely with pap smear in women under 25





# Combined OCP

- \* Safe to use anytime after menarche
  - No impact on final height
  - No impact on fertility
  - Reduced risk of endometrial and ovarian ca., probably neutral for breast ca.
- Side effects usually transient
- VTE risk significantly lower than in pregnancy / post-partum
- Start with 30 $\mu$ g OCP
- Trial and error
- Efficacy: perfect use – 0.3%; overall use – 8%



# Levonorgestrel intra-uterine system (Mirena):

- Safe anytime after menarche
- No ultrasound required
- Safe in nulliparous women
- Requires GA / sedation in non-sexually active
- Insertion in rooms often well-tolerated– patient selection important
- Warn about risk of symptoms first 4 to 6 months
- Efficacy: 0.2%



Except when it's not...



# Implanon

- Reliable contraception, poor menstrual control
- 20% amenorrhoea
- High rate of early removal
- Side effects
- Efficacy: 0.05%



# Depo Provera

- Reversible impact on bone density
  - Calcium, vitamin D, weight-bearing
- Up to 18 months return to fertility
- Persistence of side effects
- Efficacy: perfect use 0.3%, overall 3%





# Dysmenorrhoea in adolescents: 'does she have endo like me?'

- Incidence of primary dysmenorrhoea 60-93%
- Medical approach initially – low yield with laparoscopy
- Reassure re prevention of endometriosis
- 6 months of menstrual suppression before laparoscopy
- Dysmenorrhoea study - RCH, Melbourne:
  - 150 women
  - 8% laparoscopy – 2/3 normal pelvis
  - Adults: minimal - mild disease, no impact on fertility



# Labioplasty:

'she doesn't look normal down below...'

- Referrals for 'labial hypertrophy' increasing
- Explain natural history
  - Growth of minora before majora
  - Asymmetry common
  - Big spectrum of normal, 1-6cm
  - Reassess after 18 if still concerned
- Long term risks of labioplasty
- Men can ride horses...



# Polycystic Ovarian Syndrome: 'the ultrasound said I have PCOS...'

- Diagnostic criteria in adolescents different from adults
  - abnormal menstrual pattern for the menstrual age
  - biochemical hyperandrogenism
- Ultrasound findings of PCO not a diagnostic criterion
- Labelling adolescents with PCOS potentially detrimental
- Treat the issue
- Address lifestyle changes



Thank you...

