Menstrual suppression in Pediatric and Adolescent patients with disabilities ranging from developmental to acquired conditions – A population study in an Australian Quaternary Paediatric and Adolescent Gynaecology (PAG) Service over the eleven year period from January 2005 to December 2015.

Cecilia Bartley MBBS, DRANZCOG 1
Tapasi Bagchi MBBS, FRANZCOG 1,2
Rebecca Leeks MBBS, BEd 3
Rebecca Kimble MBBS, FRANZCOG, GAICD 1,2

Statewide Paediatric and Adolescent Gynaecology Service, Royal Brisbane and Women’s and Lady Cilento Children’s Hospitals1
University of Queensland, Faculty of Medicine2
Queensland Institute of Medical Research3
Brisbane, Queensland, Australia
Declaration of Interest: None
Objective

To review the efficacy of different medical modalities to achieve menstrual suppression in a cohort of patients with disabilities presenting to an Australian quaternary paediatric and adolescent gynaecology service.

Lady Cilento Children’s Hospital, Brisbane, Queensland, Australia

The Royal Brisbane and Women’s Hospital
Brisbane, Queensland, Australia
South Africa
1.22 million km²
27.5 million females

Australia
12.1 million females
(2.35 million in QLD)

Queensland
1.7 million km²
Landscape comparison is to scale

~3500 km
## Study population

<table>
<thead>
<tr>
<th>Patients coded as menstrual suppression</th>
<th>99</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients excluded</td>
<td>31</td>
</tr>
<tr>
<td>Duplicated URNs, Fail to attend appointments, Lost to follow up</td>
<td>31</td>
</tr>
<tr>
<td>Patients included</td>
<td>68</td>
</tr>
</tbody>
</table>
Age at presentation

Median

Number of Patients

Age at presentation
Age at menarche

Median
BMI at presentation

Median
<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
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<tbody>
<tr>
<td>Menstrual suppression by 6 months</td>
<td>33.8%</td>
</tr>
<tr>
<td>Menstrual suppression by 12 months</td>
<td>55.9%</td>
</tr>
<tr>
<td>Mean age within 12 months</td>
<td>13.1 years</td>
</tr>
<tr>
<td>Mean age &gt;12 months</td>
<td>14.6 years</td>
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</tbody>
</table>

P = 0.005
Distribution of Medical Modalities in achieving menstrual suppression

- Depo Provera, 34, 50%
- Mirena IUS, 16, 24%
- Depo Provera + OCP, 1, 2%
- Mirena IUS + OCP, 1, 1%
- Currently under Tx, 9, 13%
- OCP, 7, 10%
Efficacy of Depo Provera

- **≤6mths**: 17 patients (28.3%)
- **>6-12mths**: 10 patients (16.7%)
- **>12mths**: 9 patients (15%)
- **Ongoing**: 11 patients (18.3%)
- **FTA**: 13 patients (21.7%)

**Duration in Months from commencement of Depo Provera**

- **Number of patients**
- **Percentage**
Pattern of menstruation at presentation
Method that achieved menstrual suppression

Method that achieved menstrual suppression
Age at presentation vs All Medical Modalities

Time from first method (months) until amenorrhea

Age at presentation
Conclusions

• From commencement of depo provera, 28.3% achieved menstrual suppression by 6 months

• Total of 45% within 12 months

• Of the remainder 15% achieved menstrual suppression at various stages more than 12 months with 18.3% ongoing.
Conclusions

- 33.8% menstrually suppressed by 6 months
- 55.9% menstrually suppressed within 12 months
- Mean age 13.1 yrs suppression under 12 months
- Mean age 14.6 yrs suppression over 12 months
- Clinically abnormal patterns median of 6 months to menstrual suppression
## Conclusions

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Achieved Menstrual Suppression</td>
<td>86.8%</td>
</tr>
<tr>
<td>Currently undergoing treatment</td>
<td>13.2%</td>
</tr>
<tr>
<td>Hysterectomy</td>
<td>0%</td>
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</table>
Acknowledgements

Dr Cecilia Bartley MBBS, DRANZCOG
Dr Tapasi Bagchi MBBS, FRANZCOG
Dr Rebecca Leeks MBBS, BEd
Dr Amanda Wee MBBS, DRANZCOG
Professor Peter O’Rourke QIMR Statistician
A/Professor Rebecca Kimble MBBS, FRANZCOG, GAICD