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PREVALENCE OF ENDOMETRIOSIS AND ITS SYMPTOMS AMONG YOUNG ADULT FEMALES WITH CHRONIC PELVIC PAIN REFRACATORY TO CONVENTIONAL THERAPY

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Background: Young adult females with chronic pelvic pains (CPP) refractory to conventional medical therapy are still a big dilemma for gynecologists.

Study Objective: To study the prevalence and clinical manifestations of endometriosis in young adult females with CPP refractory to conventional medical therapy.

Materials & Methods: Design: Prospective clinical study. Setting: General and private hospitals in the city of Al-Karak/Jordan. Participants: A total of 28 females aged ≤ 21 years who had CPP refractory to conventional medical therapy and underwent laparoscopy during the years 2010–2014 were identified for this study. Endometriosis was staged according to the American Society for Reproductive Medicine (ASRM) classification.

Results: The mean age of participants was 18.4 years (range

15–21). Endometriosis was found in 20/28 cases (71.4%). Stage I: 9/20 (45.0%), stage II: 8/20 (40%), stage III: 2/21 (10%), stage IV: 1/21 (5%). Notably, 16/28 (57.1%) of all cases reported cold intolerance, 14/20 (70%) with endometriosis and 2/8 (25%) of those without endometriosis (Chi-square 4.725, df-1, p-0.03). There was no association between stage of disease with age distribution (≤ 18 and $> 19-21$ years) p=0.700 nor with duration of symptoms (≤ 2 and > 2 years) and the presence of cold intolerance p >0.05. However, severity of pain symptoms (< 7 vs ≥ 7) was associated significantly with the stage of the disease p=0.011.

Conclusions: High prevalence of endometriosis among young adult females with CPP refractory to conventional therapy was mainly observed in the mild stage. Cold intolerances were highly associated with endometriosis.

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