

P237. Assessment of risk impacts on the development of obesity in adolescent girls

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Relevance

Obesity plays an important role in the violation of reproductive health. Menstrual dysfunction, endometrial hyper-plastic processes, infertility, miscarriage, intrauterine growth retardation – this is an incomplete list of reproductive health disorders in women who have obesity. The premises for their development are laid already in childhood and adolescence, since the onset of puberty.

The purpose of this research is to develop a set of measures for the timely detection of reproductive system disorders in girls in the period of puberty with obesity on the basis of clinical and epidemiological features.

Materials and research methods

The work was based on the results of a survey of 120 adolescent girls on the age of 13-17 years with obesity of I-II degree. The study was conducted on basis of the Scientific Medical Center "Sa?lam N?sil" ("Healthy Generation") among 100 adolescent girls. The average age was 14.8 ± 1.4 . When collecting history, the following factors were evaluated: the presence of obesity, maternal and paternal lines, diet, level of physical activity and eating habits of the respondents.

Conclusions

The obesity frequency in the girl population in the period of puberty constitutes in average 13.5-16%. Girls in the puberty period suffering from obesity have characteristic features of medical and social status which include the presence of concomitant pathology, outbreak of chronic infection, hereditary predisposition to obesity, sedentary lifestyle, abundant diet, irregular nutrition, high frequency of emotional disorders. Girls with obesity are characterized with violations of menstrual function as opsonomena - 9%, menorrhagia - 56%, irregular menstruation - 76%, intermenstrual blood spotting - 14%. 62% of patients have combinations of menstrual function disorders. The most significant risk factors for reproductive system disorders in obese girls are: perinatal factors (OP = 3.47), obesity from childhood (OP = 3.43), chronic diseases of the digestive tract (OP = 3.25).

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