MENSTRUAL IRREGURALITIES IN ADOLESCENT GIRLS----A SIGN OF UNDERLYING STRESS IN RECENT PANDEMIC SITUATION

SPEAKER

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ABSTRACT

The Covid-19 Pandemic has had its effects in different vistas of life.Adolescence is a crucial period of life(13-17 years) when the body and mind undergoes major endocrine and metabolic changes with immense effect of environment depending on the genetic make-up of the individual.Hence quite naturally,during this transitional phase of growth and development between childhood and adulthood they are very vulnerable to any change in life-style or environment.With the onset of pandemic and its ensuing social distancing and interruption of typical school routines,the life-style of adolescents has been disrupted in several ways.Confined to home,with no access to outdoor or school environment,separated from friends coupled with too much dependance on internet and social media for school activities or peer connectivity,ample time and opportunity to access internet sites---these are exerting adverse effects on adolescent health is being manifested as stress-related disorders ---- physical,mental and psychosocial,as revealed in studies in different parts of the world.Adolecent girls typically present with menstrual disorders in erstwhile normal pre-pubertal or pubertal background ranging from amenorrhoea,oligomenorrhoea to irregular or heavy menstrual bleeding at the other end of the spectrum.While these symptoms bring them forward to gynaecologist's chamber,it is

important to discern the root- cause of underlying stress.So its important we have an overview of the menstrual disorders of adolescent girls-----the different causes,pathophysiology and manifestations with special emphasis on stress due to Covid-Pandemic which I intend to discuss in my talk,as it is of utmost importance that treatment can be instituted at the earliest with the collaboration of other branches of medical science as well including physicians,endocrinologist,psychiatrists and involving dietitians,nutritionists and above all parents,teachers and family to help adolescents cope with this recent challenge for perfect recovery to a maturing, fruitful adulthood in the future.

Keywords:-adolescence,menstrual disorders,Pandemic-related stress
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