EPIDEMIOLOGICAL SURVEY OF UTERINE FIBROID IN UNIVERSITY OF NIGERIA TECHING HOSPITAL ENUGU FROM JANUARY 1990 - DECEMBER 1991

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Abstract:

A retrospective study of the epidemiology of uterine fibroids from January 1980 - December 1991 at the University of Nigerian Teaching Hospital, Enugu is presented.

All the data about the patients were extracted from their case notes and used to answer the questions in the questionnaires.

In all, 306 cases were studied and of these, 174 patients (56.9%) were below 35 years of age and a maximum number of 86 patients (28.2%) were in the 30 - 34 years age range. The mean average age of the 306 patients is 31.7 years.

From the study, a maximum of 97 patients (31.7%) were found to be in social class III, and 27 patients (8.8%) being the least in number were found to be in social class v.

Of the 306 patients studied, 212 patients (69.3%) were found to be married while a minority of 4 patients (1.3%) were widowed and grandmultiparty seems to be a strong factor because a majority of 59 fertile patients (19%) were found to be grandmultiples.

Amongst the commonest symptoms were lower abdominal mass, menorrhagia and in fertility with 76 (26%), 78 (25.52%) and 54 (17.7%) patients respectively.

In all, 6 patients (2%) and 10 patients (3%) with recurrent abortions and dysmenorrhea respectively were found to be in the minority.
A grand total of 212 patients (69.5%) presented after 1 year of onset of symptoms and 94 patients (30.5%) presented before 1 year.

In all, 190 (62%), 103 (34%) and 13 (4%) patients underwent myomectomy, hysterectomy and polypectomy, hysterectomy and polypectomy, respectively with a majority of 172 patients (56.4%) having multiple Fibroids, 13 (4%) having Fibroid polyps and Fibroids in 50 cases were found to have undergone degenerative changes.

Topping the list of post operative complications was anaemia occurring in 27 patients (8.9%) and at the bottom a single death 0.3% due to sepsis. A total of 257 patients (84.3%) were free from any complications and yet after surgery, only 14 patients (4.4%) were able to achieve pregnancy with a minority of 3 patients (21.4%) and a majority of 11 patients (78.4%) doing so in less than a year and greater than a year respectively, and yet, 2 patients (14.3%) aborted.

In the presence of uterine Fibroids, 12 patients (3.6%) were noted to have achieved pregnancy with 4 (33.3%) pregnancies ending in abortions.

Finally, the reasons for late presentation were discussed and suggestions made as to how to enlighten the public on early presentation to avert the complications of uterine Fibroids.