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THE PERCENTAGE OF HYSTERECTOMIES IN ALZAHRAWI HOSPITAL IN 2017-2018

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ABSTRACT

Objective: This study aimed to show the prevalence of hysterectomy, the type of it, indications and the most common age of the women doing this procedure. **Materials and Methods:** This is a retrospective study composed of 300 women who were admitted to AlZahrawi Hospital between 1/1/2017 and 31/12/2018, and had a hysterectomy. **Results:** We had 300 women who had a hysterectomy. 48% of all women were between 40-49 years old which was the most common, followed by those between 50-59 years old with 29% and those between 60-80 years old with 15%. The least common age group was 30-39 years old with 8% of all sample. Uterine fibroids were the most common cause for hysterectomy in 35% of all women, followed by uterine prolapse in in 13% and endometrial hyperplasia in 12%. Adenomyosis was the cause in 11%. Ovarian cancer was the least common cause in only 1%. We found that the most common type of hysterectomy was abdominal in 77% followed by vaginal in 23%. **Conclusion:** The trend of hysterectomy is on a rise nowadays. There is a tendency to delay hysterectomy if possible till 45 years of age. Uterine myoma still remains the most common.

KEYWORDS: hysterectomy, Syrian Women, AlZahrawi Hospital.

INTRODUCTION

World over hysterectomy is the most common surgery in women next only to cesarean section. There is a large variation in the rate of hysterectomy in different parts of the world. It may be due to physician factor, patient factor or organizational factor like availability of alternative resources. The common indications of hysterectomy are fibroid uterus, dysfunctional uterine bleeding (DUB), prolapsed genital organ, genital malignancy, etc. using a variety of techniques and approaches including abdominal, vaginal, and laparoscopy. This procedure is of particular concern in premenopausal women because of the early menopause that ensues. The complication of post hysterectomy has also decreased with the advent of new techniques, antibiotics, patient, and doctor awareness. Hysterectomy is a common surgical procedure in women and most hysterectomies are performed for benign indications.[1] Medical and hormonal treatments (such as the levonorgestrel-releasing intrauterine device) and less invasive surgical options (such as endometrial ablations) have contributed to declining hysterectomy rates in The subject of benign hysterectomy has received and continues to receive considerable attention in the medical literature and in the lay press.[4,5,6] In addition, hysterectomy can be done by various routes and with different technologies, and these have shifted and evolved over the years.[1,2,3] It is now widely agreed that hysterectomies should be performed by a minimally invasive approach, i.e., vaginally or laparoscopically, if possible. Furthermore, rates and routes of hysterectomy have implications for quality, costs and training.

MATERIALS AND METHODS

This is a retrospective study composed of 300 women who were admitted to AlZahrawi Hospital between 1/1/2017 and 31/12/2018, and had a hysterectomy. This study aimed to show the prevalence of hysterectomy, the type of it, indications and the most common age of the women doing this procedure.

We divided the patients to 4 age groups 30-39, 40,49, 50-59 and 60-80 years old. The patient's information was obtained from the hospital records and all the personal information was hidden to ensure the privacy.
Statistical analysis was done using SPSS 25.0.

RESULTS

Table 1: Age of the Patients.

Age	%
30-39	8
40-49	48
50-59	29
60-80	15

Table 2: Symptoms of the patients.

Symptoms	%
Menorrhagia	46
Abdominal Pain	40
Uterine Bleeding	33
Heaviness in The Abdomen	16
Urine Incontinence	11
Protrusion from The Vagina,	7
Constipation	3
Dysuria	2
Amenorrhea	2
Dyspareunia	1
Polyuria	1

Table 3: Cause of hysterectomy.

Cause of Hysterectomy	%
Uterine Fibroids	35
Uterine Prolapse	13
Endometrial Hyperplasia	12
Adenomyosis	11
Ovarian cancer	1

Table 4: Correlation between the age of the patients and cause of hysterectomy.

		Cause of Hysterectomy			
		Uterine Fibroids	Adenomyosis	Endometrial hyperplasia	Uterine Prolapse
Age	30-39	Most common	-	-	-
	40-49	Most common	Second Most common	-	-
	50-59	Most common	-	Most common	-
	60-80	-	-	-	Most common

DISCUSSION

We had 300 women who had a hysterectomy. 48% of all women were between 40-49 years old which was the most common, followed by those between 50-59 years old with 29% and those between 60-80 years old with 15%. The least common age group was 30-39 years old with 8% of all sample. (Table 1).

Regardless of the cause that led to the hysterectomy, the symptoms of the patients were as followed: menorrhagia was the most common in 46% of all women and it was accompanied by dysmenorrhea in 15% of them. Abdominal pain was the second most common symptom in 40%. Uterine bleeding was found in 33% and was accompanied by abdominal pain in 12%. 16% of all women had a feeling of heaviness in the abdomen and 11% had urine incontinence. The least common symptoms included protrusion from the vagina, constipation, dysuria, amenorrhea, dyspareunia and polyuria with 7%, 3%, 2%, 2%, 1% and 1%. (Table 2).

Uterine fibroids were the most common cause for hysterectomy in 35% of all women, followed by uterine prolapse in in 13% and endometrial hyperplasia in 12%. Adenomyosis was the cause in 11%. Ovarian cancer was the least common cause in only 1%. (Table 3).

We studied the correlation between the age of the women and the cause of the hysterectomy and found that uterine fibroids were the most common cause in those between 30-39 years old and in those between 40-49 years old. Adenomyosis was the second most common cause in women between 40-49 years old. Endometrial hyperplasia and uterine fibroids were the most common in 50-59 years old women. In 60-80 years old women, uterine prolapse was the most common.

We found that the most common type of hysterectomy was abdominal in 77% followed by vaginal in 23%, compared to a similar study in India[7], in which 91.4% were abdominal hysterectomies and 8.6% were vaginal hysterectomies. Another study in Australia[8], vaginal

hysterectomy was done in about 50%. Furthermore, abdominal hysterectomies dropped from 41% in 2002 to 20% in 2014 in Australia.[8]

93% of hysterectomy causes in our study were benign with 35% due to uterine fibroids, 13% due to uterine prolapse and 12% due to adenomyosis. In india[7], 75% of hysterectomy cause were benign with 26% due to uterine fibroids. In Australia[8], 82% of hysterectomy causes in our study were benign with 42% due to uterine fibroids, 25% due to uterine prolapse and 11% due to uterine bleeding. The most common age group in our study was 40-49 years old, which was similar to the study in India[7] with most women of 45 years old.

CONCLUSION

The trend of hysterectomy is on a rise nowadays. There is a tendency to delay hysterectomy if possible till 45 years of age. Uterine myoma still remains the most common cause in the world. Abdominal route is the preferred route, with a tendency to remove the uterus along with the cervix in a planned surgery. But in emergency, subtotal hysterectomy is being opted more and more. The rate of doing vaginal hysterectomy is lower than expected.

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