

Gynecology case study # 16

A 40 year old nulligravid, primary infertility for 10 years, came to your clinic with chief complaint of continuous vaginal bleeding for 3 months, using up 3-4 pads/day.

Menarche started at 13 years old. She has had irregular menstrual cycles since 16 years old, with menses coming in every 5-8 months, each episode lasting 2-3 days, using up 1-2 regular pads/day. Past medical history is unremarkable. Her mother is a known diabetic and hypertensive.

Transvaginal ultrasound revealed thickened endometrium (1.8cm), with polycystic ovaries.

Pertinent physical exam:
BP 130/80 mmHg, HR 84 bpm
BMI 30, waist circumference 32 inches
(+) acanthosis nigricans

You did endometrial biopsy, which showed "Simple hyperplasia without atypia"

QUESTIONS:

- 1.What is your complete diagnosis? Defend your diagnosis (state basis)
- 2.What other laboratory work-ups will you request that is pertinent to this patient's condition?
- 3.Discuss the pathophysiology of this condition? Give the differential diagnosis
- 4.How will you manage this patient?