

## Uterine Hyperplasia Causes, Symptoms Consequences and Principles of Treatment

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**Abstract:** In this article, the causes, symptoms, consequences, and treatment principles of Uterine Hyperplasia are described in detail, as well as an example of research conducted by world scientists.

**Keywords:** uterus, signs, complications, adolescence, principles of treatment, research results, etc.



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Hypoplasia, infantile or small uterus, is the underdevelopment of the female reproductive organs. This is manifested in the delay in the development of the genital organ (uterus) and its small size. In other words, the woman's uterus does not correspond to her age and physiological standards, and in terms of size, it is similar to the uterus of a little girl or a teenager. This pathology occurs in 5% of women, and there may also be problems with the underdevelopment of the ovaries, labia, vagina and fallopian tubes, and the cervix. The body of the uterus can stop growing at any age, but the sooner this happens, the more serious the consequences and the less chance of pregnancy. A small uterus can be formed in the mother's womb both during development and after the birth of a girl child. For example, underdevelopment of the uterus during the development of the embryo can occur due to birth defects caused by negative factors (drugs, viral diseases, chromosomal abnormalities, chemical substances, etc.). That is, if a woman consumed alcohol, drugs, smoked or was exposed to X-ray radiation during pregnancy, this may cause the development of congenital uterine hypoplasia in the future child. In addition, a small uterus is the result of a genetic predisposition, since the size and development of the genitals is transmitted through the female genetic system. Hormonal disorders, i.e. lack of hormones produced by the pituitary gland and decreased estrogen production, can also lead to the development of an "infantile" or small uterus.

In order to determine the hypoplasia of the uterus, in addition to the gynecological examination, it is necessary to carry out extensive research, which includes ultrasound examination of the pelvis, hysterosalpingography and hormone testing. The correct therapy can be prescribed only after a thorough analysis. During the initial examination, it can be determined that the woman's labia and vagina are underdeveloped, as well as the neck is elongated. For example, the doctor may notice that the vagina is narrow and short, and its vaults are poorly defined. Ultrasound also allows you to determine whether the size of the uterus corresponds to the age of the patient (depending on the degree of hypoplasia, how much the size of the uterus is less than the norm) and the level of development of the ovaries, it allows you to see the area of the fallopian tubes for the presence of changes. In addition, it is necessary to pass the analysis of female hormones. This study and method helps to determine the number of sex hormones in the patient's blood and problems in the uterus or

ovaries. Often, the doctor orders a thyroid hormone test. Experts call the main symptom of a small uterus a delay in sexual and physical development. Thus, it can be seen in the physical examination that the female external genitalia are not clearly developed. However, if the size of the body of the uterus does not reach 4 cm as a result of the ultrasound examination, a final diagnosis can be made (by size: 3.8 cm x 2.7 cm x 3.7 cm). Uterine hypoplasia includes low height of the patient, narrow chest and narrow pelvis, etc. in general physical development. In women of reproductive age, there is a decrease in libido, difficulty achieving orgasm or its complete absence (anorgasmia). Specialists also call pregnancy outside the uterus, abortion, infertility as reproductive pathology. In hypoplasia, a pregnant woman can experience severe toxicosis, and during childbirth, the cervix does not open enough. Bleeding occurs after childbirth. In hypoplasia of the uterus, usually, the reproductive system is not resistant to various infections. Therefore, cervicitis or endometritis are often found in women diagnosed with a "small uterus".

It is difficult to get pregnant when the uterus is small. A small uterus is often accompanied by underdeveloped ovaries. However, it is possible to get pregnant with the diagnosis of hypoplasia of the uterus. In this case, the probability of pregnancy is determined by the degree of hypoplasia. The first degree of hypoplasia - the uterus is very small, reaching only three centimeters (seven centimeters is the norm). Treatment at this level is not possible. It is also characterized by complete absence of menstruation. In this case, pregnancy is possible through IVF, after which the embryo continues to develop in the uterine cavity, or the woman turns to surrogate motherhood. Hypoplasia of the uterus of the 2nd degree or children's uterus is characterized by the body size of this organ from 3 to 5 centimeters, the ovaries are high, the fallopian tubes are twisted and elongated. This level is characterized by the ratio of the body of the uterus to the neck of 1: 3. Menstruation comes late, painful and irregular. This pathology can be treated, but the therapy is long-term. The probability of pregnancy is high, but the birth of the fetus is at risk (risk of spontaneous abortion). The third degree of hypoplasia of the uterus is a condition in which the size of the organ is from five to seven centimeters. In this case, the ratio of the body of the uterus to the neck is 3: 1. Pregnancy is possible. Professional treatment of hypoplasia of the third degree is indicated when hormonal drugs are used. Sometimes this pathology can completely disappear depending on age (for example, after the start of sexual activity or the first pregnancy). Third-degree hypoplasia is usually characterized by changes in the shape and length of the neck, and some experts define it as the lower limit of the norm rather than a pathology. The signs listed above will help the doctor to conduct preliminary analyses. After that, the woman will be sent for further extensive research. The first step in the treatment of uterine hypoplasia is to switch to a healthy lifestyle, which includes correction of nutrition, vitamin therapy, normalization of sleep patterns, stress reduction, and avoidance of excessive exercise. During the treatment of a small uterus, great attention is paid to restoring the nervous and hormonal balance.

Treatment with drug therapy includes stimulant or hormone replacement therapy. Hormones that increase the amount of estrogen and progesterone are often prescribed. Complex treatment helps to enlarge the uterus to the required size and prepare the woman for pregnancy. At the same time, drugs that normalize the menstrual cycle and ovulation are prescribed. Physiotherapy may be prescribed to increase blood circulation in the uterus. Spa and mud therapy, as well as exercise therapy, have beneficial effects on hormones and the reproductive system. It should be understood that the treatment of a small uterus with folk medicine does not have any therapeutic effect. On the contrary, in such a case, if there is not enough approach and control by specialists, the situation may become more difficult. Women diagnosed with a small uterus or endometrial hypoplasia are at risk of miscarriage (abortion) and complications during childbirth. There is no specific prevention of hypoplasia. In order to ensure the normal and correct development of the size of the uterus during childhood and adolescence, girls should eat properly and lead a healthy lifestyle. Pregnant women are advised to avoid factors that have a negative effect on the health of the fetus. During pregnancy, it is recommended to exclude smoking, alcohol, certain drugs, and exhausting exercises. Lack of timely treatment leads to primary or secondary infertility and obstruction of the fallopian tubes. In addition, hormonal deficiency leads to hypoplasia of the uterus. In other words, there is a violation of the protective properties of the reproductive system, which can lead to infectious and inflammatory processes of the uterus and cervix in the future.

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