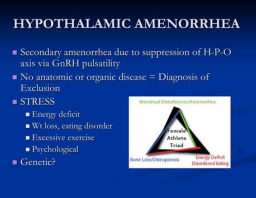


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Objectives

- Review relevant findings on **history, physical, laboratory tests** and **diagnostic imaging** used in evaluation of amenorrhea, and how they point to the etiology of amenorrhea
- Formulate a **Differential** Diagnosis
- Describe the **pharmacological, non-pharmacological** and **surgical treatment** options for amenorrhea



UNC References and Resources

- **APGO Medical Student Educational Objectives**, 9th edition, (2009), Educational Topic 43 (p92-93).
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- Hacker & Moore: **Hacker and Moore's Essentials of Obstetrics and Gynecology**, 5th edition (2009), *Neville F Hacker, Joseph C Gambone, Calvin J Hobel*. Chapter 32 (p355-363).
- Master-Hunter T, Helman DL. Amenorrhea: evaluation and treatment. *Am Fam Physician*. 2006 Apr 15; 73(8): 1374-82.

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See our User Agreement and Privacy Policy. • FSH↓ LH ↑ : distinguished from other hypogonadism • Low serum androgen levels : FSH-stimulated follicular development is prerequisite for thecal cell androgen productionMalnutrition Malabsorption Weight loss Anorexia nervosa Excess exercise Chronic disease Neoplasia Marijuana Hypothyroidism Polycystic ovarian syndrome (PCOS) Cushing syndrome Hyperprolactinemia infiltrative disorders of the central nervous system Cause of Primary Amenorrhea Other Hypothalamic / Pituitary DysfunctionsAmenorrhea without Secondary Sexual Characteristics Diagnosis TreatmentAmenorrhea without Secondary Sexual Characteristics Diagnosis • History • short stature but consistent growth rate, • a family history of delayed puberty, • normal physical findings (including assessment of smell, optic disks, and visual fields) • Headache, • visual disturbance, • short stature, symptoms of diabetes insipidus, • weakness of limbs • Galactorrhea • Physical Examination Physical delay CNS lesion Amenorrhea without Secondary Sexual Characteristics Diagnostic workup • Coarctation of the aorta (30%) • Thyroid dysfunction → Echocardiography : every 3~5yrs → TFT, yearly • Evaluation for hearing loss and hypertension • Serum Progesterone↑ (>3.0) • 17α-hydroxyprogesterone↓ (0.2ng/mL) • Deoxycorticosterone (DOS)↓ • → ACTH stimulation test • • ACTH bolus administration • →S-progesterone↑ • →17α-hydroxyprogesterone (•) • Amenorrhea without Secondary Sexual Characteristics Diagnostic workup • if galactorrhea, headaches, visual field defect (+) → CT, MRI • Physiologic delay • distinguish from insufficient GnRH secretion • history • absence of a CNS lesion on CT or MRI • X-ray : delayed bone age • Gonadotropin-deficiency • distinguished from physiologic delay : response to GnRH stimulation Amenorrhea without Secondary Sexual Characteristics Treatment of Amenorrhea All forms of gonadal failure Hypergonadotropic hypogonadism → cyclic estrogen and progestin therapy : to initiate, mature, and maintain 2nd sexual characteristics prevention of osteoporosis (additional benefit of estrogen)Amenorrhea without Secondary Sexual Characteristics Treatment of Amenorrhea R R R R RAmenorrhea without Secondary Sexual Characteristics Treatment of Amenorrhea • Mosaicism and gonadal streak : ovulation (+), able to conceive either spontaneously or after the institution of estrogen replacement therapy • 17α -hydroxylase deficiency • corticosteroid and estrogen replacement • If uterus(+) : progestin supplyAmenorrhea without Secondary Sexual Characteristics Treatment of Amenorrhea • Aim of therapeutic measures : correcting the primary cause of amenorrhea • Craniopharyngiomas : resected with a transphenoidal approach or during craniotomy depending on the size of the tumor • Germinomas : radiosensitive (surgery : rare indication) • Prolactinomas and hyperprolactinemia : dopamine agonists (bromocriptine or cabergoline) • malnutrition, malabsorption, weight loss, anorexia nervosa, exercise amenorrhea, neoplasia, and chronic disease : specific therapiesAmenorrhea without Secondary Sexual Characteristics Treatment of Amenorrhea • Aim of therapeutic measures : correcting the primary cause of amenorrhea • Hypogonadotropic hypogonadism of hypothalamic origin - treated with long-term administration of pulsatile GnRH indwelling catheter and a portable pump - cyclic estrogen and progestin therapy at least until sexual maturity is achieved - hormone replacement to treat hypogonadism symptom - nonestrogenic regimens eg. Cause of Primary Amenorrhea Hypogonadotropic Hypogonadism • Physical Delay • Kallmann Syndrome • Central Nervous System TumorsCause of Primary Amenorrhea Hypogonadotropic HypogonadismPhysiologic Delay • most common manifestation of hypogonadotropic hypogonadism • Amenorrhea : result from the lack of physical development caused by delayed reactivation of the GnRH pulse generator • physiologic delay of puberty are usually short for their chronologic age • normal for their bone ageCause of Primary Amenorrhea Hypogonadotropic HypogonadismKallmann Syndrome • 2nd most common hypogonadotropic hypogonadism • insufficient pulsatile secretion of GnRH (Kallmann syndrome), which has varied modes of genetic transmission → leads to deficiencies in FSH and LH • caused by developmental or genetic defects, inflammatory processes, tumors, vascular lesions, or trauma • normal height for their age,Cause of Primary Amenorrhea Genetic Disorders • 5α-Reductase Deficiency • Gnadotropin-releasing Hormone Receptor Mutations • Follicle-stimulating Hormone DeficiencyCause of Primary Amenorrhea Genetic Disorders5α-Reductase Deficiency • XY , virilization at puberty, • Testes(+) : functioning Y chromosomes • No müllerian structure, d/t functioning AMH • Low gonadotropin level: low • gonadotropin level: low • male differentiation of the urogenital sinus and external genitalia : not • Normal internal male genitalia (derived from the wolffian ducts using testosterone) • Male pattern hair growth, muscle mass, voice deepening 5α-Reductase Deficiency Cause of Primary Amenorrhea Gonadotropin-releasing Hormone Receptor Mutations • GnRH receptor : G-protein-coupled receptor • Abnormal GnRH function • 17% of sporadic cases of idiopathic hypogonadotropic hypogonadism with normal olfaction Cause of Primary Amenorrhea Genetic DisordersFollicle-stimulating Hormone Deficiency • FSH deficiency : treatment for delayed puberty and primary amenorrhea caused by hypogonadism • Follicle-stimulating Hormone receptor Mutation • Autosomal recessive • single amino acid substitution in the extracellular domain of the FSH receptor • Primary or early secondary amenorrhea, • variable development of secondary sexual characteristics • high levels of FSH and LHCause of Primary Amenorrhea Other Causes of Primary Ovarian Failure • Irradiation • Chemotherapy with alkylating agents (e.g. cyclophosphamide) • Combination of radiation and other chemotherapeutic agents • GalactosemiaCause of Primary Amenorrhea Hypogonadotropic Hypogonadism • Hypothalamus fails to secrete adequate amounts of GnRH • Pituitary disorder associated with inadequate production or release of pituitary gonadotropins is present. SlideShare uses cookies to improve functionality and performance, and to provide you with relevant advertising. • Associated with genetic abnormalities (Approximately 30% of patients with primary amenorrhea) • Syndrome of gonadal dysgenesis or Turner syndrome • Other disorder : • structurally abnormal X chromosomes, • mosaicism, • pure gonadal dysgenesis (46,XX and 46,XY with gonadal streaks), • enzyme deficiencies that prevent normal estrogen production, • Gonadotropin-receptor inactivating mutations Cause of Primary Amenorrhea Hypergonadotropic HypogonadismGenetic Disorder Gonadal Dysgenesis • Turner syndrome(45,X) :m/c chromosomal abnormality causing gonadal failure and primary amenorrhea P.Ex • short stature, webbed neck • shield chest, • cubitus valgus • short metacarpals, • low hair line, • high arched palate, • multiple pigmented nevi, • short fourth metacarpals Study • cardiac (30%: coarctation of the aorta) • renal (horseshoe kidney), • autoimmune(thyroiditis)Cause of Primary Amenorrhea Hypergonadotropic HypogonadismGenetic Disorder • Abnormal X Chromosome • 46, XX individuals with partial deletions of the X chromosome : variable phenotypes depending on the amount and location of the missing genetic material • Deletion of the long arm of the X chromosome(Xq) Xq13~Xq26 - sexual infantilism - normal stature - no somatic abnormalities, no streak gonads - eunuchoid in appearance, delayed epiphyseal closure (some) • Deletion of the short arm of the X chromosome (Xp) : phenotypically similar to individual with Turner syndromeCause of Primary Amenorrhea Hypergonadotropic HypogonadismGenetic Disorder • Mosaicism • 45,X/46,XX (m/c) • Clinical finding -taller and fewer abnormalities than pure 45,X • 20% : spontaneous menstruation (+)Cause of Primary Amenorrhea Hypergonadotropic HypogonadismGenetic Disorder • Pure Gonadal Dysgenesis • Phenotypically female with sexual infantilism, • primary amenorrhea, • normal stature, • no chromosomal abnormalities (46, XX or 46, XY) • Gonads : usually streaks, some development of 2nd sexual characteristics < Swyer syndrome> • mutations in the SRY (sex-determining region gene on the Y chromosome) located at Yp11 result in XY females with gonadal dysgenesis • 15~20% of women (46,XY)Cause of Primary Amenorrhea Hypergonadotropic HypogonadismGenetic Disorder • Mixed gonadal dysgenesis • XY • Ambiguous genitalia with a streak gonad on one side and a malformed testis on the opposite • SRY gene mutation (small proportion)Cause of Primary Amenorrhea Hypergonadotropic HypogonadismEnzyme deficiencies • Congenital Lipoid Adrenal Hyperplasia • Autosomal recessive disorder • Cholesterol → Pregnenolone • Not defect of the P450scc gene • 15 different mutations in the steroidogenic acute regulatory protein(StAR) : facilitates the transport of cholesterol from the outer to the inner mitochondrial membrane. absent growth spurt, delayed bone age, multicystic ovaries • Tx : estrogen supply AromatizingCause of Primary Amenorrhea Hypergonadotropic HypogonadismGonadotropin receptor Mutations • Luteinizing Hormone Receptor Mutation • Inactivation of LH receptors has been identified in XY pseudohermaphrodites with primary amenorrhea in the absence of secondary sexual characteristics • caused by homozygous premature stop codon, deletions, and missense mutations in the LHR gene located on chromosome 2, • associated with galactose metabolism • characterized by congenital absence of the uterus and vagina • associated with • anomalies of the kidneys ranging from ectopic to congenital absence, • skeletal abnormalities Cause of Amenorrhea with 2nd sexual characteristics and Anatomic Abnormalities Androgen Insensitivity • Gynotype : XY • Phenotype : female • Male pseudohermaphrodites (Previously called testicular feminization) • Defects in the androgen receptor : gene located on the X chromosome - absence of the gene that encodes for the androgen receptor - abnormalities in the binding domains of the receptorCause of Amenorrhea with 2nd sexual characteristics and Anatomic Abnormalities Androgen Insensitivity • Develop secondary sexual characteristics but not menses • Testosterone : range of normal males ⇄ antimüllerian hormone: present and function (+) • Internal female (müllerian) structure (uterus, vagina, fallopian tube) : (•) • Testes (+) in the abdomen or in inguinal hernias : normally functioning genes on the Y chromosomeCause of Amenorrhea with 2nd sexual characteristics and Anatomic Abnormalities Androgen Insensitivity • Blind vaginal pouch and scant or absent axillary and pubic hair • Abundant breast development at puberty • nipples : immature • areolae : pale • Eunuchoid tendency (long arms with big hands and feet) Figure 27. See our Privacy Policy and User Agreement for details. • hypoNa, HyperK, acidosis in infancy • XX, XY(m/c) – no uterus • phenotype : female • Genetic cluster : Japanese/Korean and Palestinian Arab population • Tx :mineralocorticoid and glucocorticoid replacement Cause of Primary Amenorrhea Hypergonadotropic HypogonadismEnzyme deficiencies • 17α-Hydroxylase & 17, 20-Desmolase Deficiency • mutation in the CYP 17 gene → abnormalities in both the 17 α-hydroxylase and 17, 20-desmolase functions of the protein • Karyotype : 46, XX 46,XY (no uterus) • primary amenorrhea, no 2nd sexual characteristic, female phenotype, HTN, hypoK, • ACTH ↑ • Meneralocorticoid production ↓ → Na retention, K loss, HTN • Primordial follicle • Gonadotropin ↑ Cause of Primary Amenorrhea Hypergonadotropic HypogonadismEnzyme deficiencies • Aromatase Deficiency • Autosomal recessive abnormality • Androgen estrogen • Most mother of affected children : become virilized during pregnancy. (Amenorrhea) • Amenorrhea : 3~4% of reproductive age women, not pregnant, hypothalamus, pituitary, ovary, outflow tract, feedback mechanismDecision tree for evaluation of amenorrhea. → suspected before birth. Amenorrhea Berek & Novak's Gynecology 14th edition (p 1035–1068) R3 Jung MI ByunOverview • Primary amenorrhea : absence of menses • at age 13years when there is no visible secondarysexual characteristic development • at age 15years in the presence of normal secondary sexual characteristics • Secondary amenorrhea • A woman who has previously menstruated • absence of menstruation for three normal menstrual cycles or 6 monthsOverview • Premature gonadal failure occurs in conjunction with primary amenorrhea • associated with genetic abnormalities (30%) • Diagnosis • History • Physical examination • 2nd sexual characteristics • anatomic abnormalities (relatively few) • Lab • hCG • FSH (differentiate between hypergonadotropic and hypogonadotropic forms of hypogonadism) Overview • Treatment • correcting the primary cause of amenorrhea • to initiate and maintain secondary sexual characteristics • maintenance of bone mass • Ovulation induction for patients desiring pregnancy • Mehthod • medical or surgical therapy • hormone replacement Overview Anterior suprachiasmatic nucleus Posterior arcuate nucleus Normal menstrual cycleOverview • Amenorrhea Mechanism • any of the components : nonfunctional → bleeding cannot occur. 2 A : A well-developed patient with completeandrogen insensitivity Note the characteristic paucity of pubic hair and well-developed breast B : Another patient with androgen insensitivity syndrome with a contrasting thin body hiatus. 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Bisphosphonates (for maintenance of bone mass and prevention of osteoporosis) • Kallmann syndrome : hormone replacement • Physiologic delay : reassurance that the anticipated development will occur eventually Amenorrhea without Secondary Sexual Characteristics Treatment of Amenorrhea • Karyotypes contain a Y cell line (45,X/46, XY mosaicism, or pure gonadal dysgenesis 46, XY) • Predisposed to gonadal ridge tumor, such as gonadoblastomas, dysgerminomas, yolk sac tumors → remove gonads to prevent malignant transformation Amenorrhea with Secondary Sexual Characteristics and Anatomic Abnormalities • Causes • Anatomic Abnormalities • Androgen insensitivity • True HermaphroditismCause of Amenorrhea with 2nd sexual characteristics and Anatomic Abnormalities Anatomic causes of AmenorrheaCause of Amenorrhea with 2nd sexual characteristics and Anatomic Abnormalities Anatomic Abnormalities Mayer-Rokitansky-Kuster-Hauser(M.R.K.H.) syndrome • XX, female • result of the müllerian ducts failing to form properly early in embryonic development, its underlying cause is unknown. 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Secondary sexual characteristics Absent Present HCG : HCG + Normal Absent uterus Primary Pregnancy • 5α-reductase • deficiency • 17-20 desmolase • deficiency • 17α-hydroxylase • deficiency (all with • XY karyotype) FSH levelAmenorrhea without Secondary Sexual Characteristics • Amenorrhea with Secondary Sexual Characteristics and Anatomic AbnormalitiesAmenorrhea without Secondary Sexual Characteristics • Absence of secondary sexual characteristics (breast development : 1st sign of estrogen exposure in puberty) – woman has never been exposed to estrogen stimulation • Absence of a uterus suggests certain enzyme deficiencies and indicate the presence of antimüllerian hormone (AMH) in an XY individual .Cause of Primary Amenorrhea • Hypergonadotropic Hypogonadism • Genetic Disorders • Enzyme Deficiencies • Gonadotropin Receptor Mutation • Other causes of Primary Ovarian Failure • Hypogonadotropic Hypogonadism • Genetic Disorders • Other Hypothalamic / Pituitary DysfunctionsCause of Primary Amenorrhea Associated with a Lack of Secondary Sexual CharacteristicsCause of Primary Amenorrhea Hypergonadotropic Hypogonadism • LH, FSH ↓ : d/t decreased negative estrogen feedback. This is a 17-year-old twin 46,XY.Cause of Amenorrhea with 2nd sexual characteristics and Anatomic Abnormalities True Hermaphroditism • XX, XY and mosaic genotypes • Both male and female gonadal tissue (+) • External genitalia : ambiguous • Breast development (+) • 15% of XX true hermaphrodites : have SRY translocation 10% of XX true hermaphrodites : have Y chromosomal mosaicism within the gonad • At birth : female child-clitoromegaly and posterior labioscrotal fusion • At puberty : no breast development, primary amenorrhea, worsening virilization • Chapter 27.

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