

**AMENORRHEA**  
**Hacker, et al. 4<sup>th</sup> Ed: Chapter 33, 34**

A 19 year-old G0 basic trainee in the Army presents with the complaints of loss of her menses. Prior to her enlistment, she had normal 28-day cycles. Since she joined the Army, she has had no menses at all for 6 months. She says that she is in good health and exercises extensively. She also states that she has lost 30 pounds in the last 6 months and now is 64 inches tall and weighs 105 pounds. Please discuss how you would evaluate this patient for amenorrhea.

**Questions to Consider:**

- a. What if this patient described infrequent, but heavy menses, facial acne, and infertility?
- b. What if this were a 28 year-old patient with menometrorrhagia?
- c. How would you initially evaluate menometrorrhagia?
- d. What if this patient were 49 years-old and complained of no menses for 5 months?

**APGO Educational Topic 43: Amenorrhea**

- a. Define primary amenorrhea, secondary amenorrhea, and oligomenorrhea.
- b. Describe the physical, endocrinologic, and psychological causes of amenorrhea and the approach to diagnosis and management of each.

**APGO Educational Topic 45: Normal and Abnormal Uterine Bleeding**

- a. Describe the normal menstrual cycle.
- b. Define abnormal uterine bleeding.
- c. Describe the etiologies of abnormal uterine bleeding.
- d. Describe the evaluation methods of abnormal uterine bleeding.