

# Update in Ob/Gyn

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**Ehh,  
What's Up,  
Doc?**

# Objectives

- Become familiar with certain trends in Ob/Gyn
- Describe common conditions in gynecology
- Discuss current concepts in prenatal genetic testing
- Ultimately, improve communication with our patients and colleagues

# Case #1

- 14 year old presents with vaginal bleeding x 3 weeks. She passes clots and mom reports she has had to wash the sheets 3 times this week. Mom is worried because every woman in the family has had a hysterectomy by age 35.

## Case #2

- 16 year old presents to the ER with acute bleeding for the last 36 hours. She does have some pain. She reports her periods were normal, but not sure when her last period was, she is busy with school and often forgets to track her cycles. Her mom and boyfriend are with her.

# Normal cycle

- Duration is generally 5 days
- Cycles last between 21-35 days
- History, history, history!!!!

# Terms

- AUB
- Menorrhagia
- Metrorrhagia
- Polymenorrhea
- Oligomenorrhea

# Terms

- AUB
  - Menstrual flow outside of normal volume, duration, regularity, or frequency
- Menorrhagia
  - Heavy menstrual bleeding (>80mL)
- Metrorrhagia
  - Bleeding between periods
- Polymenorrhea
  - Bleeding that occurs more often than every 21 days
- Oligomenorrhea
  - Bleeding that occurs less frequently than every 35 days

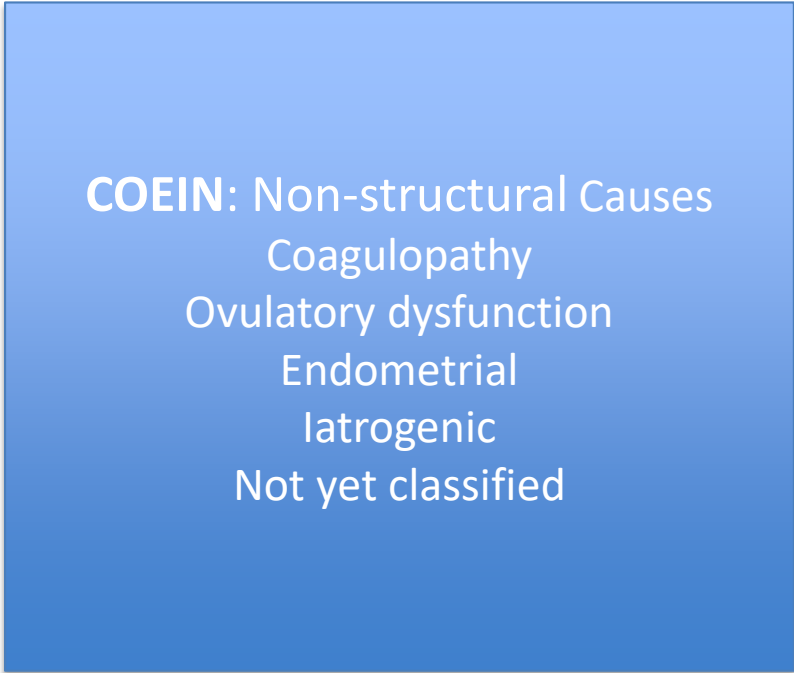
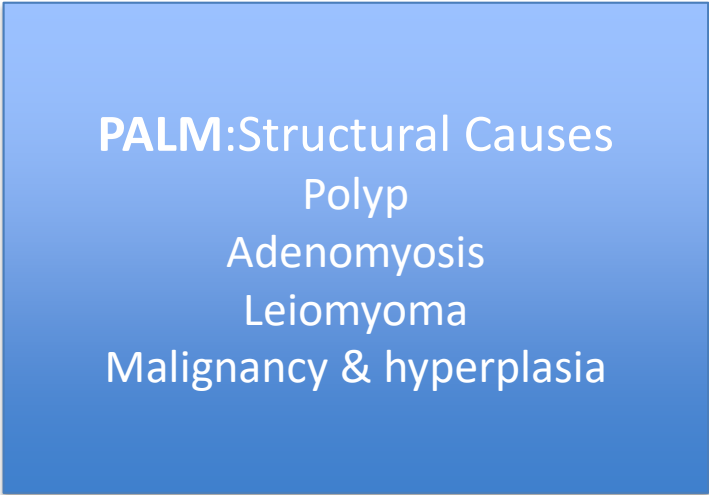




**DUB**

# PALM-COEIN

- Supported by FIGO and ACOG
- Classification Strategy
  - Bleeding pattern
  - Etiology



# History, History, History

- 20% of women presenting with heavy bleeding will have a bleeding disorder
  - Regardless of age
- What questions do you ask?

# Tests

- Bhcg
- Cbc
- T+S, T+C
- Bleeding disorders/Coags
- Thyroid
- GC/CLZ
- Imaging

# Treatment options

- Medical
  - IV Premarin
  - PO estrogen
  - OCP's
  - Progesterone
  - Lysteda
  - LARCs
- Surgical
  - Hysteroscopy
  - D+C
  - Laparotomy

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# OB Terms

- NIPT
- Carrier Screening
- Microarray
- Zika

# NIPT

- Non Invasive Prenatal Testing
- Cell free DNA
  - Trisomy 21
  - Trisomy 13
  - Trisomy 18
  - Sex Chromosomal abnormalities
- High sensitivity
- Does not screen for NT or other structural anomalies

# Carrier Screening

- CF
- SMA
- Fragile X
- Look at CBC
- Expanded panels

# Microarray

- Measures gains and losses of dna throughout the human genome
- “SNP”
- Clinical uses:
  - Recurrent Pregnancy Loss
  - Stillbirth

# Zika

- Ever changing
- Screen pregnant patients at all visits
- Newborn screening
- Exposure
  - Mosquito
  - Sexual contact

# Conclusions

- AUB, not DUB
- Palm-COEIN
- Increasing importance of genomics in healthcare
- Cell free DNA cannot detect NT or other structural anomalies
- Careful traveling to Tropical areas

# Questions



# References

- ACOG Committee Opinion # 682, December 2016. Microarrays and Next Generation Sequencing Technology: The Use of Advanced Genetic Diagnostic Tools in Obstetrics and Gynecology
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- Practice Advisory Interim Guidance for Care of Obstetric Patients During a Zika Virus Outbreak, ACOG.org