Impact of Adenomyosis on the Patient's Quality of Life in a Tertiary Hospital

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Introduction: Adenomyosis is a condition affecting the uterus, characterized by endometrial invasion of the uterine myometrium. It is a benign pathology with often severe symptoms that causes a significantly negative impact on the quality of life (QOL) of women in the reproductive age.

Objective: To determine the QOL of patients with adenomyosis in a tertiary hospital in Davao City.

Methodology: A cross sectional research design was employed and included 56 women with sonographic evidence of adenomyosis. The patients' demographic, clinical profiles, and QOL were determined using the Endometriosis Impact Questionnaire (EIQ), a 63-item, self-administered questionnaire.

Results: The respondents were about 41.85 (±7.53) years old and 87.5% (n=49) were parous. The mean age of diagnosis was 39.89 (± 7.49) years old, with mean age of onset of symptoms at 37.58 (± 8.92) years old. Only 1 respondent (1.79%) reported problems with fertility and majority had diffuse (94.64%, n=53), rather than focal type of (5.36%, n=3) adenomyosis. Heavy menstrual bleeding was the most common symptom at 76.79% (n=43) followed by period pain at 60.71% (n=34). Most respondents (69.64%, n=39) never visited the emergency room for consultation and the remaining 30.36% (n=17) visited only once or twice in the past. Hormonal medications (71.43%, n=40) and painkillers (69.64%, n=39) were the most commonly used treatment methods. Among all 56 respondents, it was noted that adenomyosis had a low impact in the QOL with an EIQ score of 23. Then again, the impact of adenomyosis became notably more pronounced for every time frame in all dimensions.

Conclusion: The negative impact of adenomyosis on women's quality of life caused by bleeding and cyclic pain requires a long-term holistic management. What was previously only a histopathologic diagnosis found incidentally in post-hysterectomy specimens has now become clinically significant condition, presenting with potentially debilitating symptoms.

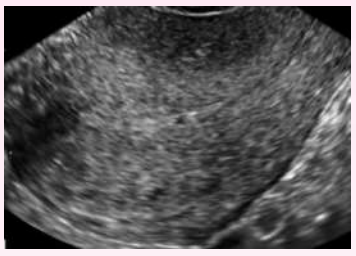
Keywords: *abnormal uterine bleeding, adenomyosis, quality of life*

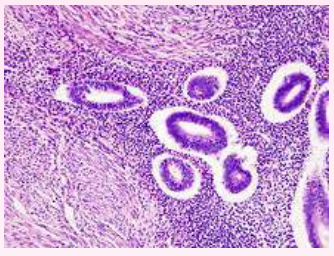
Table 1. Clinico-Demographic Characteristics of Patients with Adenomyosis (N=56)

Parameters	n (%)	Parameters	n (%)
Mean Age (years)	**41.85 ± 7.53**	**Adenomyosis-related symptoms**	
16-24	2 (3.57%)	Period pain	34 (60.71%)
25-34	8 (14.29%)	Fatigue	28 (50%)
35 and older	46 (82.14%)	Bloating	28 (50%)
Marital Status		Pelvic pain not related to periods	8 (14.29%)
Single	21 (37.5%)	Ovulation / mid-cycle pain	22 (39.29%)
Married	33 (58.92%)	Pain during/after sex	16 (28.57%)
Separated / Divorced	1 (1.79%)	Heavy bleeding	43 (76.79%)
Widowed	1 (1.79%)	Irregular bleeding	12 (17%)
Educational Level		Delayed fertility	2 (3.57%)
Grade School graduate	2 (3.57%)	Others	1 (1.79%)
High School graduate	19 (33.93%)	**Type of Adenomyosis**	
College level	24 (42.85%)	Diffuse	54 (96.43%)
College graduate	10 (17.86%)	Focal	2 (3.57%)
Vocational	1 (1.79%)	**Adenomyosis treatments**	
Employment		Pain killers	39 (69.64%)
Not employed	37 (66.07%)	Surgical treatments	4 (7.14%)
Part-time	4 (7.14%)	Hormonal medications	40 (71.43%)
Full-time	15 (26.79%)	Complementary treatments	25 (44.64%)
Pregnancy history		Hormonal IUD	1 (1.79%)
Never pregnant	7 (12.5%)	Psychologist	0 (0%)
Miscarriage or stillbirth	2 (3.57%)	Nutritionist	0 (0%)
One or more children	47 (83.93%)	Other	1 (1.79%)
Primary infertility	**1 (1.79%)**	**Times presented to emergency department due to adenomyosis**	
Age at onset of symptoms (years)	**37.58±8.92**	Never	39 (69.64%)
Age at diagnosis (years)	**39.89±7.49**	1-2	17 (30.36%)
		3-4	0 (0%)
		5-10	0 (0%)
		More than 10	0 (0%)
		Hysterectomy due to Adenomyosis	**4 (7.14%)**

Table 2. Impact of Adenomyosis on the QOL of the Respondents (N=56)

Dimension	EIQ Score Last 12 Months	EIQ Score 1-5 Years Ago	EIQ Score More than 5 years
Physical and Psychosocial	43	36	19
Sexual and Intimacy	16	16	9
Fertility	7	7	6
Employment	37	33	14
Education	0	0	0
Lifestyle	1	1	0
Total Score	31 *Low Impact*	27 *Low Impact*	17 *Low Impact*
		OVERALL EIQ SCORE	23





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