

Kinds.

There are two types algomenoree: primary and secondary. They differ in the reasons of occurrence.

- **Primary algomenoreya** caused by violation of the outflow of menstrual fluid. Blood accumulates in the uterus that begins to more actively reduced, which leads to the appearance of pain. Most often, the primary form of algomenoree provoked extragenital diseases, such as uterine hypoplasia, its wrong position. In other cases, the causes can serve as a strong mental or physical exhaustion, intrauterine contraception, disorders of the endocrine system. Currently, it is believed that the main cause is a disturbance primary algomenoree synthesis of endogenous prostaglandins: myometrium is formed in an increased amount of prostaglandin F2-alpha, which leads to spastic uterotonic, its vascular ischemia develops. Associated symptoms, such as headache, nausea, vomiting, as explained giperprostaglandinemy.

- **Secondary algomenoreya** develops due to inflammation, endometriosis, fibromatous nodes pelvic neuritis, as well as after abdominal and gynecological surgery. Often a form algomenoree women suffer from mental disorders, irritability, or, conversely, the constant depression are prone to frequent depressions, as well as women with low libido and dissatisfied with their sex lives.

Clinic algomenoree.

The main symptom is pain at algomenoree in the abdomen. Usually, pain appears in the first day of menstrual bleeding or for 10-12 hours in advance. Pain syndrome accompanies menstruation 1-2 days, gradually verses. The nature of pain can be piercing, aching, twitch, but most cramping, spread to the bladder, rectum, small of the back. When algomenoree often experience nausea, gastrointestinal disorders, fatigue, irritability, bulimia, anxiety, insomnia, or, conversely, drowsiness. Algomenoreya waiting painful periods adversely affects the well-being of a woman, her mental, emotional sphere, leads to disruption of family relationships. On the basis of symptoms there are three degrees of algomenoree: an easy, medium and heavy.

Light degree algomenoree

Characterized moderate, short-term morbidity menstrual bleeding, minor discomforts that usually do not lead to a breach of health and activity level. However, mild algomenoree may eventually develop into a more pronounced, accompanied by increased disease condition and illness.

The average degree of algomenoree

Manifested great soreness in the abdomen, nausea, general weakness, headaches, chills, frequent urination. In addition, patients with moderate algomenoree may experience depression, intolerance to sound and olfactory stimuli, a marked deterioration in performance. Such a state is at algomenoree requires appropriate medical correction, chosen doctor.

Heavy degree algomenoree

Characterized by pronounced abdominal pain and back pain, general weakness, headaches. Severe algomenoree accompanied by fever, diarrhea, vomiting, tachycardia, heart pain, fainting. In this condition, there is almost complete reduction of activity and performance. Heavy algomenoreya usually associated with congenital disorders of the genitals.

The mechanism of development algomenoree leading role belongs to a violation of the synthesis of hormones, which leads to increased concentrations of hormone-like substances - prostaglandins in the tissues. Prostaglandins cause uterine contractions active, helps to cleanse the uterus of endometrial ottorgnuvshegosya. In addition, numerous nerve endings of the abdominal cavity and irritated in response to uterine contractions and cause abdominal pain. Hormonal fluctuations also cause symptoms and related algomenoree. In primary algomenoree disorders prostaglandin synthesis are primary and the secondary algomenoree - due to inflammatory diseases, fibromatous nodes, endometriosis, pelvic neuritis transferred gynecological operations and changes, which have led to the disease.

Diagnosis is based on history data and gynecological examination. If in doubt about the diagnosis of the patient should be referred for an ultrasound study of the pelvic organs. Sometimes, in order to clarify the causes of persistent algomenoree, not amenable to treatment, produce a laparoscopy. It allows you to identify the causes of such algomenoree as small forms of endometriosis, chronic indolent salpingitis, pelvic varicose veins and other diseases can not be diagnosed by conventional research methods, including ultrasound.

Treatment.

In primary algomenoree recommended to make the labor regime is more gentle, calm, increase the rest time, give more time to sleep, not to abuse strong coffee, tobacco, limit the number of sexual contacts. It is important to present fresh fruits and vegetables, vitamins in the diet. The mechanism of pain in algomenoree in most cases is associated with tissue edema. In this regard, along with analgetic therapy, an essential element of treatment is to prevent tissue edema during the premenstrual period. Severe pain is desirable to take antispasmodics and

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analgesics. For successful treatment of secondary forms algomenoree emphasis should be placed on the treatment of underlying disease.

There are a few cases where a woman is suffering from some form of algomenoree, be sure to consult a doctor if the pain bother longer than usual; if the pain increased sharply and it takes several hours; if bleeding is enhanced and it is necessary to change the menstrual hygiene means more often than every two hours; If par with pains, menstrual flow characteristic, there are unpleasant or painful sensation in the urogenital tract: itching, burning, unusual discharge, pungent odor, pain during urination, and so on.

Please do not be alarmed. You have heard ever of diseases such as, for example, the Black Plague? In the 6th century BC recorded so-called "Yustianova plague", which claimed at least 100 million deaths in the 16th century, the disease hit Europe, died third of the population, about 25 million people. This is the most massive pandemic. In addition, there is no accurate data, how many people died in Asia and China. After that there were several outbreaks of the plague, but it sacrifices the dozens and hundreds of thousands of people.

A little strange numbers. I'm typing, and think a little bit (just sometimes think), but I remembered that when bathed as a child in a bathtub, then looked at the two "strange" a scar on his left shoulder. This is simply the next vaccination from, this dreadful disease. I rubbed a washcloth, and forgotten.

Here came the Internet, and copied a weak text about smallpox. Like this...

smallpox

In first place is the disease smallpox. Smallpox is natural, early name - Smallpox - is a viral infectious disease. Statistics of deaths - **300 million people** in the entire history of mankind. Smallpox occurs only people, and it is highly contagious. Sporadically the disease does not occur, and only flashes of epidemics.

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Альгоменарея. Лечение Российским методом RANC в Краснодаре

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