



Effective Health Care

Secondary Dysmenorrhea in Young Adults

Next Steps

The nominator is interested in secondary dysmenorrhea in teenagers and young adults.

This topic is important, but it was not feasible to narrow the scope of this anonymous nomination without nominator feedback. No further activity on this topic will be undertaken by the Effective Health Care (EHC) Program.

Summary

Topic Name and Number: Secondary Dysmenorrhea, #836

Date: 3/14/19

- Dysmenorrhea or painful menstruation is accompanied by symptoms such as sweating, nausea, vomiting, and diarrhea. This occur just before or during menstrual flow. ¹
- Secondary dysmenorrhea is caused by an underlying condition such as endometriosis, ovarian cysts, and fibroids.
- About 10% of young adults and adolescents have secondary dysmenorrhea, and the most common cause is endometriosis.¹
- Dysmenorrhea is common and can interfere with daily activities in up to 20% of women²
- It was not feasible to narrow the scope of this nomination without input from the nominator.

References

1. Osayande AS, Mehulic S. Diagnosis and initial management of dysmenorrhea. Am Fam Physician. 2014 Mar 1;89(5):341-6. PMID: 24695505.
<https://www.ncbi.nlm.nih.gov/pubmed/24695505>
2. Ju H, Jones M, Mishra G. The prevalence and risk factors of dysmenorrhea. Epidemiol Rev. 2014;36:104-13. doi: 10.1093/epirev/mxt009. PMID: 24284871.
<https://www.ncbi.nlm.nih.gov/pubmed/24284871>