

# Common Menstrual Disorders

## Review Questions

1. Ovarian thecal cells predominantly synthesize: a) progestins, b) androgens, c) estrogens, d) prolactin, e) folliculostatin.
2. All of the following are true about endorphins EXCEPT: a) they are endogenous opiate peptides, b) they are derived from a common ACTH/B-lipoprotein precursor molecule, c) they are synthesized in the anterior pituitary, d) they can stimulate prolactin release, e) they are involved in the modulation of gonadotropin secretion.
3. Which statement is false? a) a primordial follicle is an oocyte arrested in the diplotene stage of meiotic prophase, b) the primordial follicle is surrounded by several layers of granulosa and thecal cells, c) the initiation of follicle growth is a continuous process, independent of gonadotropin influence, d) follicular growth occurs even in the prepubertal female and during pregnancy, e) without pituitary support, the follicle can achieve only early pre-antral development.
4. Which is closest to the average age of menarche? a) 10.8 years, b) 11.2 years, c) 12.8 years, d) 13.4 years, e) 14.0 years.
5. During the first year of menstrual life, approximately what percent of cycles is anovulatory: a) 25%, b) 40%, c) 55%, d) 75%, e) 90%.
6. The average amount of menstrual flow in normal woman is a) 35 ml, b) 50 ml, c) 100 ml, d) 150 ml, e) 165 ml.
7. Which is the least common symptom associated with the premenstrual syndrome? a) depression, b) breast tenderness, c) bloating, d) irrational behavior, e) pelvic pain.
8. The etiology of the premenstrual syndrome is a) insufficient luteal phase progesterone production, b) fluid retention secondary to elevated aldosterone levels, c) pyridoxine deficiency, d) hypoglycemia and abnormal glucose metabolism, e) unknown.
9. Primary dysmenorrhea a) usually has macroscopically identifiable underlying pelvic pathology, b) affects 75% of postpubescent females, c) is most common in anovulatory adolescents, d) usually begins a few hours before the appearance of visible vaginal bleeding and is most severe on the first day of menstruation, e) is best diagnosed by intrauterine measurement of dysrhythmic contractions.
10. During the menstrual phase of the normal menstrual cycle a) the uterine basal tone (resting pressure) is highest, b) the active intrauterine pressure is highest, c) the number of contractions is least, d) a and b, e) all of the above.
11. What percent of women can be relieved of primary dysmenorrhea by using oral contraceptives: a) 50%, b) 63%, c) 75%, d) 90%, e) 100%.
12. Which is not true about prostaglandin synthetase inhibitors? a) they are only effective in the treatment of dys-

## REVIEW QUESTIONS

- menorrhoea if begun prior to the menstrual period, **b**) they do not produce the metabolic side effects of the oral contraceptives, **c**) the pituitary ovarian axis is not suppressed, **d**) buterophenones are Type II inhibitors, **e**) they decrease the release of endometrial prostaglandins.
13. Which statement is true? **a**) the age of menarche of athletes is earlier than the age of menarche of the general population, **b**) swimmers have a later menarche than runners and gymnasts, **c**) oligomenorrhoea is the only bleeding abnormality currently known to be associated with vigorous exercise, **d**) chronic exercise decreases serum prolactin levels, **e**) the percent of body fat is unrelated to the development of menstrual irregularities.
  14. In humans, prolactin release is inhibited by **a**) dopamine, **b**) metoclopramide, **c**) thyrotropin-releasing hormone (TRH), **d**) serotonin, **e**) sleep.
  15. Physiologic elevations in serum prolactin levels may occur in all of the following conditions EXCEPT: **a**) pregnancy, **b**) exercise, **c**) coitus, **d**) fasting, **e**) nipple stimulation.
  16. Pituitary tumors **a**) represent approximately 25% of all intracranial neoplasms, **b**) usually originate within the posterior pituitary, **c**) have been found in 32% of patients at autopsy, **d**) are usually hormonally active, **e**) never secrete hormones other than prolactin.
  17. Which are not associated with hyperprolactinemia? **a**) oral contraceptives, **b**) cimetidine, **c**) aspirin, **d**) alpha-methyl dopa, **e**) tricyclic amines.
  18. Which disorder is an example of hypothalamic amenorrhoea? **a**) Sheehan's syndrome, **b**) Cushing's syndrome, **c**) resistant ovary syndrome, **d**) Asherman's syndrome, **e**) Kallmann's syndrome.
  19. When compared with younger women, endocrine characteristics of menstruating perimenopausal women (aged 46-51 years) include the following: **a**) concentrations of FSH are elevated mainly during the follicular phase, **b**) estradiol levels are lower immediately prior to ovulation, **c**) FSH and LH often are elevated during the year prior to menopause, **d**) all of the above, **e**) none of the above.
  20. The most common benign condition causing postmenopausal bleeding is **a**) atrophic vaginitis, **b**) cervical polyps, **c**) myomas, **d**) endometrial hyperplasia, **e**) cervical erosion.

## ANSWERS

- 1, **b**; 2, **c**; 3, **b**; 4, **c**; 5, **c**; 6, **a**; 7, **e**; 8, **e**; 9, **d**; 10, **b**; 11, **d**; 12, **a**; 13, **c**; 14, **a**; 15, **d**; 16, **d**; 17, **c**; 18, **e**; 19, **d**; 20, **a**.