FEMALE REPRODUCTIVE SYSTEM - CASE STUDY 1

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Samantha Richards is a 19 year old female who comes to your office complaining that "I keep getting my period all the time." Bleeding is sporadic and unpredictable throughout the month. Sometimes bleeding occurs intermittently over a time frame of 2 weeks. Occasionally bleeding is moderate for a day or two but more often it is spotty. Menarche was age 13. She is nulliparous. Previously she was "mostly regular." Uncertain regarding the length of her cycle but states that her period "came every month." Prior to this problem she would flow 5-7 days. The flow was "very heavy" on the first and second day then tapered off. Reports that "I used to get very bad cramps." Now the bleeding is essentially painless.

Ten months ago, Samantha went to Planned Parenthood where she had a Pap, pelvic and breast exam. Her physical exam was normal and her PAP reportedly normal: "They told me it was O.K." She was offered a choice of contraceptive methods and Samantha chose Depro-Provera (medroxyprogesterone). She discontinued treatment after her second injection due to weight gain and moodiness: "It made me feel pre-menstrual all of the time." Her last injection was approximately 7 months ago. Asked why she choose this form of contraceptives she replies: "I don't know; they offered it to me. I seemed like a good idea. They said I wouldn't have to remember to take pills." She advises you that "I wouldn't have chosen it if I knew how it was going to make me feel."

Currently Samantha uses condoms for contraception but "my fiancé really doesn't like them." Samantha has never been pregnant. She will be getting married in a few years when the couple have graduated from their respective college programs. She has never used any other form of contraception. Ms. Richards is a sophomore in college. Her fiancé, Robert Allen, is a first year law student. He works part-time tutoring math to high school and undergraduate college students to pay for his living expenses. Additionally, he taken considerable loans to finance his education. Ms. Richards has student loans, as well, and works 20 hours per week in the college library. The couple are not financially able to have children until Mr. Allen finishes school and secures full-time employment. Regarding having children at some future date, Ms. Richards states “It’s very important to us. We are really looking forward to the time when we can start a family.”

Samantha has a question concerning her older sister, Adrien, 21, who is also enrolled in college. Samantha reports that Adrien, is a member of the college track team and she "practices all the time." She just had her annual sports physical last month and "everything was fine but, six months, ago Adrien told me that she stopped getting her period." Adrien is not sexually active. Samantha wonders whether Adrien should make an appointment to discuss this problem. When Samantha suggested it to her sister, Adrien replied: "Why, I feel fine and besides I don’t need to have a gyn exam. I have never even had sex with a man." Samantha admires Adrien and has always looked up to her. She comments that: "Adrien looks so great; she doesn't have an ounce of fat on her!"
QUESTIONS:

1. What is your tentative diagnoses for both Samantha and Adrien Richardson. What are the differential diagnoses to be considered for these women concerning their respective problems.

   15 points

2. What is your rationale for the diagnoses. Concerning the issue of contraception, comment on the patient management for Samantha to this point. Was the choice reasonable? Appropriate? What are the issues to consider?

   15 points

3. What additional information - history, physical or diagnostics - is needed to further evaluate these women? Be sure to include rationale in your answer. Are additional diagnostics indicated? Be sure to include rationale for any additional diagnostics you wish to order.

   15 points

4. Discuss the physiology and pathophysiology of the diagnoses chosen. Discussion should address the physiology for the body system involved, the related pathophysiology and the relationship between the pathophysiology for the data presented. Be sure to include the pathologies for both patients in this discussion.

   20 points

5. Develop a management plan for each of the patients presented. How will you manage Samantha's complaints? Should you further address the issue of contraception? For Adrian, who has just had a complete sports physical, is any additional care indicated? How would you manage each of these patients within the scope of a primary care setting. Be sure to include any treatment, patient education, follow-up and/or referral for the patients.

   25 points

6. APA format, grammar, spelling and selection of references.

   10 points.