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COMPARISON OF LIFE QUALITY OF PATIENTS WITH ABNORMAL UTERINE BLEEDING WHO HAVE BEEN TREATED BY HYSTERECTOMY OR HORMONE THERAPY

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Introduction: Abnormal uterine bleeding (AUB) is a common problem in women that can adversely affect their quality of life. In this survey the quality of life of the patients has been treated by hysterectomy and whom have received hormone therapy have been studied.

Method: This is a descriptive and comparative clinical study in which 54 women have been treated due to AUB by hysterectomy and 54 women received hormone therapy because of the same reason completed the WHO questionnaire for life quality. Data then analyzed by independent t test, ANCOVA and Mann-Wittnei using SPSS software.

Results: With regard to the total score of the questionnaire, there was no difference between two groups (61.77 ± 9.30 for hysterectomy group vs. 65.36 ± 7.32 for hormone group, $P=0.34$). On the other hand, considering the mental dimension score of the questionnaire, a significant difference was observed between groups (50.72 ± 16.81 for hysterectomy group vs. 80.09 ± 10.37 for hormone group, $P=0.001$)

Conclusion: This study demonstrates that at least mental aspects of quality of life are significantly better in the AUB patients treated by hormone therapy, comparing to those treated by hysterectomy. Education and counseling of the patients and their families may improve life quality in more cases.