

**FROM PROTECTION of REPRODUCTIVE HEALTH of YOUNG  
GENERATION to HEALTHY POPULATION and  
HIGH QUALITY of LIFE**

Most adolescents go the pubertal period without significant problems, but some need a special help. One of the main directions of protection of adolescent reproductive health is early diagnosis and timely treatment of reproductive disorders.

In transitional period in Georgia the change of the „Semachko” model of health care, which provided the population with free medical service for tens years, took places.

Establishment of the new paid model of the health care provoked access limitation for women population, to the medical service and decreasing number of visits to medical doctors.

We have studied several medical-demographic official indices of reproductive health, statistical dates of gynecological departments and we have focused on the clinical-epidemiological investigation of reproductive system of adolescent girls (700 adolescent girls aged 10-16 in Tbilisi).

According to pubertal phases adolescent girls were divided into three groups: pre-puberty, I phase of puberty and II phase of puberty.

In all investigated groups height, weight, body mass index, weight/femur circumference was determined. Age of menarche, menstrual function, acne, hirsutism, intensity of hypothalamic stigma was estimated in all groups as well.

Most of adolescent girls height and weight was in good compliance with the age of normal data; age of menarche was between 10-15, average age of menarche was ascertained as  $12,43 \pm 0,05$ , that did not differ from the results of previous investigation carried in 1984 ( $12,5 \pm 0,04$ ).

Delayed sexual development was observed in 1,3% and delayed puberty in 0,44% of all investigated adolescents.

The frequency of menstrual disorders was 38,2%. The most frequent disorder was oligomenorrhea (32,7%) and dysmenorrhea (14,8%), dysfunctional uterine bleeding (3,02%) and amenorrhea (2,26%) has been observed rarely.

Androgen depended manifestations, such as acne and seborrhea were more frequent (26,2%), hirsutism (2,07%). In cases of combination of menstrual cycle disturbances with or without overweight and hypothalamic stigma or androgen depended manifestations, it is possible to consider existence of endocrine-reproductive disorders (7,6%). It seems significant that only 0,74% of investigated patient were attended by medical help.

Beside the analysis of the results we can make the conclusion and recommendations.

Protection of reproductive health of adolescent remains one of the actual problems in Georgia; here doesn't exist such program, which could make early revealing to reproductive disease among adolescent girls.

Results of investigation exposed the cases of endocrine-reproductive disorders among adolescent girls: in many cases adolescent girls haven't visited Medical doctors. These are connected with economic situation and lack of information about physiological variations and reproductive disorders in pubertal period. This indicates about the importance of periodical clinical-epidemiological examination of adolescent girls, while young population receives necessary information about reproductive health and diseases.

Protection of Reproductive health for adolescent and young generation assists to preserve population health and high quality of life.

We hope the investigation and its results will contribute the protection of adolescent reproductive health and insertion of this problem in the Health Policy agenda in Georgia also in countries with the similar tendencies.