

Chronic pelvic pain and related disorders

I. Evansa^{1,2}, A. Hadunkina^{1,2}, V. Dzabijeva², N. Zlobina², N. Ivanovs², I. Vanags¹, O. Sabelnikovs¹.

¹Riga Stradins University, Anaesthesiology, Intensive Care Department, Riga, Latvia.

²Riga 1st Hospital, Anaesthesiology, Intensive Care and Pain Clinics, Riga, Latvia.

Background and Aims:

Chronic pelvic pain is described as continuous or intermittent pain in lower abdomen with duration of 3 to 6 months. Pain leads to patients' functional disability and long-lasting treatment. Even careful examination doesn't help to find the cause of pain.

Methods:

The retrospective study approved by the Ethics Committee of Riga 1st Hospital. 40 medical cards have been included in the study. All patients visit a pain specialist complaining about chronic pelvic pain.

Results:

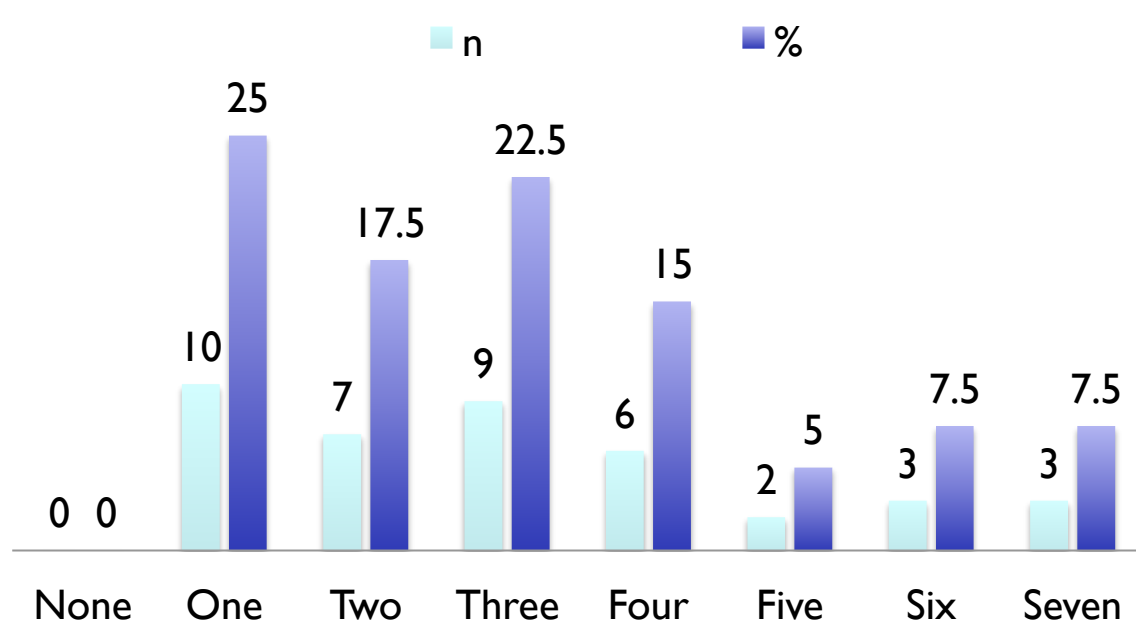
1. Gender-based allocation of patients

The total number of patients' medical cards analyzed in the study is 40, 24 patients are women (60%) and 16 are men (40%) $p = 0.268$. The average age of patients is 38 years (the minimal age is 24 years old and the maximal age is 75 years old). The range of pelvic pain's duration varied from 3 to 240 months.

2. The number of diseases per single patient

The highest number of patients have only one diagnosis (10 patients or 25%). Those are mostly young women with endometriosis or adenomyosis. 9 patients or 22.5% have three diagnoses at the same time. On the contrary, seven diagnoses that usually are the typical cause of CPP have only three patients or 7.5%, and all of them are over 60 years old. Main data about diagnostic diseases per single patient – are summarized in Figure No. 1

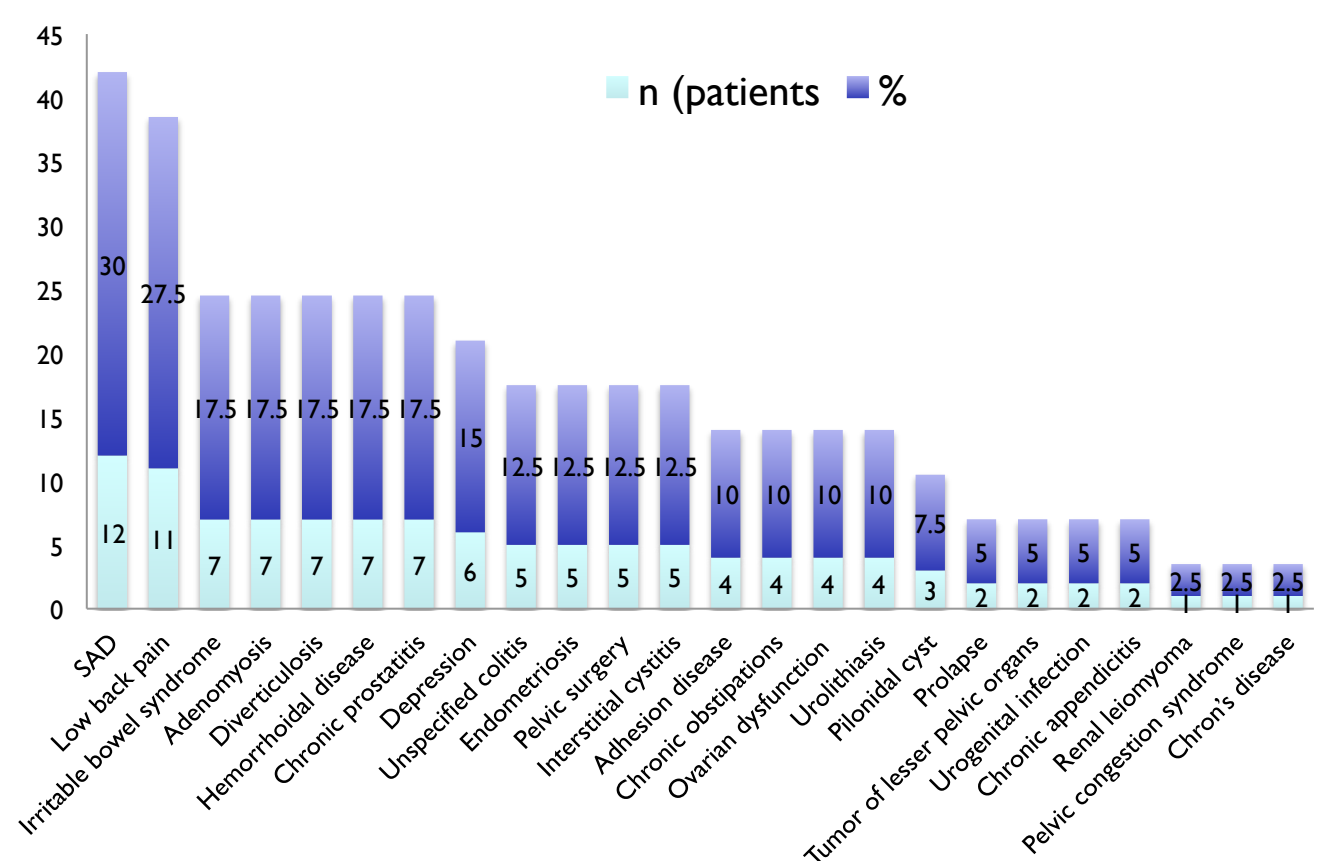
Figure No. 1 Quantity of diagnosed diseases per single patient



3. Patient allocation by diagnosis

30% or 12 patients with chronic pelvic pain are diagnosed with a somatoform autonomic dysfunction (SAD). 27% or 11 patients are diagnosed with low back pain and another 27% or 11 patients also had problems with urination. 17.5% or seven patients are diagnosed with irritable bowel syndrome, adenomyosis, diverticulosis, hemorrhoidal disease and chronic prostatitis. 15% or six patients are diagnosed with depression. 12.5% or five patients are diagnosed with following problems or diseases: after-pelvic-surgery side effects, endometriosis, unspecified colitis and interstitial cystitis. 10% or four patients are diagnosed with ovarian dysfunction and adhesion disease. 7.5% or three patients have a pilonidal cyst. 5% or two patients have following diseases: a prolapse, a tumor of lesser pelvic organs, urogenital infection and chronic appendicitis. 2.5% or one patient has kidney leiomyoma, Crohn's disease and pelvic congestion disease. Main data on patient clinical diagnoses are summarized in Figure No.2

Figure No. 2 Clinical diagnoses



Conclusions:

Women suffer from chronic pelvic pain more often than men, that is confirmed by world literature data. This study has shown that chronic pelvic pain is a multidisciplinary problem, only 25% of patients have one disease that causes pain. 75% of patients have diagnosed more than one disease that may cause chronic pelvic pain. To treat and observe this problem pain physician need to work in multidisciplinary command together with rehabilitologist and physiotherapists.

