

TITLE: MINIMALLY INVASIVE MANAGEMENT OF LOWER UTERINE SEGMENT MYOMAS- A RETROSPECTIVE STUDY

AIM: The objective of this retrospective study was to study the demographic and clinical profile of the patients with lower uterine segment fibroids managed by laparoscopic myomectomy, along with its intraoperative and postoperative morbidity.

MATERIALS AND METHODS: The study included forty-two patients over a period of 3 years, from 2014-2017, who underwent laparoscopic myomectomy in Sir Ganga Ram Hospital, New Delhi, for lower uterine segment fibroids. Information was collected from medical records on the clinical profile of the patients, intraoperative findings, postoperative complications and hospital stay.

RESULTS: The average age of the patient in this study was 29.92 \pm 4.78 years. Majority of the patients i.e. 59.5% presented with menstrual abnormality in the form of heavy menstrual bleeding and infertility was the complaint in 28.5% cases. The largest size of the fibroid was 17 cm, with a mean diameter of 10.8 \pm 3.9cm. The mean duration of surgery was 120.12 \pm 59.46 and average blood loss was 53.90 \pm 32.5ml. The average hospital stay was 1.8 days.

CONCLUSION: It can be concluded that laparoscopic myomectomy is a safe procedure in the hands of an efficient endoscopist team in lower uterine segment fibroids with a favourable outcome in terms of blood loss, postoperative morbidity and stay in the hospital.

CLINICAL SIGNIFICANCE: There exist technical difficulties associated with laparoscopic myomectomy, especially in cases as in our study due to difficult location and big size of the fibroids. So, it is the need of the hour to inculcate the thought among the gynaecologists to promote laparoscopy and adequate training in this ever-advancing field for a better patient outcome.

Keywords: laparoscopic myomectomy, fibroids, lower uterine segment fibroids, endoscopy.