Study on Gynecologic Diseases Prevention of Female Students in University

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Abstract: At present, the female college students are fast increasing in China, which brings about many new puzzles to university administration and medical care. Based on the author’s hand-on background and a large number of references, the types of gynecologic diseases of the female college students are summarized in the paper in detail, and the causes of these diseases are revealed and diagnosed. In the meantime, combined with the present situation of the hospitals in general universities, the preventive measures and solutions to the diseases are proposed.

Keywords: gynecologic disease, disease prevention, female college student, campus hospital

1. Introduction

With the fast development of colleges and universities in China, the female college students and female postgraduates are fast increasing which has caused many new puzzles to university administration and medical care. Especially, every treatment will not be improved in a short time after enrollment expansion of ordinary colleges, this has induced a series of social problems, such as the frail psychology of female student, easy to commit suicide, and so on. It has already aroused great concern from society which two female postgraduates committed suicide by jumping during three days in the same university in 2006. And the tendency is very strong which more and more female students have gynecologic diseases. What’s worse, gynecologic diseases is usually detected later and developing rapidly because there is no gynecologic clinical doctors in the hospitals of general universities [1]. Those also lead to the high prevalence rate of psychological obstacle of female students. Therefore, the paper aims to propose the preventive measures and solutions to the diseases through the analysis on the types of gynecologic diseases of the female college students and diagnosis of the causes of these diseases.

2. Common Gynecological Diseases

Now gynecological mass screening has been done only for the married woman. But it is a brook no delay task to be extended to the female college students and female postgraduates according to the materials summarized by the author’s working practice in recent years and the gynecology clinical practice. Their disease composing will seriously affect the future reproduction and nursing certainly, even regrettable lifelong [2].

2.1 Emmeniopathy

According to the social investigation, emmeniopathy is the most common in the reproductive system disease. The most common emmeniopathy is dysmenorrhea. The dysmenorrhea may have effects on the female students’ study, entertainment and rest. The severe dysmenorrhea patients are so pessimistic that they lost confidence in themselves health [3]. So the emmeniopathy should be attached importance to. At the same time, the female college students and female postgraduates should learn of the knowledge of menstrual physiology and have correct attitude to wards the physiological diseases.

2.2 Inflammation of reproductive system

In the investigation, the second of the prevalence rate is the inflammation of reproductive system. The light inflammation may affect female students’ study and rest. And the heavier may create the lifelong unpregnant. So they are going to see a doctor as soon as possible if the common symptom of
such disease should be informed of the female students.

The phenomenon of early pregnant is also found in the investigation. If many female students can not resist temptation sexual love deeply in love with each other and blandishments of their boyfriend, they have sexual behaviors and cause early pregnant because of lackage of the contraceptive knowledge. It will has a huge harm to their healthy in mind and body. Therefore, the ethics moral education should be strengthened to the female students. And the knowledge in reproductive physiology and sexual love should be popularized in the female college students and female postgraduates.

The main types of syndrome in TCM are qi stagnation and blood stasis and stagnation of cold-dampness, eating uncooked and cold food or washing with cold water during menstrual period, dysphoria and anxiety, diet, abnormal menstruation, step deficiency, etc, affect the dysmenorrhea in different degree, and body health care in menstrual period have important meaning to the treatment [4]. Modern humanity healthy is widespread. And the importance of reproduction health had been known by the more and more people. The sexual behaviors and pregnancy before marriage are very popular modern social diseases. The sexual love can affect the feeling of personal and homecare and the development of human civilization. So the sexual love is not only a human civilization but also an issues in medical science.

2.3 Hypogastralgia

Hypogastralgia can be caused by many factors. It was found that 97.9% of 479 patients were acute and chronic lower abdominal pain, among them, which were adhesion (29.2%), endometriosis(28.8%), pelvic inflammation (12.9%), ectopic pregnancy (9.4%), and so on [5]. When hypogastralgia is serious very much, they may have the adverse events such as nausea, vomiting and urinary, and even shock. So hypogastralgia should be paid much attention to.

Hypogastralgia is often caused during the ovulatory time. The ovary grow maturely gradually when the girl enters the puberty, the two sides ovaries will ovulate in turn for a month. The interval of the first several times does not have the rule, but later it will gradually fix in about 14 days the before the next menstruation. When ovulation, the graafian follicle bursts, the liquor folliculi may has a certain stimulation to the peritoneum, slight abdominal pain sometimes can be occurred in turn, once a month. It belongs to physiology, displays for the dull pain, secret worries or ache in one side. So the people do not pay attention to it. That is the so-called ovulation abdominal pain. Little colporrhagia may be along with minority person. Namely the ovulation hemorrhage, in general, it will vanish by itself one or two days later. The hypogastralgia is a very complex phenomenon. Sometimes it means complex acute abdominal pains which often extremely fierce. The region which the ache involves is widespread.

2.4 Premenstrual syndrome

Most of the women including adolescent girls all feel discomfort before they are in menstrual period. Therefore they are often go to see the doctors. And their mental status is good. If they have got edema and acne, the adolescent girls should be gonging to see the doctors. It is possible to make the young girl record menstruation diaryt least a cyclical, then the accurate relations between the symptom and the menstrual period will be discovered. The synthesis can also be classified further. For example, some people's symptom exists in the entire cycle, and then diagnoses should not be synthesis before the onset. When the female are in puberty, their lower body will be always wet and their underpants will be not clean in which the transparent colorless secretion and the cheese cream color secretion exist. Sometimes it appears slightly yellow, scarlet and brown. Although there are not any smell usually, there will be ill-smelling if the vulva isn’t washed and the underpants is traded in every 1-2 days. It is called leucorrhea in medicine [2]. The secretion of the vagina epidermis is the main matters which keep their lower body wet. The secretion of cervical gland and the endometrium changes with the different stage of the menstrual cycle.

Generally speaking, the leucorrhea is scentless which quantity is little. It varies from different people and the different stages of the menstrual cycle. The vagina secretion will increase because of the pelvic cavity hyperemia. Around the 2-3 day of the menstrual period, the leucorrhea will be more, sometimes brings slightly scarlet. The pelvic cavity hyperemia can be caused by sexual motivation when
they have sex fantasy, sexual-consoles-oneself and sexual excitement before marriage. And then the vagina secretion will increase massively, the leucorrhrea increases obviously. The longer the stimulates time, the more intense the punctures, the more the secretion will be. These are all normal physiological phenomenon and physiological reaction [3]. However, some female students pay great attention to keeping clean. But the quantity of the leucorrhrea is massive, the fetid odor is terrible. The color and the nature of the leucorrhrea change obviously. Those mean the unusual situation which is usually reflected by the performance of the reproduction inflammation.

The above typical cases are a part of premenstrual syndrome. It can’t be diagnosed only by the appearance because mixed infection is often caused. Therefore a routine inspection had better be made in the gynecology department to obtains a clear diagnosis and a prompt treatment.

In brief, based on the statistical data of several campus hospitals, the common gynecology disease of female students mainly contains dysmenorrhea, menoxenia, amenorrhea, dripping wet, premenstrual syndrome, abnormal leukorrhea, abdominal pain, and so on. Besides the above common gynecology disease, there are some other diseases. How the diseases are caused needs a further analysis.

3. Cause Of Gynecological Diseases

3.1 Rapid change in physiology and psychology

The female students in university are in rapid change peaks when their physiology changes, intelligence development, physical strength development and social demand all are the most fast. They are a special crowd with more psychological and behavior questions. And they are experiencing many first: First time to leave the parents, the first time to live independent, the first time to thinking independent, first time to had love. The rapid change of physiological and increasing contact with the society are wick to initiate the psychological questions, and to urge the female students to change unceasingly in many aspects, such as consciousness, thought, emotion, manner, behavior and personal character. Especially with growth of the reproductive organ, the appearance of second sex character, the secretion of the sex hormone, the sprouts of consciousness and so on, the endocrine dyscrasia and the disorder of the menstrual period are often induced [6-7].

3.2 Aggravation of study burden

The investigation showed that the prevalence rate of the three grades female students was the highest. The majority is menstrus pain and morbid leucorrhoea. It indicates that the occurrence of common gynecology disease is related with the weight of study burden and the strong of physical strength activity [8].

3.3 Lack of health consciousness

The about 85% of female students, who are lack of the knowledge of psychological and physiology hygienic and ignore the individual health care, come from the countryside. They don’t know that bathing in the basin, swimming and participating fierce activity should be kept from during the menstrual period. What’s worse, some female students can’t go to see doctors in time because they have the feudal consciousness, and then their gynecological diseases become more and more bad.

Therefore, the experts pointed out that gynecology diseases of the female students in university should be prevented firstly. On the one hand, the hygienic knowledge and the self-care methods are a popularization of science for all the female students in university. On the other hand, the female students strengthen themselves health care and pay attention to the menstrual period health in particular [6]. If all the factors are be paid attention to, the gynecology diseases should be prevented.

4. Conclusions and Suggestions

According to the characteristics of the female students and the development of marriage idea in China, conclusions and suggestions could be made as follows.
4.1 Establishment of secret archives on gynecologic diseases of female students

The secret archives on gynecologic diseases of female students should be setted up in the gynecology hospital especially university hospital. And the password must be controlled by the female students. The female students are pleased to see a doctor with the password. And the secret archives will not be known by the others. When they leave the school, the secret archives are deleted and kept forever.

4.2 Enhancement of discipline of gynecology doctor in university hospital

Medical ethics is the behavior standards which should be owned by all the people who are engaged in medicine profession. Simply to say, it is a problem about the manner and the responsibility of all the medicine worker and its the correlation business unit to the patient. At present, there is the phenomenon that some medical and the medicine industry department pursue only the economic efficiency. The medicine is abused, and the similar medicines are used repeatedly. So such undesirable tendencies should be corrected.

It is important that the medicine should be had according to the doctor. If medicine is used unreasonably, medicine resources will be wasted, the disease of crude drugs source is also caused. It brings the burden and the pain for the society and the patient. Specially, some doctors speak the patient's condition everywhere randomly, the extremely bad influence to the litigant is caused. Therefore, the gynecology doctor in university hospital must pay great attention to enhance the medical ethics. Then the tense relation between the doctor and patient becomes harmonious.

4.3 Health growth of female student by psychological persuasion

The most of the female students are far away from their parents and the family. When they get gynecology diseases, they are panic. So the patients need be looked after and paid attention to. Something should be done, such as to establish a specific friendly relations by listening to patient's aspiration, to tell the patients in detail, to discover the causes of psychological conflict, to create a relaxed environment. In a word, the gynecologic diseases prevention of female students in university should be paid high attention to. And it has a huge practical significance to improve the female students’ healthy.

Reference