

Gynecological Disturbances Among Female Workers Engaged In The Manufacture of Sex Hormones

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Abstract:

Introduction and objective: Numerous studies have established an association between exposure to sex hormones and many gynecological troubles. The aim of this work is to investigate the different gynecological disturbances which may affect female workers occupationally engaged in the manufacture of contraceptive pills and other hormonal preparations. **Materials and methods:** The total number of female workers was 214, a control group of 220 subjects was taken of comparable age and socioeconomic status and not exposed to any external source of hormones. All workers were subjected to a prepared questionnaire including present, past, family and occupational history. Gynecological examinations were carried out for married female workers who agreed to cooperate with the team (137 exposed, 180 control). Virgins were excluded. **Results and discussion:** This study showed the presence of masculinizing signs among the exposed group. There was also a positive statistically significant difference between exposed and control on comparing gynecological disorders. Hysterectomy was done to 11.2% of exposed workers versus 3.6% of non-exposed workers. Our study showed a significant positive relationship between duration of exposure and the prevalence of hysterectomy cases. About 51% of married exposed workers had reproductive disorders. Gynecological examination showed that exposed workers suffered from vulvo-vaginitis (46.7%), cervical erosion (3.9%) and leucorrhea (62.8%) ($P < 0.05$). About 12% of the exposed workers complained of some family health disturbances in the form of precocious puberty in female children, gynecomastia in male children and husbands. **Recommendations:** We recommend health education for exposed workers for the importance of the use of protective equipments. Encourage enclosure of machines. Periodic medical examination should be carried out regularly for early detection of affected personnel.

I prefer oral presentation

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