

Observation on the Clinical Treatment Effect of Gynecological Endocrine Disorders

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Abstract: Objective: To explore the clinical treatment methods and specific therapeutic effects of gynecological endocrine disorders. Method: An experiment was conducted on endocrine disorders patients admitted to the gynecology department of a certain hospital in China from November 2021 to November 2022. Forty patients were randomly selected as the experimental study subjects and divided into a control group and a study group. Among them, the control group adopts conventional treatment methods, while the research group adopts clomiphene capsules and hormone therapy based on conventional treatment methods. The clinical efficacy of the two experimental groups of patients is compared to determine the appropriate conventional treatment method. The levels of sexual hormones before and after the two experimental groups of patients and the clinical treatment effect are compared. Result: The treatment effect of the control group patients will be lower than that of the study group, and the treatment effectiveness rate of the control group patient group is about 70%. The effective rate of treatment in the patient group of the research group is about 95%. Conclusion: Through experimental argumentation, it can be understood that adding hormone and clomiphene capsules to the clinical treatment effect based on conventional treatment methods will be better, and it can be promoted and popularized.

Keywords: Gynecology; Endocrine Disorders; Clinical Treatment; Effect

Introduction

Under the influence of gender differences and other factors, once women have endocrine disorders, they will form many adverse reactions, such as irregular menstruation, Melasma on the face, etc., so they need to receive treatment in time, or their health will be affected. Exploring the current clinical treatment methods in China, the effectiveness of conventional treatment methods is relatively weak. To improve clinical treatment effectiveness, multiple methods such as adding clomiphene and pituitary stimulating hormone can be combined to effectively control patients' endocrine disorders and ensure their physical health.

1. Experimental Data and Methods

1.1 Experimental data

This experiment will select 40 patients with endocrine disorders admitted to the gynecology department in the hospital as the experimental research subjects. These 40 patients will be randomly sampled and divided into a study group and a control group, with 20 patients in the control group and 20 patients in the study group. Among them, the youngest patient in the control group is 25 years old, the oldest is 40 years old, and the overall average age is 31 years old. The youngest patient in the study group is 25 years old, the oldest is 41 years old, and the overall average age is 32 years old. Comparing the basic information of the two experimental groups, it was confirmed that there was no significant difference, and the basic information was not statistically significant ($P>0.05$).

1.2 Experimental Methods

The patients in the control group took the conventional treatment method, and the patients were treated with Estradiol valerate tablets+progesterone. Estradiol valerate tablets were mainly used, and the treatment was carried out every 15 days, with 15 days as a course of treatment. At the beginning of the second course of treatment, progesterone was added twice a day. The patients need to communicate with their families during the course of taking the drugs. And provide correct medication guidance, so that patients can strictly follow the pre-

scription to take medication correctly. The control group of patients received correct psychological health guidance, while also popularizing patients' understanding of endocrine disorders, which improved the effectiveness of drug treatment and increased patients' dependence. The study group needs to take the conventional group treatment scheme as the benchmark, and add pituitary Gonadotropin and clomiphene. The patients start treatment during the menstrual period. The patients use clomiphene capsules on the the fourth day of the menstrual period, with a daily dose of 80 mg. The patients receive pituitary Gonadotropin treatment on the 12th day of the menstrual period. During the drug treatment, the medical staff should always pay attention to the improvement of the patients' symptoms, In order to make timely adjustments to the medication, the daily dosage adjustment should be controlled within the range of five milligrams.

1.3 Observation indicators

The significant effect is that the patient's endocrine disorders have been effectively controlled, some obvious symptoms have been alleviated, and no adverse reactions have occurred during the treatment process; The effect is generally that the overall treatment effect of the patient can achieve the expected goals, with some symptoms noticeably disappearing, but there may be certain adverse reactions during the treatment process; Poor treatment effect means that the patient's treatment effect is average, and the symptom recovery effect is average. During the treatment process, there may be adverse reactions, which can be further refined into symptoms such as abdominal pain, physical fatigue, and dizziness.

1.4 Evaluation criteria

Clinical evaluation: After treatment, if there is no ovulation phenomenon, there is no improvement in clinical symptoms, and even more severe, it is considered ineffective; After treatment, ovulation occurs, with bipolar type being the basal body temperature type, and clinical symptoms are largely improved to be effective; After treatment, ovulation occurs, with bipolar type being the basal body temperature type and clinical symptoms completely disappearing as significant effect. The sum of significant and effective rates is the total effective rate of treatment.

2. Results

Firstly, the treatment effects of two experimental groups were compared. In the control group, there were 12 patients with significant effects, 2 patients with average effects, and 2 patients with poor effects. The overall group cure effective rate was 70%; The study group had a significant effect on 15 patients, a general effect on 4 patients, and a poor effect on 1 patient. The overall group cure rate was 95%. Through comparison, it can be seen that the treatment effect of the study group patient group is better than that of the control group group, and the effective rate and indicators of significantly effective patients are higher than those of the control group.

Table 1 Comparison of treatment effects between two experimental groups

grouping	Number of cases	significant effect	The effect is average	Poor effect	Cure effectiveness
control group	20	12	2	6	70%
study group	20	15	4	1	95%
P		$p < 0.05$	$p < 0.05$	$p < 0.05$	$p < 0.05$

3. Discussion

Through experimental comparison, it can be concluded that the treatment effect of patients in the study group will be better, indicating that the use of clomiphene capsules and hormones as a benchmark for conventional treatment methods is worth popularizing and applying in clinical practice. If the patient has endocrine disorders and does not receive timely treatment, it can cause serious damage to the patient's body. Although traditional treatment methods can achieve certain therapeutic effects, in order to further improve treatment effectiveness, it is still necessary to optimize the treatment plan and add clomiphene capsules and hormones. In addition, in the process of formulating a treatment plan, it is necessary to pay attention to the following points. In terms of drug treatment, it is necessary to control the dosage of various

drugs. When giving a certain drug dosage, it is necessary to analyze the actual situation of the patient, determine the past medical history, and after determining the treatment plan, repeatedly confirm the main status of various drugs to ensure treatment effectiveness. Irritability is the main cause of endocrine disorders in patients. Qi and blood stasis or yin deficiency can lead to blood stasis in the patient's body, hindering the smooth operation of the patient's veins, and increasing the risk of external toxin invasion, resulting in endocrine disorders. And during the actual adjustment of medication administration, it is necessary to analyze the improvement status of endocrine disorders in patients, and optimize and adjust their plans based on their improvement status. If the patient's condition improves significantly, it is necessary to moderately reduce the dosage of medication. If the patient's condition does not recover, it is necessary to moderately increase the dosage of medication to control the patient's condition as soon as possible. In addition, patients also need to adjust their medication regimen based on the various adverse reactions they experience. During the treatment process, patients often need to take multiple types of drugs, which can lead to different adverse reactions that affect their physical functions and even have negative psychological effects. To ensure treatment effectiveness and reduce the probability of adverse reactions in patients, various forms such as reducing dosage or suspending administration are needed.

Conclusion

In summary, based on conventional treatment methods, increasing the application of clomiphene+hormone capsules will have a better effect and can quickly control the patient's condition. In this regard, relevant medical personnel need to further improve and optimize clinical treatment plans for endocrine disorders, adhere to targeted and personalized treatment principles, study the medicinal mechanisms of various drugs, and determine appropriate treatment plans based on the actual physical and mental conditions of patients to ensure treatment effectiveness. Regulating the imbalance of patients' endocrine system enables them to develop good lifestyle habits, while ensuring sufficient rest and sleep time, relaxing their mood, improving their endocrine disorders, enhancing their physical fitness, and enabling them to have strong resistance to diseases.

References

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