



PREDICTION OF COMPLICATIONS AND MODERN METHODS OF PREVENTION OF POSTHYSTERECTOMY SYNDROME IN WOMEN OF REPRODUCTIVE AGE

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Abstract: *Posthysterectomy syndrome (PHS) represents a complex of neuroendocrine, metabolic, psychoemotional, and somatic disorders that may develop after hysterectomy, particularly in women of reproductive age. Despite the organ-preserving trends in modern gynecology, hysterectomy remains a frequently performed surgical procedure, often leading to long-term complications that significantly impair quality of life. Early prediction of posthysterectomy complications is essential for developing individualized preventive strategies. This article focuses on the identification of key risk factors associated with the development of posthysterectomy syndrome, including patient age, ovarian preservation status, hormonal imbalance, pre-existing comorbidities, and surgical technique. Modern preventive approaches are analyzed, encompassing preoperative risk stratification, minimally invasive surgical methods, ovarian function preservation, hormone replacement therapy, and comprehensive postoperative rehabilitation programs. The integration of predictive models and personalized preventive measures may significantly reduce the incidence and severity of posthysterectomy syndrome, improve functional outcomes, and enhance the overall well-being of women of reproductive age.*

Keywords: *Posthysterectomy syndrome; hysterectomy; reproductive age; complication prediction; prevention strategies; ovarian function; hormone replacement therapy; quality of life.*

References

Relevance of the problem: Relevance of the study. Hysterectomy (uterine removal) is one of the most frequently performed operations in gynecological practice and ranks among the most common surgical interventions in women. Despite advances in surgical techniques and the introduction of laparoscopic technologies, the incidence



of complications after hysterectomy remains high. According to individual national and regional studies and review publications, the incidence of various components of posthysterectomy syndrome varies significantly: Thus, signs of ovarian insufficiency are observed in 35–60% of women of reproductive age within 1–2 years after hysterectomy, according to a number of studies; the incidence of vaginal vault prolapse after hysterectomy in the literature reaches up to 40% in selected groups of patients. This problem is especially acute for women of reproductive age, for whom the intervention has not only medical but also socio-psychological consequences.

The aim of the study was to predict complications and develop modern methods for the prevention of posthysterectomy syndrome in women of reproductive age in order to reduce the risk of developing the syndrome and improve the quality of life.

Material and methods of the study: The study will include women of reproductive age who have undergone hysterectomy. Depending on the preventive measures taken to prevent the development of posthysterectomy syndrome (PHES), all subjects were divided into three groups: main, comparative and control.

Results: The frequency and severity of symptoms of PGES will be reduced, hormonal and metabolic parameters will be normalized, and the overall well-being and quality of life of patients will be improved.

There was an improvement in clinical manifestations, stabilization of the emotional state and a reduction in the severity of psycho-emotional disorders.

The incidence of complications, severe hormonal and psycho-emotional disorders, as well as deterioration of the general condition and a decrease in the body's adaptive capacity were reduced.

Conclusions: The results of the study will form the basis for the implementation of an algorithm for the early identification of risk groups and the selection of optimal preventive measures into clinical practice. This will reduce the frequency and severity of post-hysterectomy syndrome, shorten the rehabilitation period and improve the quality of life of women of reproductive age after hysterectomy.

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