Lifestyle factors showed potential risks: most slept only 5–7 hours (71.4%), exercised rarely (57.1%), and experienced frequent stress (48.6%). Additionally, 74.3% reported over 3 hours of daily screen time, though most described their diet as balanced.

These findings highlight that, although PCOS is highly prevalent in this population, its management remains inconsistent. The results underscore the need for improved awareness, early diagnosis, and comprehensive care strategies. Current approaches are evolving toward personalized and multidisciplinary management, including metabolic therapies such as GLP-1 receptor agonists, insulin sensitizers like inositols, and ovulation induction agents such as letrozole, along with increasing focus on lifestyle modification and emerging research into hormonal regulation, gut microbiome influences, and digital health interventions.

Conclusions

The study reveals a high prevalence of Polycystic Ovary Syndrome, affecting 65.7% of respondents, with diagnosis most commonly occurring in the late teenage years and early twenties, particularly around 17 years. Despite this, a significant proportion reported no family history, suggesting that non-genetic factors may play an important role. Menstrual irregularities and heavy bleeding were prominent, and commonly reported symptoms included hair thinning, irregular periods, acne, and weight-related issues, reflecting the complex and varied presentation of the condition. Notably, some individuals reported no symptoms, indicating the possibility of undiagnosed or asymptomatic cases.

This analysis confirms a high burden of PCOS among the surveyed university students. The findings call for increased awareness, screening, and the development of integrated university health services that provide holistic care, encompassing accurate diagnosis, pharmacological treatment, and crucial lifestyle and mental health support for students managing this complex syndrome.

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MENSTRUAL HEALTH AND DISORDERS AMONG FEMALE STUDENTS IN THE FACULTY OF INTERNATIONAL STUDENTS

Introduction

Menstrual health represents a critical yet often overlooked aspect of wellbeing for female international students navigating the dual challenges of higher education and cultural adaptation.

This article synthesizes current research on menstrual disorders among this population, examining prevalence patterns, contributing factors, and impacts on academic performance [1].

Menstruation serves as a fundamental indicator of women's health, reflecting hormonal status and overall wellbeing. Female international students face a confluence of challenges: they navigate unfamiliar healthcare systems, experience separation from traditional support networks [2].

The Faculty of International Students represents a microcosm of global diversity, bringing together young women from varied cultural backgrounds, each with distinct menstrual beliefs, practices, and health expectations. Understanding their menstrual health needs is not merely a medical concern but a fundamental prerequisite for ensuring equitable educational opportunities and promoting the well being of young women [3, 4].

Understanding how menstrual cycles and associated conditions affect students is crucial for fostering a supportive environment that promotes both physical and mental well-being [5].

Goal

To assess factors that may influence menstrual function in international students.

Material and methods of research

Data was collected from a google form survey from this topic, and a total of 145 female international students responded and gave their reviews regarding this topic. The subjects were divided into two groups: the main group included 40 students from Africa and the control group included 105 students from Asia.

Statistical analysis was performed using MedCalc Software and Microsoft Excel 2013. Comparisons between the presented qualitative indicators were conducted using the χ^2 test. A result is considered statistically significant at $p<0.05$.

The results of the research and their discussion

The analysis was done on complete comparisons between 145 African and Asian students in which the total number of African students were 40 which summed up to 27.6% and Asian students which were 105 summed up to 72.4%, these values were used to examine the prevalence of menstrual disorders, their multifaceted impact on academic performance, and healthcare-seeking behaviors within this population. The following criteria were assessed: painful menstruation, living conditions, amount of menstrual flow, regular period, the influence of menstruation on the educational process, mood changes, missed classes, stopped exercise, lack of consultation with a gynecologist in the presence of complaints.

In the group of female students from Africa, 55% (22 out of 40) had painful menstruation, in the group of female students from Asia, 83.8% (88 out of 105) girls had painful menstruation ($\chi^2= 13.129$; $p<0.001$). Regarding living conditions, they had the following distribution in the groups: 87.5% (35 out of 40) of African female students and 71.4% (75 out of 105) of Asian female students lived in the dormitory ($\chi^2= 4.086$; $p=0.054$). Heavy menstruation was reported by 67.5% (27 out of 40) of girls from Africa and 83.8% (88 out of 105) of female students from Asia ($\chi^2=4.695$; $p=0.031$).

Various menstrual cycle disorders (amenorrhea or frequent menstruation) were detected in 42.5% (17 out of 40) of African and 22.9% (24 out of 105) of Asian female students ($\chi^2=5.511$; $p=0.019$). Menstrual pain was so severe that 14 out of 40 girls from Africa and 19 out of 105 girls from the Asian group of female students had to stop studying on these days ($\chi^2=4.709$; $p=0.031$).

Mood changes were observed in 26 of 40 African female students, or 65%, and in 84 of 105 Asian female students, or 80% ($\chi^2=3.559$; $p=0.06$). The groups did not differ statistically significantly by this criterion. Female students in all groups regularly engaged in physical activity of varying intensity: pilates, morning exercises, and other training. 24 out of 40 female students from Africa were forced to stop these exercises when their periods began, as they caused discomfort; 87 out of 105 female students from India were also unable to exercise due to poor health or lack of desire to exercise ($\chi^2=8.431$; $p=0.004$). Fourteen out of 40 African female students, representing

35%, and 18 out of 105 Indian female students, representing a small percentage of 17.1% (χ^2=5.37; p=0.021), never visited an obstetrician-gynecologist regarding complaints related to the menstrual cycle and did not express their complaints during preventive examinations.

Conclusions

The results of this study allow us to understand the differences in energy, lifestyle, mood, and well-being between students from Africa and Asia. The groups differed in terms of the presence of menstrual pain, lifestyle changes, quality of life, and academic performance. However, there were no differences between the groups in terms of factors such as place of residence and mood changes during menstruation. This topic is highly relevant and requires further, more in-depth study.

Menstrual health disorders among female students in international faculties, particularly those from African and Asian backgrounds, reveal a complex interplay of cultural, educational, and health-related factors. Cultural taboos and stigmas surrounding menstruation frequently hinder open discussions, leading to misconceptions about menstrual health and ultimately impacting academic performance and overall well-being.

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AWARENESS OF ABNORMAL UTERINE BLEEDING IN YOUNG WOMEN IN SRI LANKA

Introduction

Abnormal Uterine Bleeding (AUB) is a significant gynaecological problem that can affect a woman's health, both physically and emotionally. It is made up of changes in a woman's usual menstrual pattern. For instance, very heavy monthly bleeding, bleeding outside of periods as well as long, short or irregular periods. Most disturbingly, such changes may be indications of other health conditions that, if ignored, may lead to serious complications [1].

A menstrual cycle is typically regulated through a balance of hormones. But due to various physiological reasons, menstruation may vary and be irregular especially in teenage girls. Besides, in many parts of the world, as menstruation is still considered a taboo topic, totally ignoring the symptoms of an abnormal menstruation and therefore delaying proper diagnosis and treatment is very common [2].