



TITLE: Progressive Oestrogen Deficiency in a Young Woman with 45X/46XX Mosaicism: A Case Report

Name: Nik Suhaila binti Zakaria

Affiliation: Family Medicine Specialist, Ministry of Health, Malaysia

Country: Malaysia

Email ID: nsuhailaz@yahoo.com

ABSTRACT (upto 300 words)

Naturally, oestrogen hormone, the vital hormone for woman's health, begins to gradually decline and causing related symptoms after the age of 40 in most women. This case report illustrates a progressive oestrogen deficiency in young woman since she was 19 years old. It started with hypomenorrhea for a year and subsequently followed by amenorrhoea which was managed conservatively including progestogen challenge for about a year. Initially she responded to the treatment but remained amenorrhoeic thereafter. She was referred to Adolescent Gynaecology Clinic at 22 years old for further evaluation of premature ovarian insufficiency primarily concerning her fertility. Clinical examination showed a thin young woman with breasts, axillary and pubic hair of Tanner Stage 3. Blood investigation showed low oestrogen level with persistently high gonadotrophins suggestive of primary ovarian insufficiency. The urogenital pelvic ultrasound showed a small thin uterus with normal ovaries. She was diagnosed with Turner Syndrome of 45X/46XX mosaicism based on a blood karyotype test. The lack of typical feature of Turner Syndrome in this case had delayed the initial investigations and management and this can lead to multiple complications in the future. Therefore, a young woman with chronic oestrogen deficiency state needs a comprehensive evaluation to rule out Mosaic Turner Syndrome.

BIOGRAPHY (upto 200 words)

Nik Suhaila binti Zakaria finalized her 3-year subspecialized training in Adolescent Health in Primary Care, undertaking rotations in various local adolescent centers across Kota Bharu, Kuantan, and Kuala Lumpur, including the National University of Malaysia (UKM). She completed her attachments at Guy's and St Thomas' NHS Foundation Trust in London by April 2023. Presently, Nik Suhaila practices as a Family Medicine Specialist in Machang, Kelantan, situated in a suburban region of Malaysia. Beyond her clinical practice, she actively engages in advancing adolescent healthcare by training local primary care providers. She holds a particular interest in addressing domestic violence, evidenced by her authorship of 'Escape, A tip-off on Domestic Violence and Healthy relationship', a victim's guidebook in 2021. Additionally, she plays a pivotal role in developing local guidelines and is deeply involved in managing children with special needs and promoting school health initiatives.



4th International Conference on **NUTRITION AND HEALTHCARE**
November 11-12, 2024 | Bangkok, Thailand

Presenter Name: Nik Suhaila binti Zakaria
Mode of Presentation: Oral
Contact number: +60127603240



Upload your photo here.

