

Increasing incidence rate of endometrial ablation in women aged less than 30 years in Australia



CANBERRA HOSPITAL
AND HEALTH SERVICES

Meyn A¹, Robson S^{1, 2}.

¹The Centenary Hospital for Women and Children, Garran, ACT, 2605, Australia

²Australian National University Medical School, Canberra, ACT, 2601, Australia,

Email: Ashleigh.meyn@act.gov.au



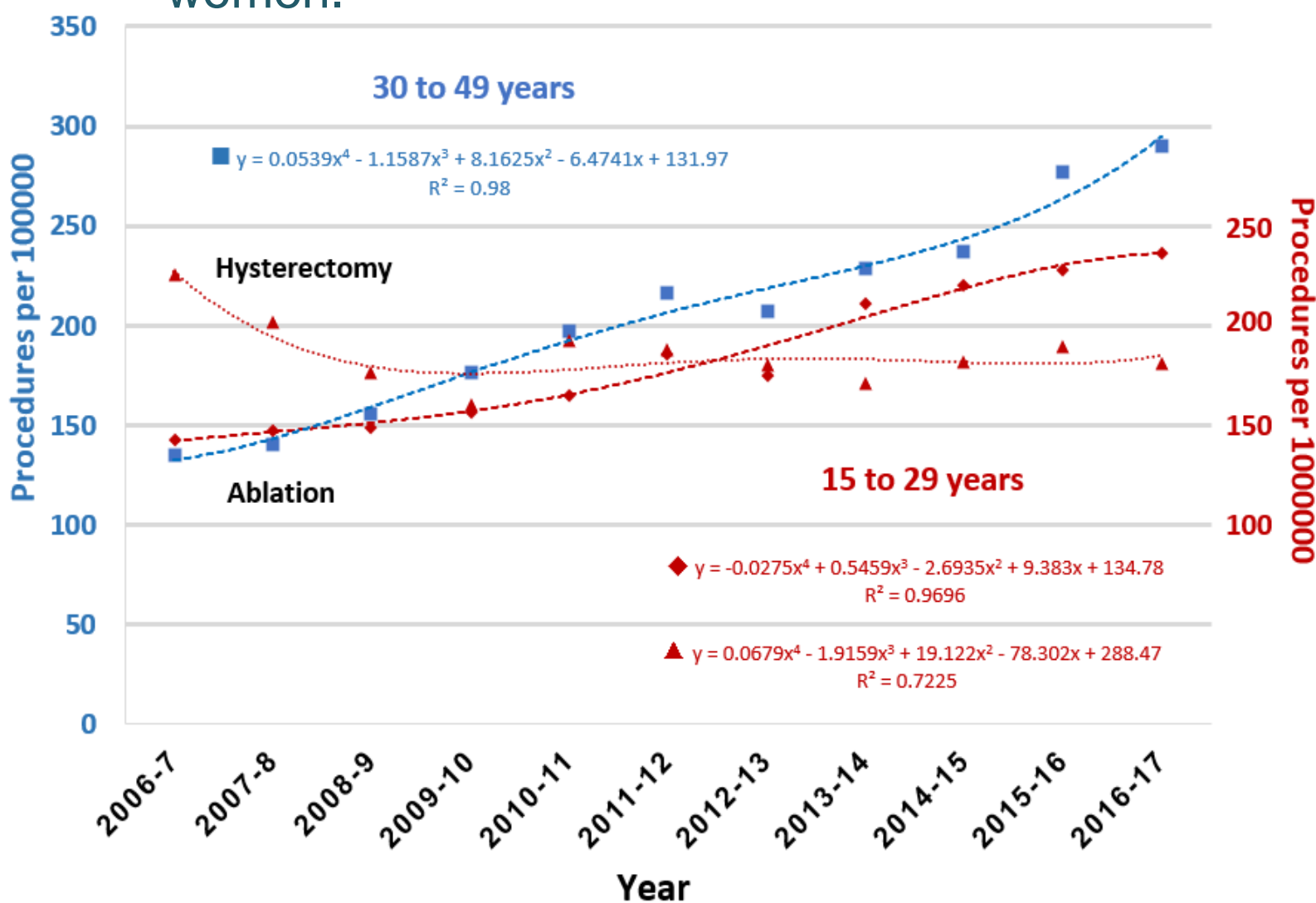
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Background

- Endometrial ablation is a common and effective treatment for heavy menstrual bleeding.
- Endometrial ablation techniques have evolved from resectoscope-based methods to current 'third generation' systems.
- The current ACSQHC Clinical Care Standard emphasizes the role of endometrial ablation ahead of hysterectomy, but does not provide guidance on age.
- There is evidence that endometrial ablation has lower long term efficacy in young women.

Objectives

- We sought to evaluate the trend in the use of endometrial ablation in young women.



Methods

- Data regarding endometrial ablation and hysterectomy were obtained from the AIHW for the decade 2006-07 to 2016-17.
- To provide age-stratified rates, annual point estimates for the total female population in two age bands – 15-29 years (the 'younger age group') and 30-49 years (the 'older age group') - were obtained from the Australian Bureau of Statistics.
- Regressions were performed to calculate both R and adjusted R2 (aR2) statistics and p-values.

Results

- There were significant increases in the rate of endometrial ablation in both the younger (aR2 = 0.94, p < 0.005) and older (aR2 = 0.93, p < 0.005) age groups. Although the rate of hysterectomy in the young age group fell overall, there was no significant change since 2009-10 (aR2 = 0.06, p = 0.47).

Figure 1: Rates of endometrial ablation and hysterectomy per year

Conclusions

- Although the overall incidence rate of endometrial ablation is low, the rate has almost doubled at a national level over the past decade.
- In view of the permanent nature of the procedure, and the poorer long term outcomes, guidance on age suitability should be considered in national guidance.