

TITLE: POSTMENOPAUSAL ENDOMETRIAL THICKNESS. A PROSPECTIVE STUDY OF 1500 CONSECUTIVE ASYMPTOMATIC POSTMENOPAUSAL WOMEN. ALSO, HOW MANY MAY HAVE ENDOMETRIAL POLYPS?

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ABSTRACT BODY:

OBJECTIVE : The purpose of this study was to determine the normal endometrial thickness on transvaginal ultrasound of asymptomatic postmenopausal women, not on HRT . A subgroup of those who were determined to be suspicious for having an endometrial polyp was compared with the remainder.

METHODS: This prospective study selected 1500 consecutive asymptomatic postmenopausal women receiving transvaginal ultrasound assessment from Jan-Aug 2010. Endometrial thickness was recorded. The results were divided into those with a normal appearing lining (n=1399) and those suspicious for polyp (n=101). The results for the entire sample were obtained and the results of the groups compared using independent samples T-tests.

RESULTS: Of 1500 women aged 45-95, 77.1% had an endometrial thickness of 4 mm or less and 92% had one of 5 mm or less. Independent samples T-tests were performed to compare the mean age and mean endometrial thickness based on polyp status (i.e. with or without a possible polyp). There was a significant difference in mean age, 67.71 vs 62.36 ($t = -29.88$, $df = 1498$, $p < 0.01$) and mean endometrial thickness 8.02 vs 3.40 mm ($t = -5.63$, $df = 1498$, $p < 0.01$) between the two groups.

CONCLUSIONS: 92% of asymptomatic postmenopausal women not on HRT have an endo thickness of 5 mm, or less. However, a significant group, 6.7% have an endometrial lining that is suspicious for polyp. These women have a significant increase in mean age and endometrial thickness.