

## CHARACTERISTICS OF PELVIC SIZE - EXTERNAL CONJUGATE AND PELVIC WIDTH INDEX IN WOMEN OF THE FIRST AND SECOND PERIODS OF ADULTHOOD USING VARIOUS CONTRACEPTIVES

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In medicine, in physical education, until now (with rare exceptions), the average approach to a person is used without taking into account his constitutional affiliation, which significantly reduces the effectiveness of implemented programs. The problem of "norm" of morphofunctional indicators, including pelvic size, is also implemented according to the average principle, which is methodologically incorrect.

There are geographical features of the anthropometric parameters of women with different types of Constitution. It is of practical interest to study the features of ultrasound anatomy of the uterus and ovaries in women of the first and second types of Mature age using various contraceptives of the same ethno-territorial group and different body types.

**Purpose of research.** To study the relationship with the anthropometric characteristics, size and shape of the pelvis in women of different body types of the same ethno-territorial group.

**Method of research.** In addition to the General clinical examination methods, the following indicators were determined in 480 women at admission: external straight pelvic size, pelvic width indices were calculated. In the evaluation of the external conjugates mean value in women of the first and second period of Mature age using different contraceptives all body types in the group with growth 151-160 cm it amounted to  $19.9 \pm 1.0$  cm, while the maximum values were 22 cm and a minimum value of 17 see When evaluating the external conjugates in the group with brachymorphic type in women of the first and second period of adulthood using various contraceptives with a height of 151-160 cm the size was  $20.7 \pm 0.8$  cm with a minimum value of 18.5 cm and a maximum value of 22 cm In women of the first and second periods of adulthood using various contraceptives with a dolichomorphic type with a height of 151-160 cm, the indicators of the external conjugate were  $19.0 \pm 0.8$  cm with a minimum value of 17 cm, and a maximum value of 21 cm. When evaluating the size of the external conjugate in the group with mesomorphic type and height of 151-160 cm, the size was  $19.7 \pm 0.8$  cm, with a minimum value of 18 cm and a maximum value of 21 cm. When evaluating the size of the external conjugate in the group with a height of 161-170 cm, the average value without division into body types was  $20.5 \pm 1.2$  cm, with a minimum value of 18 cm and a maximum value of 24 cm. When assessing the size of external conjugates in the group with brachymorphic type in women of the first and second period of adulthood using various contraceptives with a height of 161-170 cm the size was  $21.4 \pm 0.9$  cm with a minimum value of 20 cm and a maximum value of 24 cm In women of the first and second periods of Mature age using various contraceptives with a dolichomorphic type with a height of 161-170 cm, the external conjugate was  $19.5 \pm 1.0$  cm with a minimum value of 18 cm, and a maximum value of 22 cm. When evaluating the size of the external conjugate in the group with mesomorphic type and height of 161-170 cm, the size was  $20.6 \pm 0.8$  cm, with a minimum value of 19 cm and a maximum value of 22 cm. When assessing the pelvic width index, the average value in women of the first and second periods of adulthood using various contraceptives in the group with a height of 151-160 cm of all body types was  $17.2 \pm 0.9$ , while the maximum values of indicators were 18.5, and the minimum values were 15.6.

When assessing the pelvic width index in the group with brachymorphic type in women of the first and second periods of adulthood using various contraceptives with a height of 151-160 cm, the indicator was  $18.2 \pm 0.4$  with a minimum value of 17.6 and a maximum value of 18.9. In women of the first and second periods of adulthood using various contraceptives with dolichomorphic type with a height of 151-160 cm, the average pelvic width index was  $16.1 \pm 0.3$  with a minimum value of 15.6, and the maximum value of 16.45. When evaluating the pelvic width index in the group with mesomorphic type growth of 151-160 cm,

the index was  $17.1 \pm 0.26$ , with a minimum value of 16.6 and a maximum value of 17.5. When assessing the pelvic width index in the group with a height of 161-170 cm, the average value for all body types was  $16.9 \pm 0.9$ , with a minimum value of 15 and a maximum value of 21.3. When assessing the pelvic width index in the group with brachymorphic type in women of the first and second period of adulthood using various contraceptives with a height of 161-170 cm, the index was  $18.0 \pm 0.6$  with a minimum value of 17.5 and a maximum value of 21.3.

In women of the first and second periods of adulthood using various contraceptives with a dolichomorphic type with a height of 161-170 cm, the pelvic width index was  $15.8 \pm 0.3$  with a minimum value of 15, and a maximum value of 16.4. When assessing the pelvic width index in the group with mesomorphic type, the height of 161-170 cm was  $16.9 \pm 0.2$ , with a minimum value of 16.5 and a maximum value of 17.36. When assessing the pelvic width index in the group with a height of 171-180 cm, the average size for all body types was  $17.0 \pm 0.8$ , with a minimum value of 14.3 and a maximum value of 19.0. When assessing the pelvic width index in the group with brachymorphic type in women of the first and second period of adulthood using various contraceptives with a height of 171-180 cm, the index was  $17.9 \pm 0.3$  with a minimum value of 17.51 and a maximum value of 18.96.

Thus, there is a tendency for a significant increase in the pelvic width index from dolichomorphic to mesomorphic and then to brachymorphic body types.

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