OPEN ACCESS
Global Journal of Research in Medical Sciences
ISSN: 2583-3960 (Online)
Volume 04 | Issue 01 | Jan.-Feb. | 2024
Journal homepage: https://gjrpublication.com/gjrms/
Research Article

Gonadal hypofunction in the sickle cell patients

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DOI: 10.5281/zenodo.10576289 Submission Date: 25 Nov. 2023 | Published Date: 28 Jan. 2024

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Abstract
When a patient has sickle cell anemia, their ovaries or testes produce little or no hormone, a condition known as hypogonadism. Hypogonadotropic condition is the major condition that arises from gonad failure. A higher incidence of osteoporosis and infertility are among the morbidities associated with hypogonadism in both men and women with sickle cell diseases.

Keywords: Gonadal hypofunction, sickle, patients.

INTRODUCTION
One aspect of sickle cell illness is gonadal hypofunction, or hypogonadism. Patients with sickle cell disease may experience gonadal hypofunction as a result of decreased blood supply to the ovaries or testes due to blood channel obstructions. This may result in decreased sex hormone production and possibly infertility due to gonad dysfunction. This can show up as lower testosterone levels and poor sperm production in male patients. It can cause decreased estrogen levels and unpredictable menstrual cycles in female patients [1].

Though the precise process is unknown, it is believed to be connected to the persistent anemia and ischemia (loss of blood flow) that sickle cell disease patients experience. Ischemia can compromise the function of the ovaries or testes. Patients with sickle cell disease may experience it for a variety of illness-related reasons. The gonads—the ovaries in females and the testes in males—may receive less blood and oxygen due to chronic anemia and vaso-occlusive crises linked to sickle cell disease [2].

Gonadal hypofunction in male sickle cell disease patients may lead to a reduction in testosterone production. They might consequently suffer from symptoms like diminished libido, infertility, erectile dysfunction, and decreased muscular mass. In addition to gonadal hypofunction resulting in irregular menstruation or amenorrhea (lack of menstruation periods) because of impaired ovarian function, female sickle cell disease patients may also have these symptoms [3].

Effects of Gonadal hypofunction
Hypogonadism, also known as gonadal hypofunction, can affect the body in a number of ways. The age at which the illness first manifests, its severity, and how long it lasts can all affect the specific impacts. The following are some possible outcomes:
1. Sexual dysfunction: Men with gonadal hypofunction may experience erectile dysfunction, a decrease in libido (sex drive), and trouble getting or keeping an erection. It might cause a decrease in arousal and sexual desire in females.
2. Infertility: Gonadal hypofunction can result in decreased egg or sperm production in females, which can lower fertility in both sexes. Those who have gonadal hypofunction may find it challenging to conceive naturally as a result.
3. Modifications in secondary sexual traits: Testosterone is essential for the development of secondary sexual traits like the development of facial hair, the deepening of the voice (in men), the development of the breasts (in women), and the

development of muscle mass. These distinguishing traits may alter or develop later due to decreased amounts of estrogen in women and testosterone in men.
4. Mood swings: Gonadal hypofunction-related hormonal imbalances can aggravate mood swings, impatience, melancholy, worry, exhaustion, and low motivation.
5. Problems with bone health: Sex hormones are essential for preserving bone strength and density. Osteoporosis and inadequate bone density can be more likely in people with reduced estrogen or testosterone levels.
6. Cognitive function: Research indicates that gonadal hypofunction-induced reductions in sex hormone levels may be linked to cognitive alterations such memory loss and attention issues.
7.Metabolic disruptions: Hypogonadism has been connected to metabolic disruptions, including elevated body fat levels and insulin resistance, which raises the chance of type 2 diabetes.
It's critical that people with gonadal hypofunction symptoms speak with their healthcare provider, who can perform the necessary assessments, offer alternatives for therapy, and provide help in managing the condition's impacts [4,5].

Diagnosis

In sickle cell patients, gonadal hypofunction is diagnosed through clinical assessment, hormone level tests (e.g., testosterone in males), and imaging studies if needed. Hormone replacement therapy customized to the demands of the individual may be one of the treatment alternatives [6].

Management of gonadal hypofunction in sickle cell

Gonadal hypofunction should be managed in conjunction with a medical professional who specializes in sickle cell illness and reproductive health. They can help with any issues you may have and offer suitable advice on available treatment alternatives [7].

Conclusion

The Gonadal hypofunction of sickle cell anemia has a complex etiology, with its symptoms working in concert with one another. Growth delay, delayed puberty, hypogonadism, and infertility are the most common endocrine disorders.In order to treat these gonadal hypofunctions, particular hormonal shortages must be replaced.

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CITATION
Njoku-Obi Treasure. (2024). Gonadal hypofunction in the sickle cell patients. In Global Journal of Research in Medical Sciences (Vol. 4, Number 1, pp. 64–65). https://doi.org/10.5281/zenodo.10576289