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Title: Frequency of menstrual disturbances in girls 16 to 18 in high schools of Kerman

Number of cases: 120

Results:

1. The frequency of menstrual disturbances was highest in 17-year-old girls (45.8%).
2. The second highest frequency was in 16-year-old girls (32.4%).
3. The lowest frequency was in 18-year-old girls (11.7%).

Conclusions:

- The frequency of menstrual disturbances increases with age in girls.
- Health education programs should be implemented in high schools to increase awareness and proper management of menstrual disturbances.