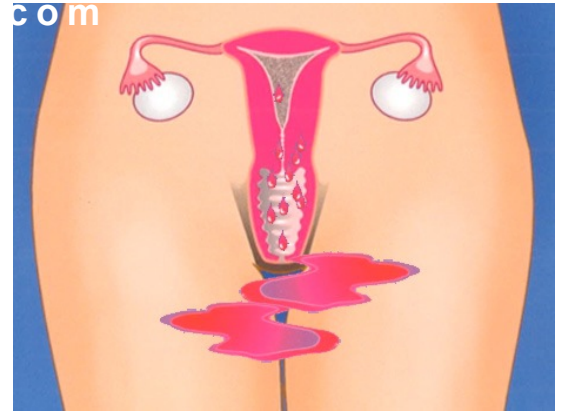


# Heavy & Irregular Menstruation

The normal menstruation cycle ranges from 21 days to 40 days. There may be some mild cramps, that is not persistent, on the first day of bleeding. Menstruation should end within a week. A woman's menstruation cycle starts around age 10 and ends at menopause around age 51.



## WHEN IS MENSTRUATION HEAVY AND IRREGULAR

Menstruation normally comes about once a month. Sometimes there is a little spotting or light bleeding in the middle of the month. This is usually because of ovulation. Menstruation is considered heavy and irregular when

- ❖ Bleeding exceeds a week
- ❖ Bleeding is associated with clots and overflows your pad
- ❖ Bleeding occurs every week or two without stopping
- ❖ Bleeding is associated with fainting spells, severe tiredness and drop in blood count.

## WHAT ARE THE COMMON CAUSES

- ❖ Dysfunction Uterine Bleeding (DUB)
- ❖ Fluctuating hormone levels
- ❖ Anovulation
- ❖ Fibroids in the uterus
- ❖ Polyps in the cervix or uterus
- ❖ Hyperplasia of the Endometrium

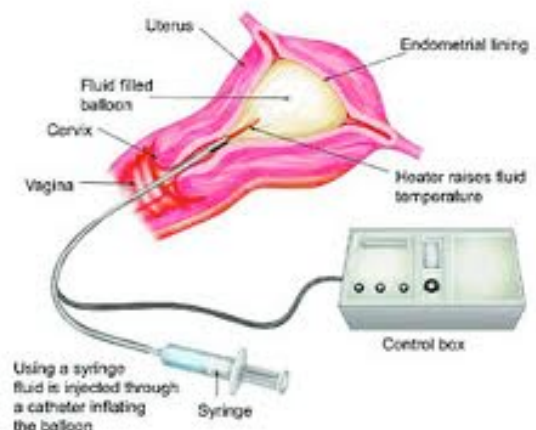
## WHAT DO I NEED TO DO

You should see a gynaecologist if irregular menstruation persists for more than 2 months. A detailed specialist review and ultrasound will usually elicit the cause. A biopsy may be needed to exclude cancer in less than 3% of cases.

## TREATMENTS

Depending on the cause, the following treatments may be needed

- ❖ Medication both hormonal or non-hormonal can reduce heavy and irregular menstruation.
- ❖ Mirena Intrauterine Device.
- ❖ Hysteroscopic surgery to remove endometrial polyps or ablate the menstrual lining.
- ❖ Surgery to remove the womb, preferably by Laparoscopic Keyhole Surgery.



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