

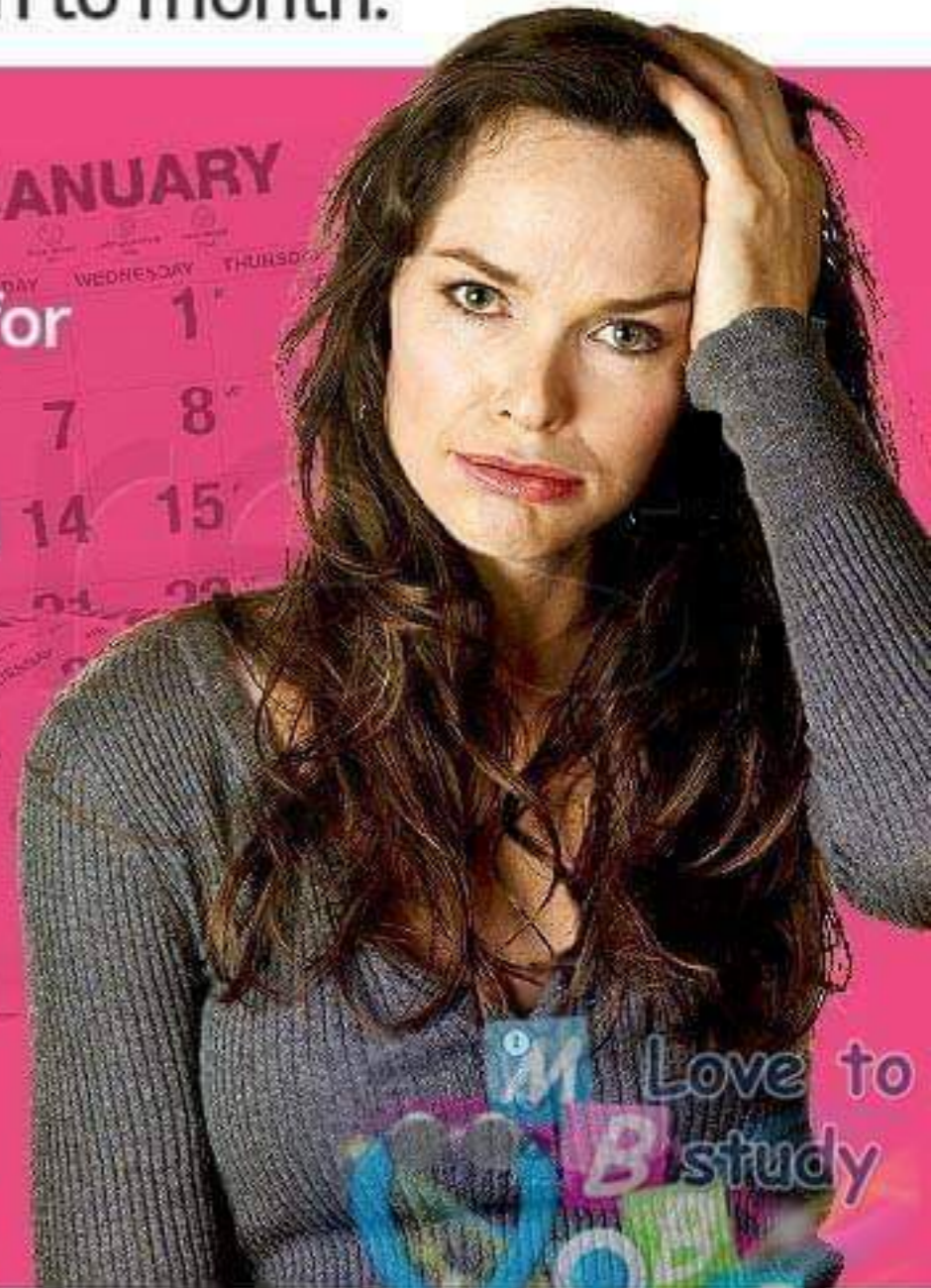
# About Irregular Periods

Irregular periods are defined as menstrual cycles that are continuously shorter than 24 days, longer than 35, or that vary for more than two days in length from month to month.

## Identifying Irregular Periods:

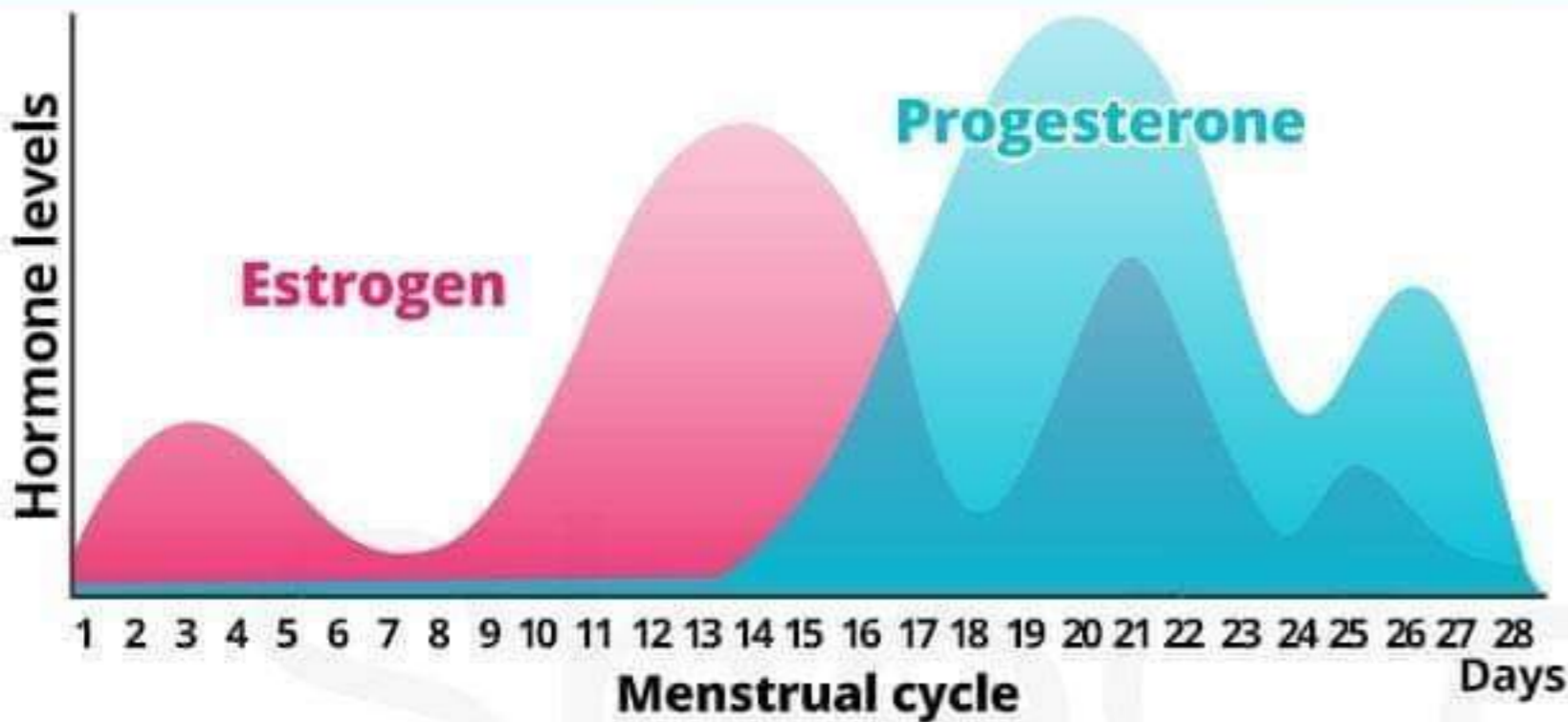
- **AMENORRHEA:** Cessation of a woman's period for at least 90 days, excepting when pregnant.
- **OLIGOMENORRHEA:** Too infrequent menstrual periods (less than 9 yearly periods).
- **MENORRHAGIA:** Excessively frequent menstrual cycles (over 16 every year).
- **DYSMENORRHEA:** Unusually painful periods or experiencing excessive period discomfort.
- **SPOTTING:** Presence of small amount of blood during the middle of the menstrual cycle.

JANUARY



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study

# Causes of Irregular Periods



## Most Common Cause:

Hormonal imbalance of the reproductive hormones

- Mainly happens when there are excessively sharp fluctuations between estrogen and progesterone.

## Other Causes:

- PCOS, thyroid disorders, female athlete's triad, certain contraceptives, cancer, endometriosis.



# Irregular Periods Prevention & Management

## PREVENTION:



- **Diet**  
(foods rich in magnesium & vitamin E)



- **Exercise**  
(promote health of endocrine system)



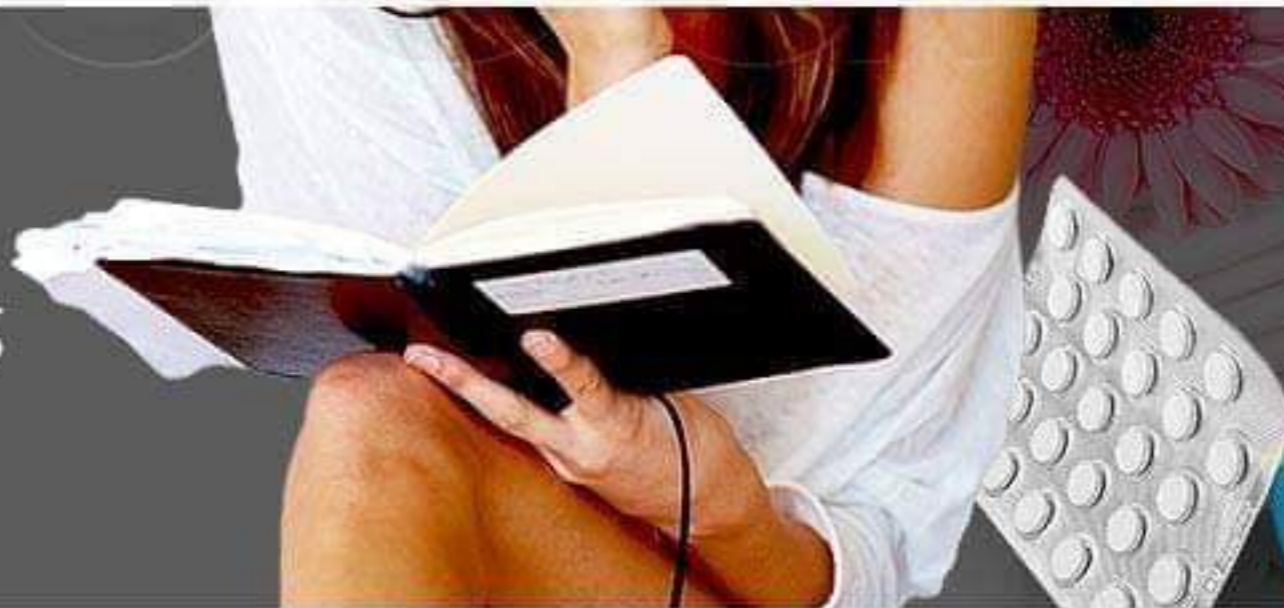
- **Habits**  
(smoking, alcohol, stress, etc.)



- **Supplements**  
(folic acid, iron, zinc, calcium)

## MANAGEMENT:

Keeping a secret stash of feminine products, writing in a period diary, keeping aspirin at hand.



# Irregular Periods Risk Factors & Triggers



## Health Risk Factors:

- Genetics
- Obesity
- Smoking and drinking
- Prescription drugs or treatments

## Psychological Risk Factors:

- Stressful periods
- Eating disorders

## Triggers:

Irregular sleep schedule or lack of sleep, antibiotics.



# Irregular Periods Signs & Symptoms



## Common Symptoms of Irregular Periods:

- Menstruation arrives 2+ days sooner or later than normal
- Amount of menstruation blood significantly lowered or increased
- Amount of days bleeding lasts noticeably altered

## Signs of Irregular Periods:

- Elevated serum levels of testosterone
- Elevated or decreased serum levels of estrogen or progesterone
- Low hemoglobin or red blood cells count (anemia)



# Irregular Periods Treatments

**INITIAL STEPS:** Lifestyle changes that include a healthy diet, regular exercise, and good habits.



## TWO LEVELS OF TREATMENT



### Alternative Medicines

- Vitamin supplements
- Phytoestrogenic supplements
- Hormone-regulating supplements



### Pharmaceutical Options

- Oral contraceptives
- Hormonal implants or IUDs
- HRT (linked with serious side effects)

