UNDERSTANDING YOUR PERIODS

DR JACKIE MAYBIN

1 in 3 suffer heavy periods at some point in their reproductive life

IMPACT

Bleed through & change every hour

Have to stay HOME

Can't go to work

finance

Can't go to school

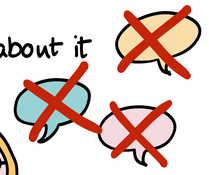
Learning

Fulfil caring roles?

Health
- iron deficiency
- anemia

- blood transfusion

If we don't talk about it - it's hidden



This means less research & therefore less solutions

We need to find the cause in order to find treatment

Your doctor will be able to do some tests to find out what is causing your symptoms & help you find treatments

- IF YOUR FLOW STOPS YOU GOING OUT IT'S TOO HEAVY
- Periods should last days NOT weeks
- Periods should be every 24 - 38 days

Remember

We need to TALK ABOUT PERIODS

Everyone's periods are different

If it's impacting your life - talk to your GP

- Date of last period
- Length of period
- Any irregular bleeding?
- Bleeding after sex?
- Bleeding after menopause?
- Date of last smear

PERIODS ARE NORMAL -BUT WHAT IS A NORMAL PERIOD?

WHY NORMALISING MY PERIOD MATTERED

ALICE BROOKS

Started period aged 10-11

Bled through clothes

HEAVY

They lasted a long time

PAIN

Age 17

I think I have endometriosis and pelvic inflammatory disease

It's just hormones

Learn about your version of normal

TRACK

Educate yourself & SPEAK UP

PUSH for support & diagnosis

Track - pain when ovulating

1 year

Referred to gynecologist

1 year

Surgery

Confirmed evidence of P.I.D & endometriosis

Left with chronic pain & fertility issues

QUESTIONS

You can bleed heavier on first day or 2 if it impacts your life you can do something about it

BUT

PAIN

Womb can be getting used to ovulation

If it stops you going to school

it's not always endometriosis

balance

Monitor over time

Social media is great BUT make sure you get information from a qualified person

EDUCATION

www.nhsinform.scot/healthy-living/womens-health

Heavy periods are leading cause of anemia

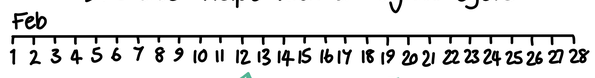
What helps?

fatigue

Can also be other causes - whole person approach

Exercise helps polycystic ovary syndrome

Exercise helps with a regular cycle



Different levels of hormones through cycle

In your 40s periods can change

- Fewer eggs can mean less periods
- Others may bleed more or have heavier periods than normal

Perimenopause

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