



B R O A D

M E D I C A L G R O U P

PREGNANCY CARE



INFORMATIONAL BROCHURE

# MENSTRUAL BLEEDING ISSUES

## When is bleeding considered “abnormal”?

- Bleeding between periods
- Bleeding after sex
- Heavy bleeding with clots, accidents and or frequent changes of pads/tampons during your period
- Menstrual cycles too long (>38 days) or too short (<24 days)
- Bleeding after menopause

## Overview over Menorrhagia

Menorrhagia is the medical term for menstrual periods with abnormally heavy or prolonged bleeding. Although heavy menstrual bleeding is a common concern, most women don't experience blood loss severe enough to be defined as menorrhagia.

With menorrhagia, you can't maintain your usual activities when you have your period because you have so much blood loss and cramping. If you dread your period because you have such heavy menstrual bleeding, talk with your doctor. There are many effective treatments for menorrhagia.

## Premenstrual Syndrome

PMS occurs one to two weeks before your period begins. Some women experience a range of physical and emotional symptoms. Others experience few symptoms or even none at all. PMS can cause:

- bloating
- irritability
- backaches
- headaches
- breast soreness
- acne
- food cravings
- excessive fatigue
- depression
- anxiety
- feelings of stress
- insomnia
- constipation
- diarrhea
- mild stomach cramps



<https://obgyn-newportbeach.com>

## Heavy Periods

Another common menstrual problem is a heavy period. Also called menorrhagia, heavy periods cause you to bleed more than normal. You may also have your period for longer than the average of five to seven days.

Menorrhagia is mostly caused by imbalances in hormone levels, especially progesterone and estrogen. Other causes of heavy or irregular menstrual bleeding include:

- puberty
- vaginal infections
- inflammation of the cervix
- underactive thyroid gland (hypothyroidism)
- noncancerous uterus tumors (fibroids)
- changes in diet or exercise

You may experience different symptoms every month, and the severity of these symptoms can also vary. PMS is uncomfortable, but it's generally not worrisome unless it interferes with your normal activities.



**B R O A D**  
MEDICAL GROUP

### ADDRESS

351 Hospital Rd., Suite 611  
Newport Beach, CA 92663

### PHONE

949-720-9848 Phone  
949-720-9195 Fax





## GET IN TOUCH

### PHONE

949-720-9848 Phone  
949-720-9195 Fax

### ADDRESS

351 Hospital Rd., Suite 611  
Newport Beach, CA 92663

<https://obgyn-newportbeach.com>