

Causes, Forms, Complications and Treatment of Menstrual Cycle Disorders

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ABSTRACT

Menstrual function, that is, regular and cyclical menstruation is one of the important criteria of women's health. An unusual change associated with the menstrual cycle can be one of the first symptoms of a disease of the female reproductive system. Menstrual cycle disorder is the most common condition among menstrual function problems. Gynecologists are also referred to gynecologists with many forms of menstrual cycle disorders, such as delayed menstruation, pain during menstruation, heavy bleeding (blood clots), extra-menstrual bleeding, scanty menstruation, rapid recurrence of menstruation, and other such problems. they apply.

Menstrual cycle is the period from the first day of menstruation to the start of the next period. According to the individual physiological characteristics of each woman, the menstrual cycle normally lasts from 21 to 35 days, usually the cycle lasts 28 days. Menstruation can last from two to seven days. In girls, after the onset of the first period, cycles lasting several years are often observed. However, with age, menstrual periods become balanced and cyclical.

In order to assess the stability and health of the body, it is important for every woman to monitor her menstrual period through the "Women's Diary". Because not noticing a small change in the menstrual cycle, through simple observation, and in the future, small changes that are ignored can cause serious problems.

Causes of menstrual cycle disorders

Various gynecological and endocrinological diseases, various infectious and inflammatory diseases, liver and kidney failure, obesity, vitamin deficiency, psychological stress, nervousness can be the cause of menstrual cycle derailment.

What we have listed are common causative factors. In the course of the article, we will also discuss the diseases and conditions that cause each form of menstrual cycle disorder.

Symptoms and types of menstrual disorders

Menstrual cycle disorder

Illustration: The Guardian

Amenorrhea - prolonged absence of menstruation

Amenorrhea is the absence of menstruation during several menstrual cycles. There are primary and secondary types of amenorrhea. Primary amenorrhea is the absence of menstruation in a girl until the age of 15-16, even though she has reached puberty. If a woman starts menstruating but has not had a period for several cycles, it is called Secondary Amenorrhea. Women with regular, cyclical periods should see a doctor if they haven't had a period in the last three cycles, and women with irregular cycles should see a doctor if they haven't had a period for six months or more. In addition, if girls older than 15-16 years have not had menstruation at all, they should definitely consult a gynecologist.

Amenorrhea can occur due to natural factors. For example, pregnancy, breastfeeding, menopause. Also, a number of diseases and factors can cause the cessation of menstruation.

These are the following:

Diseases of the thyroid gland - hypothyroidism and hyperthyroidism;

Tumor of the pituitary gland;

Polycystic ovarian syndrome;

Early climax;

Very low body weight;

Mental strain, stress;

Defects or lack of sexual organs;

Irregular intake of contraceptives and some group of drugs.

The main symptom of amenorrhea is the absence of menstruation. In addition, depending on the underlying cause of amenorrhea, patients may experience some symptoms along with absence of periods, such as:

Hair loss;

Headache;

Changes in vision;

Increased facial hair;

Hosnbuzar fever;

Fluid discharge from the mammary glands;

Various pains in the groin area.

Oligoamenorrhoea - lack or delay of menstruation

Infrequent menstruation, i.e. the normal menstrual cycle lasts more than 35 days and only 4 to 9 periods per year, is called oligomenorrhea. Oligomenorrhea has several causes, some of which are natural. However, missing or late periods can also be a sign of a more serious condition.

For example, when some teenage girls begin to menstruate, the menstrual cycle initially repeats for 21 to 35 days or more. This condition becomes a regular period over time. In addition, in 45-50-year-old women, the length of the menstrual cycle is observed even when the body is moving towards menopause. If these conditions are not accompanied by unusual symptoms, it is considered normal.

If you want to know more about menopause (climax), you can read this article: Climax - a new life

And in women who are planning to become pregnant, the delay in menstruation can also be associated with the onset of pregnancy.

Oligomenorrhea can be caused by improper use of contraceptive drugs, thinness and obesity, heavy physical work and professional sports, and diseases such as diabetes, thyroid gland, ovarian diseases, hyperprolactinemia, prolactinomas.

If you do not have a period for more than 35 days without the natural factors listed above, causing oligomenorrhea, definitely go to a gynecologist.

Also read this article: Pregnancy calendar

Menstrual cycle disorder - polymenorrhea (frequent menstruation)

Polymenorrhoea is a form of abnormal uterine bleeding, defined as a menstrual cycle lasting less than 21 days. Shortness of cycle may be normal for some women, but for others, it is due to certain medical reasons. In addition, shortness of the menstrual cycle can indirectly affect the ovulation process and make it difficult to get pregnant.

Sometimes the abnormal conditions that cause polymenorrhea may go undetected, which is normal for some women. However, polymenorrhea can occur in some people due to various factors and diseases. Also, taking into account its effect on pregnancy, it is advisable to start its treatment.

It can be caused by endometriosis, sexually transmitted diseases (chlamydia and gonorrhea), menopause, stress, psychological disorders, malnutrition, and chronic inflammatory diseases of the pelvic organs.

Sometimes bleeding due to other diseases of the reproductive organs can be mistaken for polymenorrhea. Therefore, do not forget to visit a gynecologist if you notice any unusual bleeding or spotting, blood clots.

Dysmenorrhea (algodysmenorrhea, algomenorrhea) is pain during menstruation

Dysmenorrhea is one of the most common pathological conditions in adolescence, which is pain and complex changes observed in the pelvic area associated with menstruation.

Often, pain is observed during menstruation, and in some women, severe pain can begin 1-3 days before. This condition increases with the onset of menstruation and is characterized by a decrease in pain after 2-3 days.

Irregular contraction of uterine muscles is the main cause of pain during menstruation. And there are several factors that cause this, they can be:

Shortness of the lutein phase;

Congenital connective tissue dysplasia;

Uterine adenomyosis and endometriosis;

Hereditary factor.

If pain during menstruation is a constant bother, if it is combined with the above forms of menstrual cycle disorders, it is necessary to consult a gynecologist.

If you want to know more about period pain, we recommend reading the article Pain during period - dysmenorrhea.

The yoga techniques shown in this video can help you get rid of menstrual cramps.

Menorrhagia is heavy bleeding during menstruation

Menorrhagia is the most common gynecological complaint. In some diagnosed women, it is difficult to identify the underlying cause. Menorrhagia can be the first sign of serious problems in the body.

Menorrhagia is a state of blood loss twice the normal amount, i.e. more than 80 ml, during one cycle. Normally, during one menstrual cycle, up to 30-40 ml of blood can be lost.

This type of menstrual irregularity lasts longer than 7 days and requires the woman to change pads or tampons every 2 hours or more.

blood clots

Illustration: Martha Pucci. HelloClue

Heavy menstrual bleeding can be caused by the following factors:

Ovarian dysfunction;

Hormonal disorders;

Uterine myoma;

Uterine and cervical cancer

Adenomyosis;

Spiral use;

Complications of pregnancy;

Blood diseases.

Treatment of menstrual disorders

Treatment of menstrual cycle disorders is aimed at eliminating the main cause of the disease. Treatment methods depend on the cause of the problem, the diagnosis, how severe or mild the patient's condition is, what diseases he has experienced so far, and several other such factors.

Hormones may be prescribed to control heavy bleeding during surgery. Pain relievers such as ibuprofen are used to relieve pain. If it is determined that the problems are caused by strong stress and hard work, it is advisable to take a long rest and carry out special therapy.

If systemic diseases, such as thyroid gland, diseases of the reproductive system, various benign and malignant tumors are identified as the causes of menstrual cycle disorders, treatment of the main diseases is required in case of referring to relevant specialists. Often, the menstrual cycle returns to normal after the underlying disease is eliminated.

Complications of the disease and methods of prevention

Considering that menstrual cycle disorders are caused by various diseases, if the main disease or factor is not eliminated, this pathological condition can cause deep complications in the body.

For example, complications such as osteoporosis and infertility due to amenorrhea, oligoamenorrhea, severe anemia due to polymenorrhea, menorrhagia, fatigue, pain, and general metabolic disorders may develop. It is important to pay special attention to the fact that these cases are caused by other diseases, so the complications may be different depending on the type of the main disease. Therefore, make it a habit to consult a doctor as soon as you notice an unusual change in your menstrual function.

To prevent menstrual cycle disorders, it is useful to implement some of the following recommendations:

Try to maintain a healthy lifestyle by doing moderate-intensity exercise and eating healthy foods.

If you're trying to lose weight, do it gradually rather than going on a diet that severely restricts your calorie and food intake.

Make sure you get enough rest.

Try different ways to reduce stress.

If you are a professional athlete, avoid long-term or high-intensity exercise. Playing professional sports, as we said before, can cause the menstrual cycle to go wrong.

Use birth control pills or other contraceptive methods as directed by your gynecologist.

Always monitor your period.

Have a preventive check-up every six months.

blood clots

Photo: Google Photo

When is it necessary to consult a gynecologist with a menstrual cycle disorder?

Contact your doctor if you have any of the following symptoms:

If you experience unusual bleeding or large blood clots;

Abnormal or foul-smelling vaginal discharge;

If the menstrual cycle disorder is regular, i.e. every time there is a delay of 5-7 days or early menstruation;

If menstruation lasts more than seven days;

If bleeding continues after menopause;

If girls do not start menstruating even at the age of 15, or if the menstrual cycle is not established within 1-2 years after the start of menstruation;

If you are often bothered by severe pain before or during menstruation;

If bleeding is manifested by an increase in body temperature.

Also read this article: Ideal makeup techniques, rules and secrets

And, in general, if you experience an unusual situation related to menstruation, it is necessary to consult a doctor about it.

Is bleeding during menstruation normal?

Most women experience irregular periods and spotting at some point in their lives. Menstrual clots are dark masses of blood, tissue, and blood vessels that are released from the uterus during menstruation and range in color from dark red to dark brown.

If the blood clots are small and break loose from time to time and are bright or dark red in color, there may be no cause for concern. But if the menstrual blood is brown, there is a large amount of clotted blood and it is repeated often, it can be a sign of serious health problems.

Usually, blood clots during menstruation are accompanied by menorrhagia and other forms of menstrual cycle disorders and negatively affect a woman's lifestyle. The factors listed above that cause menorrhagia lead to a lot of bleeding, and as a result, blood clots can also be observed.

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