

## Heavy Bleeding – Should I be Concerned?

This information is general and can not diagnosis or determine your symptoms. As a licensed, board certified physician, I will always recommend scheduling an appointment if you think this is abnormal.

Heavy Bleeding – the definition and medical term is Menorrhagia.

At some time in your reproductive life, you've probably experienced heavy bleeding during your menstrual period. Some women have heavy periods almost every cycle. Menorrhagia is the medical term for excessive or prolonged menstrual bleeding — and for periods that are both heavy and prolonged. The condition is also known as hypermenorrhea.

The menstrual cycle isn't the same for every woman. Normal menstrual flow occurs every 21 to 35 days, lasts four to five days and produces a total blood loss of 30 to 40 milliliters (about 2 to 3 tablespoons). Your period may be regular or irregular, light or heavy, painful or pain-free, long or short and still be considered normal. Menorrhagia refers to losing 80 milliliters or more of blood during your menstrual cycle.

Although heavy menstrual bleeding is a common concern among premenopausal women, few women experience blood loss severe enough to be defined as menorrhagia.

Now that you know the definitions, when should you be concerned?

1. When the your period is not like last month's period.
2. When you are changing your sanitary napkin or tampon twice as frequent, on a regular basis.
3. Your period normally lasts 4 – 5 days and it is now lasting 10 days.
4. Your period normally comes once per month however, now it is coming twice per month.

If you are experiencing the above scenarios, please contact the office for an exam. It may be something simple like hormone changes or serious. However, it can not be determined by an article or through self examination.