

IRREGULAR PERIODS

EVERY WOMAN IS DIFFERENT INCLUDING THEIR PERIODS. SOME HAPPEN LIKE CLOCKWORK. OTHERS ARE HIT-OR-MISS AND UNPREDICTABLE. ON AVERAGE, A WOMAN GETS THEIR PERIOD EVERY 24 TO 38 DAYS. A PERIOD USUALLY LASTS ABOUT 2 TO 8 DAYS.



WHAT'S IRREGULAR

YOU MAY HAVE IRREGULAR PERIODS IF:

- THE TIME BETWEEN EACH PERIOD STARTS TO CHANGE
- YOU LOSE MORE OR LESS BLOOD DURING A PERIOD THAN USUAL
- THE NUMBER OF DAYS THAT YOUR PERIOD LASTS VARIES A LOT

CAUSES OF IRREGULAR PERIODS

IT INCLUDES:

- **HAVING AN INTRAUTERINE DEVICE (IUD)**
- **CHANGING BIRTH CONTROL PILLS OR USING CERTAIN MEDICATIONS**
- **TOO MUCH EXERCISE**
- **POLYCYSTIC OVARY SYNDROME (PCOS)**
- **PREGNANCY OR BREAST FEEDING**
- **STRESS**
- **OVERACTIVE THYROID (HYPERTHYROIDISM) OR UNDERACTIVE THYROID (HYPOTHYROIDISM)**
- **THICKENING OF OR POLYPS ON THE UTERINE LINING**
- **UTERINE FIBROIDS**

TREATMENT OPTIONS

IT INCLUDES:

- LIFE-STYLE CHANGES
- CHANGING BIRTH CONTROL
- HORMONE THERAPY
- SURGERY



WHEN TO SEEK MEDICAL ADVICE

- YOU MISS THREE OR MORE PERIODS A YEAR
- YOU GET YOUR PERIOD MORE OFTEN THAN EVERY 21 DAYS
- YOU GET YOUR PERIOD LESS OFTEN THAN EVERY 35 DAYS
- YOU ARE BLEEDING MORE HEAVILY THAN USUAL DURING YOUR PERIOD
- YOU BLEED FOR MORE THAN 7 DAYS
- YOU HAVE MORE PAIN THAN USUAL DURING A PERIOD

TO GET TREATED CONTACT:

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