

Heavy Menstruation: Causes & Solutions

Heavy menstruation can affect up to 30% of all women of reproductive age. In fact, this is one of the most common reasons for referral to a gynaecologist.

Despite its common occurrence, many women may not realize that this is an abnormal condition, and therefore may not seek a diagnosis or treatment.

This condition is detected from personal discomfort. Though often clinically defined by irregular bleeding (more frequently than normal cycle), this can be subjective. Someone suffering from heavy menstruation may find difficulty in everyday tasks; pain and discomfort may prohibit them from work & family activities.

Causes for heavy menstrual bleeding may include:

- ✓ Structural abnormalities: fibroids or polyps
- ✓ Hormonal imbalances
- ✓ Underlying medical conditions

Any woman suffering from their menstrual cycles needs to consult a physician immediately to determine the cause and explore possible solutions.

This is a very treatable condition, and through diagnosis and discussion with a gynaecologist, many options can be explored.

These options may include anti-inflammatories, birth control pills, IUDs, or surgical options.

In cases where patients opt for surgical options, there are traditional solutions such as hysterectomies, as well as faster, less invasive options like endometrial ablations, which can be performed either in an operating room or an ambulatory setting.

Contrary to misconceptions, there are procedures available that do not require general anesthetics, such as the NovaSure Endometrial Ablation System.

Be sure to thoroughly discuss these options with your family physician or gynaecologist, determine the best option for your body, and improve your quality of life.

www.HealthandFamily.ca/HeavyMenstruation

The Society of Obstetricians and Gynaecologists of Canada www.SOGC.org
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