'Women don't need to bleed', why many more of us are giving up on periods

With recent confirmation that periods have no health benefit, an increasing number of women are using *contraception* to stop them altogether.

contraception　避孕

Menstruation is the process by which the body sheds the *lining* of the *uterus* and unfertilised egg. Not having periods does not create a "backlog", nor are they necessary to "cleanse the body". Menstruation can, however, *exacerbate incapacitating* physical or mental health problems including endometriosis and depression.

lining　内层　　　　　　　　　　　uterus　子宫

exacerbate　使加剧；恶化　　　　　incapacitate　使 丧失能力

So, if women do not want a period, is there a medical reason that they should? Many may be surprised to learn that the short answer is: no.

Dr Anne Connolly, the clinical lead for Women's Health for the Royal College of GPs, says there is no health benefit to them: "Ninety-nine per cent of women don't need to bleed."

The option not to have periods is rooted in *hormonal* contraceptives, which prevent pregnancy, sometimes with other effects — including lightening bleeding or stopping it altogether. Many new forms of contraception — including the *contraceptive implant* and injection — are designed to be taken continuously, meaning many users can safely go months or years without any bleeding.

hormonal　荷尔蒙的　　　　　　　　contraceptive　避孕药；避孕的

implant　植入；灌输

The benefits can be *myriad*, from saving money to *mitigating* health problems.

myriad　无数的　　　　　　　　　　mitigate　减轻；缓和

But some women may prefer not to use hormonal contraceptives. Some experts agree that more research is needed into the long-term effects of taking hormonal contraception. However, they say there should be greater awareness of the benefits of contraceptives beyond preventing pregnancy.

Sophie, 24, from Glasgow, no longer bleeds thanks to the contraceptive implant, and says: "Just because something is natural, I don't think it in any way means we should have to go through it. Different things suit different people, and that's fantastic."