

Changes in bleeding

Sometimes, the ovary does not release an egg. When this happens, the body makes less hormone, which can cause changes in how often and how much a woman bleeds. Girls whose monthly bleeding has just begun – or women who have recently stopped breastfeeding – may bleed only every few months, or have very little or too much bleeding. Their cycles usually become more regular with time. Women using hormonal family planning, sometimes have bleeding in the middle of the month.

Older women who have not yet gone through menopause may have heavier bleeding or bleed more often than when they were younger. As they get closer to menopause, they may stop having monthly bleeding for a few months and then have it again.

Pain with monthly bleeding

During monthly bleeding the womb squeezes in order to push out the lining. The squeezing can cause pain in the lower belly or lower back, sometimes called cramps. The pain may begin before bleeding starts or just after it starts.

Tips for taking care

- Do exercise, walk and run
- Rub your lower belly. This helps the tight muscles to relax.
- Fill a plastic bottle or some other container with hot water and place it on your lower belly or lower back. Or, use a thick cloth you have soaked in hot water.
- Drink tea with ginger. Women in your community may know of other remedies that work for this kind of pain.
- Take a mild medicine for pain with doctor's advice.

Pre-menstrual syndrome (PMS)



Some women and girls feel uncomfortable one or two weeks before their monthly bleeding begins. They may have one or more of a group of signs that are known as pre-menstrual syndrome (PMS). Women who have PMS may notice:

- Sore breasts
- A full feeling in the lower belly
- Constipation (when you cannot pass stool)
- Feeling extra tired