

Topic # 4

What Cause Irregular Periods

Usually, women have a menstrual period that lasts from 4 to 7 days. Most of the time period occurs every 28th day but normal menstrual cycles have 21 to 35 days.

Average length of the cycle is 29 days. There are many things that can be the reason for irregular periods like stress, change in hormones, health conditions, medications, etc.

Causes of Irregular Periods:

Stress & Irregular Periods:

There are many reasons for having irregular periods and one of them is the stress that leads to the irregular periods. Dealing with a relationship breakup or dealing with stress at your workplace can cause irregular periods. Suppose that you are super stressed so your body sends out hormones that make yourself fight with someone and these hormones can also cause many other things.

Changes in Your Weight:

Lose or gain of weight can also be a major reason for your irregular periods. Usually, irregular periods take place after the weight loss. This is because losing weight can create hormonal imbalance in the body. The imbalance of hormones can result in late or missed periods.

Uncontrolled Diabetes:

Uncontrolled diabetes might result in irregular menstruations and the reason for it is the interaction between sugar levels of blood & hormones that interfere with the period cycle. Tpo get regular menstruation it is important to get a proper treatment or examine the issue by yourself.