

Topic # 5

How to Manage Heavy Bleeding During the Periods

Heavy menstrual periods are considered to be a common disorder. It refers to the bleeding that lasts more than seven days and the blood flow is more than the usual bleeding during the menstruation. Consult with your health care provider about it for the treatment options if you find any disturbance in your daily life due to heavy bleeding.

What is Heavy Menstrual Bleeding?

Heavy bleeding is also called menorrhagia that happens when your periods are prolonged or heavy. Here heavy word refers to the periods that are longer than seven days or losing blood than the usual flow. You might bleed more that you need to change your pad for every several hours.

Is heavy menstrual bleeding serious?

There is no doubt that heavy bleeding can be serious if you lose a lot of blood, which is the sign of anemia. Anemia is a condition that takes place from having very less iron in your blood. Anemia can be life threatening if you can't get proper treatment.

How can I stop heavy periods (menorrhagia)?

Knowing the reasoning for your heavy bleeding is very important because it is the key for getting an effective treatment. This is why consulting this condition is very important with your doctor. In a few cases, menorrhagia is caused by the fibroids or endometriosis is treated with surgery. But in some other cases heavy bleeding can be through some lifestyle changes.

