

MENOPAUSE



HEAVY PERIODS ?

- Bleeding lasting more than 7 days.
- Soaking through one or more pads or tampons every hour for several consecutive hours.
- Needing double protection (pad + tampon) to control menstrual flow.
- Passing blood clots larger than 1 inch (2.5 cm) in diameter.



UNDERLYING CAUSES

Fibroids – Non-cancerous growths in the uterus that can cause increased bleeding.

- Polyps – Small benign growths on the uterine lining that may bleed excessively.
- Ovarian cysts – Can disrupt hormonal balance and menstrual flow.
- Endometriosis – Endometrial tissue grows outside the uterus, causing painful and heavy bleeding.

WHEN TO CONSULT US?

- Bleeding disrupts daily activities or causes fatigue.
- Periods are suddenly much heavier.
- Bleeding between periods or after sex.
- Menstrual cycles shorter than 21 days or longer than 35 days.

