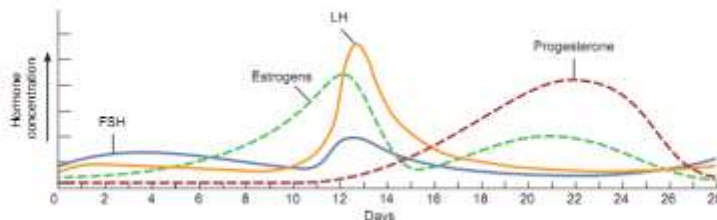
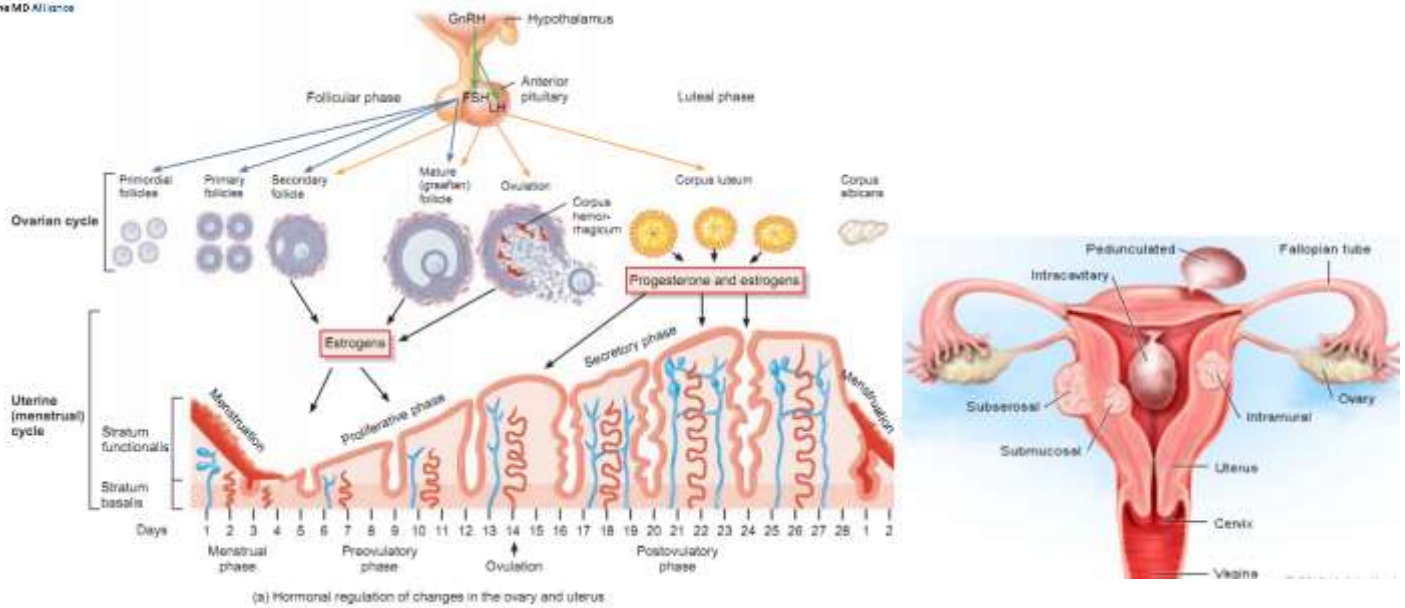


ABNORMAL UTERINE BLEEDING (Patient Hand out)



(b) Changes in concentration of anterior pituitary and ovarian hormones

The normal length of the **menstrual cycle** is typically between 24 days and 38 days. A normal menstrual period generally lasts up to 8 days.

Abnormal uterine bleeding: Bleeding or spotting between periods, Bleeding or spotting after sex, Heavy bleeding during your period, Menstrual cycles that are longer than 38 days or shorter than 24 days, “Irregular” periods in which cycle length varies by more than 7–9 days, Bleeding after **menopause** are examples of **abnormal uterine bleeding**.

Causes of Abnormal Bleeding include:

- Problems with **ovulation, or hormonal imbalances affecting normal ovarian function**
- **Structural causes such as Fibroids and polyps, Adenomyosis,**
- Hematologic or intrinsic Bleeding disorders or acquired disorders (blood thinners)
- **Miscarriage or abnormal Ectopic pregnancy**
- Certain types of pre cancer or cancer arising from the uterus

Testing – Evaluation involves a thorough history with blood tests and imaging studies (Ultrasound).

Treatment Options – **It really depends on the cause!** After the imaging and blood tests are completed, we fix the underlying issue by using any of the following treatment options:

- Pain Control Medications (Ibuprofen 600 mg every 6 hours for pain for 24-48 hours), Iron Pills (324 mg for anemia control, Hormonal birth control to regulate menses, **Gonadotropin-releasing hormone (GnRH) agonists, Tranexamic acid,** Antibiotics, (medications), endometrial ablation,
- Surgery – Remove fibroids, Polyps or Uterus – can be done with small cameras/incisions in some patients.