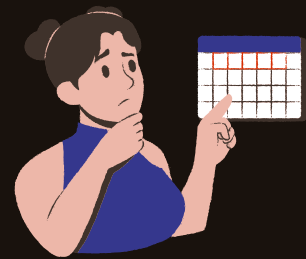




Absent Periods



If you are wondering where your period is (and you are not pre-pubescent, pregnant, or post-menopausal) then this should be investigated. Your menstrual cycle is considered to be the 5th vital sign and any absent bleeding for more than 3 months is considered abnormal.

Normal periods are considered to be:

- 24-35 days in length (and it doesn't vary by more than 7 days)
- 3-7 days long
- 28-80ml in quantity
- clots should be no bigger than a pea
- no, or mild pain
- no PMS

Things to consider	Diagnosing
<ul style="list-style-type: none">● PCOS (Polycystic Ovary Syndrome)<ul style="list-style-type: none">○ No ovulation○ Absent or irregular periods○ Insulin resistance○ Hirsutism○ Acne○ No periods	<ul style="list-style-type: none">● Cycle and symptom tracking● Blood tests for:<ul style="list-style-type: none">○ FSH (day 2-5 of your cycle)○ LH (day 2-5 of your cycle)○ Total testosterone (between 7 am and 10 am)○ Sex hormone-binding globulin○ Prolactin (any day of the cycle)○ TSH (any day of the cycle)● Ultrasound scans (although this is not a conclusive test)● Exclude other causes of hyperandrogenism such as late-onset congenital adrenal hyperplasia, Cushing's syndrome, or an androgen-secreting tumor
<ul style="list-style-type: none">● Hypothalamic amenorrhea<ul style="list-style-type: none">○ Absent periods○ Low libido○ Difficulty sleeping○ Depression○ Low energy○ Increase hunger○ Anxiety	<ul style="list-style-type: none">● GnRH stimulation test● Blood tests for:<ul style="list-style-type: none">○ FSH (day 2-5 of your cycle)○ LH (day 2-5 of your cycle)○ Total testosterone (between 7 am and 10 am)○ Sex hormone-binding globulin○ Prolactin (any day of the cycle)○ TSH (any day of the cycle)

<ul style="list-style-type: none"> ○ Acne ○ Nipple discharge and blurry vision 	<ul style="list-style-type: none"> ● MRI
<ul style="list-style-type: none"> ● Primary ovarian sufficiency or oestrogen deficiency <ul style="list-style-type: none"> ○ "Early menopause" is when ovaries stop producing oestrogen in women below the age of 45 ○ Absent periods ○ Hot flushes ○ Night sweats ○ Vaginal dryness and discomfort during sex ○ Difficulty sleeping ○ Low mood or anxiety ○ Reduced sex drive ○ Problems with memory and concentration 	<ul style="list-style-type: none"> ● Blood tests for: <ul style="list-style-type: none"> ○ FSH (day 2-5 of your cycle) ○ LH (day 2-5 of your cycle) ○ Total testosterone (between 7 am and 10 am) ○ Sex hormone-binding globulin ○ Prolactin (any day of the cycle) ○ TSH (any day of the cycle)
<ul style="list-style-type: none"> ● High prolactin <ul style="list-style-type: none"> ○ Absent periods ○ Irregular periods ○ Breast pain ○ Loss of libido ○ Androgen excess e.g hirsutism, acne, change in body shape 	<ul style="list-style-type: none"> ● Blood test for prolactin levels (any day of the cycle) ● If a high reading is found you will be sent for an MRI
<ul style="list-style-type: none"> ● Post-hormonal birth control <ul style="list-style-type: none"> ○ absent or irregular periods 	<ul style="list-style-type: none"> ● Signs and symptoms i.e. it may take up to 18 months for a normal and regular cycle to maintain itself
<ul style="list-style-type: none"> ● Hyperthyroidism <ul style="list-style-type: none"> ○ absent or infrequent periods ○ weight loss ○ anxiety ○ insomnia ○ sensitivity to heat ○ heartbeat irregularities 	<ul style="list-style-type: none"> ● A complete thyroid panel should include the following blood tests: <ul style="list-style-type: none"> ○ TSH ○ Total T4 ○ Free T4 ○ Total T3 ○ Free T3 ○ Reverse T3 ○ Erythrocyte sedimentation rate (ESR)

Depending on investigations and your signs and symptoms this is not an exhaustive list.

My guidance today is:

- Your first port of call should be to speak to your primary healthcare practitioner
- Make the necessary checks and tests; heavy periods are not a normal physiological process and should not be accepted where it impacts your quality of life.
- Start cycle tracking
- Get in touch today and we can start working on how I, and acupuncture, can support your healthy periods.

Send me an email at andrea@thechannelproject.co.uk and we can discuss your signs and symptoms. As a follow up I will then send you information on how you can start to make changes TODAY.



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DISCLAIMER

The ideas and concepts in this leaflet are for informational and educational purposes only and are not intended to serve as a substitute for medical advice.

It is not meant to treat or cure any disease. You should seek your own professional counsel for any medical condition before any dietary changes or supplementation.

I am not a medical doctor and it is always best to discuss any questions or concerns you may have with your primary healthcare practitioner.

Andrea Dewhurst at The Channel Project disclaims liability for any medical outcomes, loss, claim, or damage that may occur as a result of the use or misuse of the information provided.