



Painful Periods

If you have periods that are painful enough to:

- Stop you leaving the house for school or work or just your day to day
- You have to take medication for the pain and sometimes even this will not improve the feeling
- You vomit with the pain

Then this is not a normal period and you should receive an investigation as to why you are experiencing this. I am here to support you.

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"> ● Oestrogen excess <ul style="list-style-type: none"> ○ Heavy periods ○ Painful periods ○ Clotty periods ○ Cyclical migraines ○ PMS symptoms like bloating, cramping, breast tenderness, and mood swings, ○ Fibrocystic breasts ○ Uterine fibroids ○ Endometriosis ○ Polyps ○ Fatigue ○ Depression/anxiety 	<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) ○ E2 (day 2-5 of your cycle) ○ Oestradiol ● DUTCH test
<ul style="list-style-type: none"> ● Inflammation <ul style="list-style-type: none"> ○ PMS ○ Period cramps 	<ul style="list-style-type: none"> ● A stool sample test will show digestive function, intestinal inflammation, and the intestinal microbiome.

- Menstrual migraines
- Period poos
- Poor egg quality
- Impaired progesterone levels
- Affects the thyroid
- Increased aromatase and oestrogen levels

● **Endometriosis**

- Painful periods
- Pelvic pain
- Painful intercourse
- Pain with urination or bowel movements
- Fatigue
- Infertility
- Premenstrual spotting

- The only definitive way to diagnose endometriosis is by a laparoscopy

● **Adenomyosis**

- Heavy periods that last for a long time
- Severe period pain
- A feeling of pressure in your abdomen
- Bloating

- MRI
- Transvaginal ultrasonography

● **Fibroids**

- Heavy periods
- Painful periods/pelvic pain
- Infertility
- Irregular bleeding
- Constipation
- Frequent/urgent urination
- Pain with intercourse

- A blood test to check if you have anaemia (see above for low iron).
- An ultrasound scan.
- A hysteroscopy.
- An MRI

● **Copper IUD**

- Spotting between periods
- Irregular periods
- Heavier or longer periods
- More or worse cramping during your periods

- Removal of the IUD to see if period pain stops

● **Ovarian cyst**

- Pelvic pain – this can range from a dull, heavy sensation to a sudden, severe, and sharp pain
- Pain during sex
- Difficulty emptying your bowels
- A frequent need to urinate
- Heavy periods, irregular periods, or lighter periods than normal
- Bloating and a swollen tummy

- Ultrasound scan

- Feeling very full after only eating a little
- Difficulty getting pregnant – although fertility is usually unaffected by ovarian

- **Pelvic inflammatory disease**

- Pain around the pelvis or lower tummy
- Discomfort or pain during sex that's felt deep inside the pelvis
- Pain when peeing
- Bleeding between periods and after sex
- Heavy periods
- Painful periods
- Unusual vaginal discharge, especially if it's yellow, green, or smelly

- Signs and symptoms
- Pelvic examination and swabs for testing for infection
- Urine test
- Blood test for white blood cell activity

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.

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