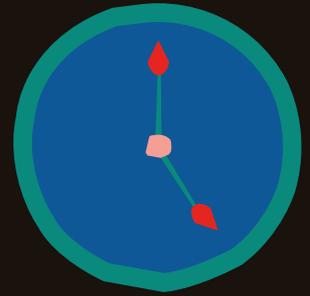


# Irregular Periods



Do you never really know when your period might show up? Or they can be 20 days one month, and 40 days the next?

None of the above should be how you live your life. I am here to support you.

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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"><li>● <b>Low progesterone</b><ul style="list-style-type: none"><li>○ Spotting during your luteal phase,</li><li>○ Difficulty falling or staying pregnant</li><li>○ PMS</li><li>○ Premenstrual headaches/migraines</li><li>○ Heavy periods</li><li>○ Irregular or frequent cycles</li><li>○ Bloating/water retention</li><li>○ Restless legs at night</li><li>○ Insomnia</li></ul></li></ul>	<ul style="list-style-type: none"><li>● Cycle and symptom tracking</li><li>● Blood tests progesterone, 7 days before the next cycle</li></ul>
<ul style="list-style-type: none"><li>● <b>Uterine polyps</b><ul style="list-style-type: none"><li>○ Irregular bleeding between periods or after menopause</li><li>○ Periods that vary in length and heaviness</li><li>○ Very heavy periods</li><li>○ Difficulty getting pregnant</li></ul></li></ul>	<ul style="list-style-type: none"><li>● A transvaginal ultrasound</li></ul>
<ul style="list-style-type: none"><li>● <b>Fibroids</b><ul style="list-style-type: none"><li>○ Heavy periods</li><li>○ Painful periods/pelvic pain</li><li>○ Infertility</li></ul></li></ul>	<ul style="list-style-type: none"><li>● A blood test to check if you have anaemia (see above for low iron).</li><li>● An ultrasound scan.</li><li>● A hysteroscopy.</li></ul>

- Irregular bleeding
- Constipation
- Frequent/urgent urination
- Pain with intercourse

- An MRI

- **Hypothyroidism**

- Feeling tired
- Weight gain
- Irregular menstrual cycles:
- Heavy periods
- Higher sensitivity to cold
- Swelling and oedema
- Dry skin and hair
- Thinning hair on the head
- Constipation
- Trouble becoming or staying pregnant
- Goiter (abnormal growth/enlargement of the thyroid)

- A complete thyroid panel should include the following blood tests:
  - TSH
  - Total T4
  - Free T4
  - Total T3
  - Free T3
  - Reverse T3
  - Anti-TPO Antibodies
  - Anti-Thyroglobulin Antibodies

- **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 heavy bleeding stops

- **Perimenopause**

- Heavy bleeding
- Irregular menstrual cycles
- New PMS symptoms
- Swollen, tender breasts
- Insomnia
- Weight gain
- Night sweats
- Headaches
- Mood swings

- Cycle and symptom tracking
- Blood tests for FSH (day 2-5 of your cycle) and oestradiol

- **PCOS (Polycystic Ovary Syndrome)**

- Not a common sign, but heavy periods may sometimes be a sign
- No ovulation
- Irregular periods
- Insulin resistance
- Hirsutism
- Acne
- No periods

- Cycle and symptom tracking
- Blood tests for:
  - 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

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

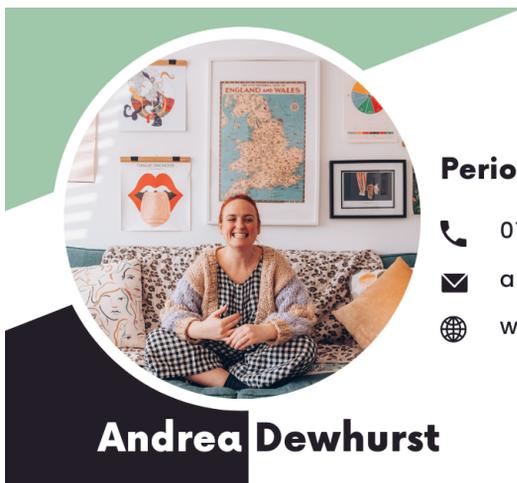
- **Ultrasound scan**

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](mailto: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.



### **Period Acupuncturist**

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