🏥 What is Menorrhagia?

Menorrhagia refers to **excessively heavy or prolonged menstrual bleeding**. Normal menstrual bleeding lasts **up to 7 days**. If you: ✅ Experience bleeding longer than **7 days** ✅ Pass **large blood clots** ✅ Need to change **pads or tampons every 1-2 hours** ✅ Experience **fatigue, dizziness, or heart palpitations**

🔷 You may have heavy menstrual bleeding and should consult your doctor.

🔍 What Causes Heavy Menstrual Bleeding?

There are many possible causes, including: ✅ **Hormonal imbalances** – Conditions such as **polycystic ovary syndrome (PCOS), perimenopause, or thyroid disorders** ✅ **Uterine fibroids or polyps** – Non-cancerous growths in the uterus ✅ **Bleeding disorders** – Such as **Von Willebrand disease** or platelet dysfunction ✅ **Adenomyosis** – When the inner lining of the uterus grows into the muscle layer ✅ **Endometrial hyperplasia or cancer** – Abnormal thickening of the uterine lining ✅ **Pelvic infections or certain medications** – Including blood thinners or intrauterine devices (IUDs)

🩺 What Tests Might Be Needed?

Diagnostic tests depend on your age, medical history, and symptoms. Your doctor may recommend: 🔷 **Blood tests** – To check **haemoglobin, iron levels, hormones, and clotting function** 🔷 **Pelvic ultrasound** – To assess **uterine lining, fibroids, polyps, ovaries, and fallopian tubes** 🔷 **Endometrial sampling (biopsy)** – To rule out abnormal cell changes, particularly if you are over **45 years old** or have risk factors for endometrial cancer
🔷 **Hysteroscopy** – A minor procedure where a camera is inserted into the uterus to examine the lining

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💊 How is Menorrhagia Treated?

Treatment is based on the underlying cause, severity of symptoms, and your future fertility plans. Options may include:

✅ Medications

- **Tranexamic acid** – Helps reduce bleeding by improving blood clotting
- **Non-steroidal anti-inflammatory drugs (NSAIDs)** – Such as ibuprofen, which can reduce bleeding and pain
- **Hormonal treatments**:
    - Combined oral contraceptive pills

    - **Progestin-only therapies** (tablets, injections, or intrauterine devices like the Mirena IUD)
    - **Gonadotropin-releasing hormone (GnRH) agonists** (for fibroids or endometriosis)

⚠️ **Surgical Options**

If medications are ineffective or unsuitable, surgical treatments may be considered:

- **Endometrial ablation** – A procedure to thin or remove the uterine lining
- **Myomectomy** – Removal of fibroids while preserving the uterus
- **Hysterectomy** – Removal of the uterus, considered only if other treatments fail

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🔷 **If you experience heavy periods affecting your daily life, consult your doctor for assessment and treatment options.** 💙