

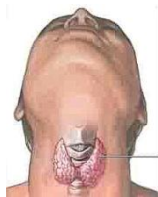
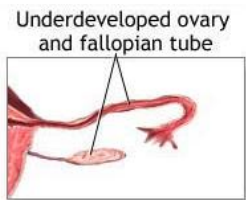
Amenorrhea

What is it?

- **Amenorrhea**– is the absence of a menstrual period in women of reproductive age; normal puberty related rise in body fats triggers the beginning of menstruation,

Facts:

- **Caused by**- in many cases the cause is not known
 - **Primary Amenorrhea**- menstruation cycles never starting; may be caused by failure of the ovary to receive or maintain egg cells, or caused by developmental problems as the congenital absence of the uterus; delay in puberty development, the absence of secondary sexual characteristics by age 16 years of age; galactosemia, Prader-Willi syndrome, receptor abnormalities for hormones FSH and LH, Turner syndrome, Mullerian agenesis, androgen insensitivity syndrome, Kallmann syndrome, vaginal obstruction, Swyer syndrome, no breast development or pubic hair
 - **Secondary Amenorrhea**- normal menstruation cycles ceasing for 3 months or more which is often caused by hormonal disturbances from the pituitary gland and the hypothalamus or from premature menopause, intrauterine scar formation; pregnancy, breast feeding, stopping the use of birth control, menopause, anovulation, premature menopause, hypothalamic-pituitary dysfunction (physical exercise, obesity, anorexia nervosa bulimia, stress, poor nutrition), hyperprolactinemia, polycystic ovary syndrome, androgen producing tumor, thyroid dysfunction, Asherman's syndrome, drug induced, hemochromatosis, ongoing illness, thyroid gland disorders



What can I do?

- **See your Health Care Provider**- for more information
 - **Treatment**- surgical correction, estrogen therapy, egg donor; blood tests-LH, FSH, TSH, T3, T4, and Prolactin; other tests- progesterone, head CT, MRI scan, pelvic ultrasound, urine chemistry, 17-ketosteroids, chromosome analysis, progesterone withdrawal
- **See a Registered Dietitian**- for help as needed with weight gain or loss

