

Irregular Menstrual Cycle-

What is it?

- **Irregular Menstrual Cycle** – can be caused by stress, thoughts, emotions, anorexia, bulimia, poor diet, malnutrition, too much exercise, medications, break in routine, anxiety about pregnancy, sexual activity, illness or physiological imbalance as thyroid conditions



- **Long Term**- a cycle that varies in length from month to month to abnormal symptoms as excessive bleeding, painful periods or ovulation or no cycle for months at a time
- **Short-Term**- can be contributed to all listed above, usually a sporadic occurrence, not a cause for concern unless you are experiencing pain or feel something is wrong; often a delayed period can indicate pregnancy; to clear this up take a pregnancy test

- **Causes of Irregular Periods**- usually a result of hormonal signals that have been thrown out of sync; hormones (estrogen and progesterone) are kept in the hypothalamus, ovaries and pituitary gland inside your body to trigger ovulation and menstruation and sometimes these signals get crossed or skipped causing irregular periods



Signs and Symptoms:

- **Periods**- can make you feel sick, headache, stomach ache, real pain

Facts:

- **Irregular Periods**- affect 30% of women in their reproductive years; any type of bleeding that is abnormal compared to your usual period, heavy bleeding or bleeding between periods, scanty bleeding, missing periods, period that occur twice a month, pregnancy, stress, eating disorder as bulimia or anorexia, intense exercise, menopause, birth control pills, inflammatory bowel disease, polycystic ovary syndrome/PCOS

What can I do?



- **See your Health Care Provider**- about diet, supplements, vitamins, minerals and herbs, exercise, medications, break in routine, sexual activity and anxiety about pregnancy
- **See a Registered Dietitian**- for help as needed about healthy eating, how to improve your diet