

DO I HAVE A PROBLEM?

Menstrual cycle irregularities and dysfunctions can be common in active women - but, that does not mean they are normal. You should speak to your GP/ doctor if: you experience any abnormal symptoms, or if your period/ menstrual cycle affects your daily activities, training, and/or competitions.

AMENORRHEA

Amenorrhea can refer to 1) if you have never had a period by age 15.5 years or 2) the absence of menstruation (period) for 3 months.

OLIGOMENORRHEA

This refers to menstruation (periods) which does not occur on a regular basis.

MENORRHAGIA

Heavy menstrual bleeding (*i.e.*, blood loss of more than 80 ml, frequent period product changes and flooding or blood loss that interferes with life).

DYSMENORRHEA

Painful cramping, usually in the lower abdomen, occurring before and/ or during menstruation.

PMS

There are 150+ symptoms of premenstrual syndrome (*i.e.*, headaches, breast tenderness and irritability).

