

Heavy menstrual bleeding (HMB):

The medical term for this is menorrhagia-which means heavy prolonged cyclical bleeding. However, heavy bleeding may also irregularly. This is not a diagnosis since there are many causes of HMB. It may be associated with pain, a feeling of weakness and pelvic discomfort. The usual menstrual cycle is approximately 5-7 days (losing an average of about 25-80 mls per cycle). Menstrual blood loss over 80mls is regarded as abnormal. Based on your history and examination, further investigations such as blood tests and sometimes a hysteroscopic procedure will be necessary to guide appropriate treatment. When there is no definitive cause, usually a contraceptive pill, pain medication coupled with iron treatment if needed may be commenced.