

Dysmenorrhea/Amenorrhea/Heavy Bleeding

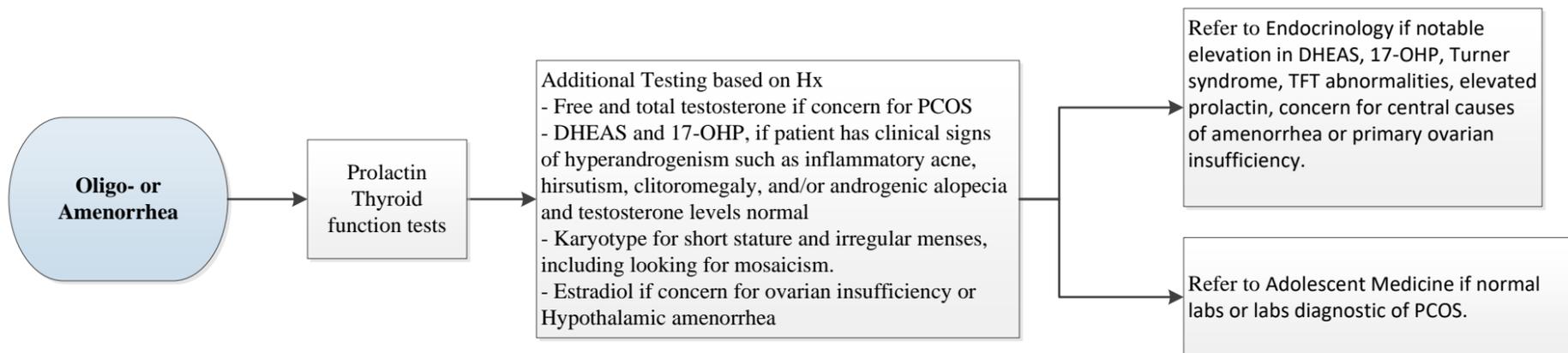
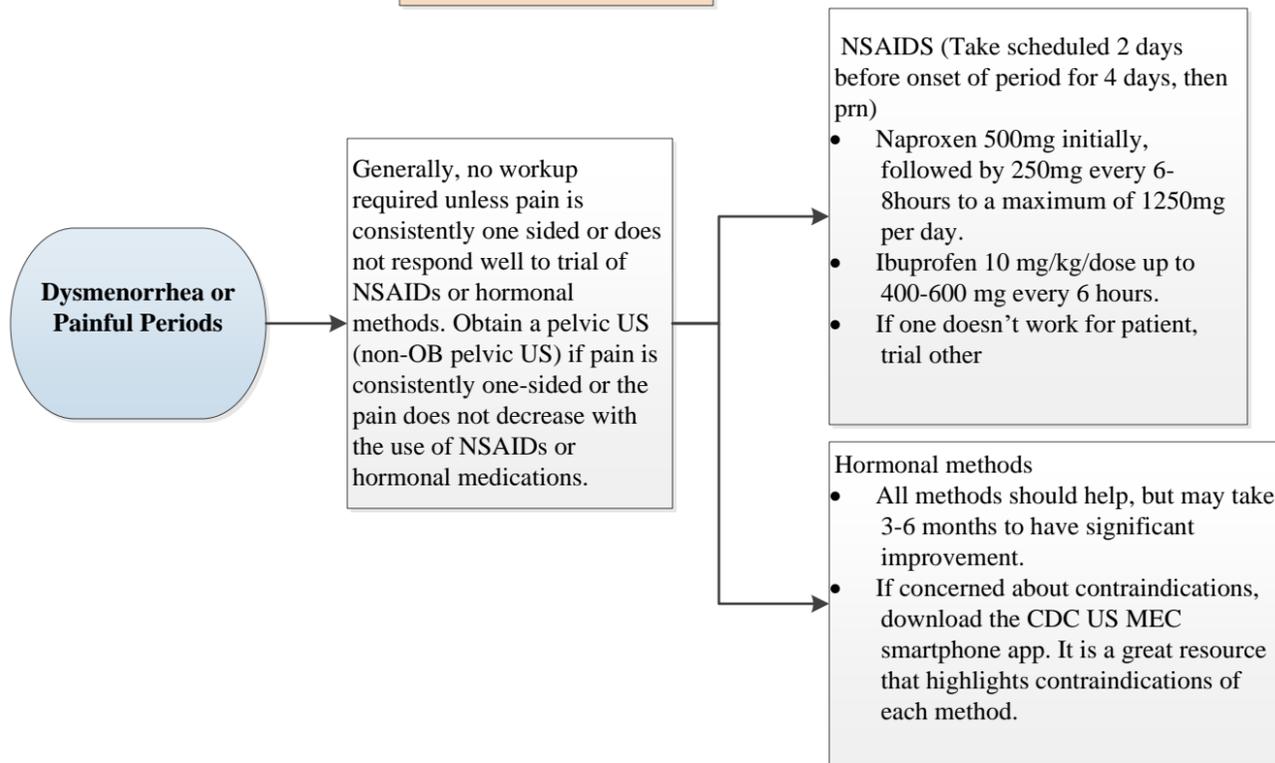
Obtain Hx:
Gynecologic Years: Current
Age - Age of Onset

Cycle length:
-First day of the last period to the first day of the next period.
-If patient does not have objective information ask them to track on app or calendar and follow up in 3-6 months prior to consult, unless amenorrhoeic.

Bleeding Pattern:
-How many days does it last?
-Number of pads/tampons per day.
-Are pads/tampons changed because soaked through into clothes or patient preference?
-Has it been heavy ever since menarche?

Menstrual Pain:
-Trial of NSAIDs
-If the pain occurs between menses, or mid-cycle, this could be ovulatory pain. Hormonal therapy to inhibit ovulation may help.

Past medical and family history:
-Any personal history of prolonged/recurrent nosebleeds or other bleeding?
-Any family history of chronic anemia, heavy menstrual periods, or bleeding disorders?



It takes ~2 years for most girls to have a "regular cycle" and in some cases it may take up to 5 years.

A "normal cycle" length can be 21-45 days. This means some girls can have 2 periods per month and others one every other month. Therefore, cycle tracking is important because it will help determine whether further workup is required.

If cycle length falls within window and there are no concerning findings on ROS or exam no further workup is necessarily required.

Normal menses last between 3-7 days. A menses that lasts longer than 7 days is considered to be a prolonged menses. Heavy menstrual bleeding is defined by the patient rather than a set number of pads/tampons