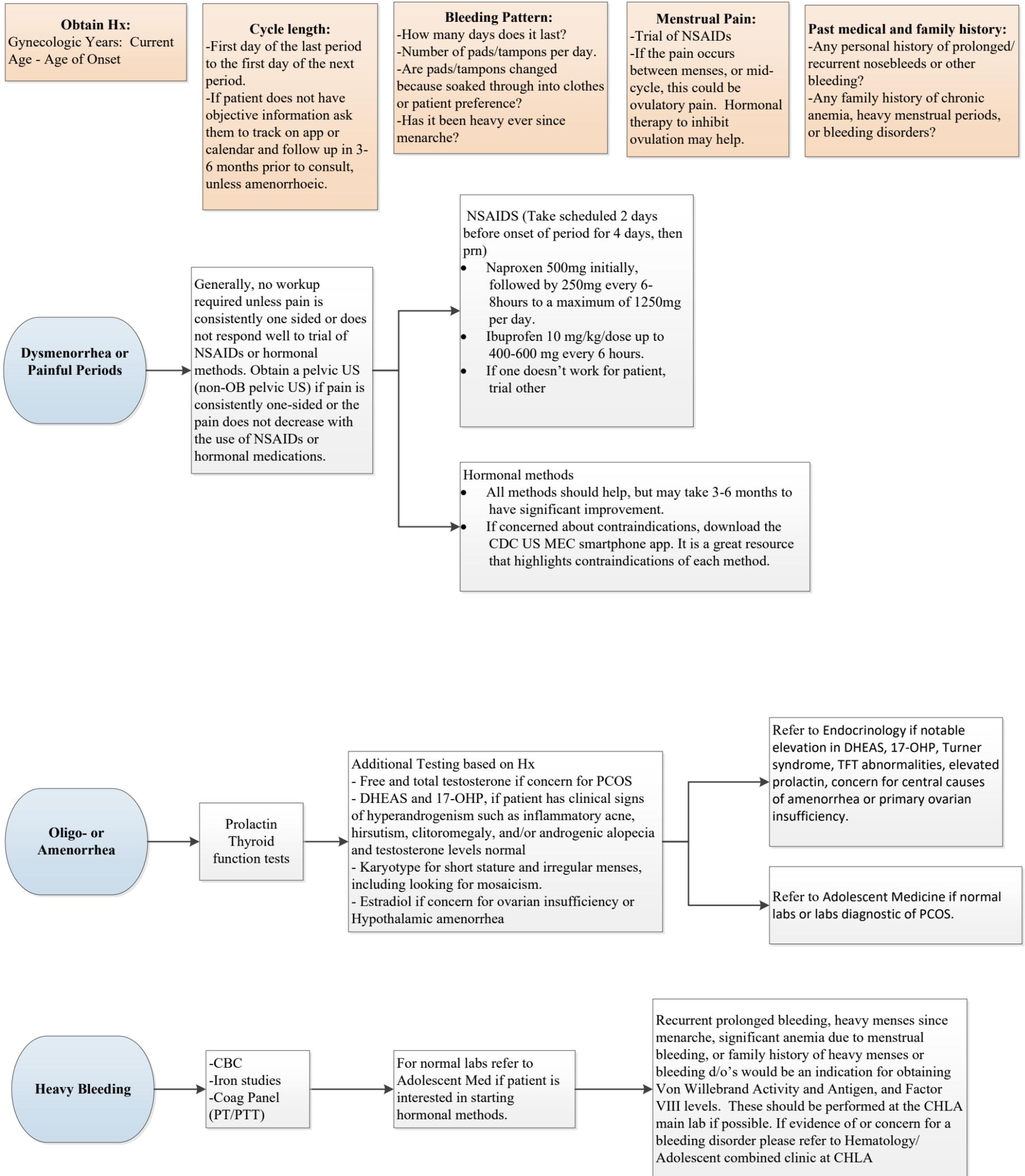


# Dysmenorrhea/Amenorrhea/Heavy Bleeding



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