**Why is my period heavier than normal?**

They say “Not all periods are equal”. Every woman has a different kind of menstrual cycle with respect to timings and flow, etc. Some women normally always have a heavy flow, while others usually have a light flow. Small changes in the flow of your period are normal. The problem arises when you experience a drastic change in your menstrual flow, whether your menstrual flow has gone too light or too heavy suddenly. In such cases you must immediately contact your gynecologist because it may be a sign of some health issues.

In this article, we aim to understand what is meant by heavier than normal menstrual period, why causes it and how can it be treated or normalized.

**Menorrhagia**

According to experts at [Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/menorrhagia/symptoms-causes/syc-20352829), an abnormally heavier or prolonged menstrual bleeding is termed as ‘Menorrhagia’ in medical terms. Women who have normally a light menstrual flow can feel drastic changes if their menstrual flow suddenly becomes heavy. Menorrhagia can be very uncomfortable and can even hinder your daily activities when the flow becomes too heavy to handle. Therefore, it is necessary that you contact your doctor if you have such a heavy menstrual flow.

**Symptoms of menorrhagia**

Experts at [Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/menorrhagia/symptoms-causes/syc-20352829) and [Medscape](https://emedicine.medscape.com/article/255540-overview#a1) have reported the following potential symptoms of menorrhagia:

* Repeated leakage through new sanitary pads for several hours
* Feeling the need to use more than the normal number of sanitary pads used
* Prolonged menstrual flow than usual
* Passage of large blood clots
* Experiencing symptoms of anemia such as fatigue, exhaustion and shortness of breath

**Why does menorrhagia occur?**

A woman who experiences heavier than normal menstrual bleeding, first thinks about the causes of such abnormalities. Experts at [Flex Fits](https://flexfits.com/blogs/thefixx/heavy-periods) have given the following reasons as possible causes of menorrhagia or abnormally heavy menstrual flow:

1. **Hormonal imbalances:** hormonal imbalance associated with other health problems can cause menorrhagia. When there is a rise in the levels of estrogen and progesterone hormones in the body, the uterine lining becomes thick as a result of buildup. This buildup will eventually shed during menstruation, resulting in a heavier flow. The following health problems can cause hormonal imbalances:
* **Polycystic Ovary Syndrome (PCOS).** The presence of cysts in ovaries can cause the normal hormonal levels to become high which can disrupt the menstrual cycle.
* **Thyroid malfunction.** Hyperthyroidism (increased activity of thyroid gland) or hypothyroidism (decreased activity of thyroid gland) can greatly disrupt the hormone balance, ultimately disrupting the menstrual cycle
1. **Uterine polyps or fibroids:** fibroids are non-cancerous tumors in the uterus while polyps are growths in the uterine lining. Both polyps and fibroids are one the main causes of heavy menstrual bleeding.
2. **Use of contraceptives:** experts believe that the use of certain contraceptives such as intrauterine devices (IUDs) can cause menstrual flow to become abnormally heavy and prolonged.
3. **Medications:** certain medications are also known to be a cause of hormonal imbalances leading to menorrhagia. For example, cancer chemotherapy, anti-inflammatory drugs, anticoagulants, etc.
4. **Adenomyosis:** According to a [study](https://obgyn.onlinelibrary.wiley.com/doi/pdf/10.1111/j.1471-0528.1994.tb13688.x) conducted by Fraser, adenomyosis is one of the major causes of menorrhagia. Adenomyosis is an abnormal medical condition in which the uterine muscle becomes embedded with glands of the endometrium. This leads to extremely heavy menstrual bleeding.
5. **Underlying medical conditions:** Other underlying health problems and abnormalities in your endocrine organs such as kidneys, thyroid and liver can also cause hormonal imbalances and menorrhagia.

**Complications of menorrhagia:**

[Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/menorrhagia/symptoms-causes/syc-20352829) describes the following possible complications to be associated with menorrhagia:

* **Anemia:** because excessive amounts of blood is lost during menorrhagia it can result in a deficiency of red blood cells leading to anemia. Most common type of anemia associated with menorrhagia is iron-deficiency anemia. This is because the body begins to use more amounts of iron to make up for the lost red blood cells leading to deficiency of iron which is required to make more red blood cells. Symptoms of anemia include pale skin, weakness, fatigue, shortness of breath, etc.
* **Severe pain:** Dysmenorrhea (painful menstrual cramps) is often associated with menorrhagia. These cramps can sometimes be so severe that you may require medical attention.

**How to get rid of heavy bleeding at home?**

Do you have menorrhagia? Are you finding ways to get rid of it? Here is what all you can do to diminish heavy menstrual bleeding:

* **Diet changes to fight symptoms.** Although there is not a way to eat through your menorrhagia, but certainly there are some foods which you can take tor educe symptoms. Eating pain-relieving drinks such as turmeric milk can greatly help in reducing those cramps.
* **Exercise.** According to experts at [Flex Fits,](https://flexfits.com/blogs/thefixx/heavy-periods) exercise can be very helpful in reducing your menstrual flow and also menstrual cramps.
* **Dump your stress.** stress is one of the major causes of menorrhagia and heavy menstrual bleeding. If you want to get rid of the heavy and prolonged bleeding and those severe menstrual cramps you need to solve the problems that are causing you stress. you can also try to use stress relivers like eating your favorite foods and doing your favorite hobbies.
* **Vitamin A for the treatment of menorrhagia.** A [research study](https://journals.co.za/content/m_samj/51/7/AJA20785135_24314) conducted by Lithgow and Politzer identified that deficiency if vitamin A is one of the major causes of menorrhagia. This means that taking vitamin A supplements on a daily basis can help you in treating menorrhagia.

**Medical treatment for Menorrhagia**

Medical experts at [Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/menorrhagia/diagnosis-treatment/drc-20352834) believe that your gynecologist is likely to prescribe you the following medications for menorrhagia:

* **Tranexamic Acid.** This medication is used during bleeding to reduce blood loss.
* **Non-Steroidal Anti-Inflammatory Drugs (NSAIDs).** In case of menorrhagia, doctors usually prescribe NSAIDs or pain killers like Naproxen Sodium and Ibuprofen to prevent blood loss. It also helps to reduce menstrual cramps.
* **Oral progesterone.** Progesterone is given to treat hormonal imbalances in the treatment of menorrhagia.
* **Oral contraceptives.** Sometimes oral contraceptives are not just given to prevent pregnancy, they are also given to regularize the menstrual cycle and to reduce excessive and prolonged menstrual bleeding.

Sometimes when menorrhagia cannot be treated by medications, your doctor may prescribe you certain surgical procedures, such as:

* **Dilation and Curettage (D&C).** This procedure involves dilation of the cervix followed by scraping off of excess tissue from the uterine lining, leading to reduction in menstrual bleeding.
* **Uterine artery embolization.** This treatment is usually done to treat menorrhagia caused by fibroids. In this method, a catheter is used to block blood supply to the uterine arteries containing fibroids in an attempt to shrink the fibroids.
* **Endometrial ablation.** This is a procedure used to destroy the endometrial lining. In this method laser, heat or radiofrequency waves are used to destroy the endometrial tissue. This greatly reduces the menstrual bleeding.

Title: Is Your Period Different Than Normal? These Reasons Could Be Why

Primary keywords: why is my period heavier than normal

Keywords: period is heavier than usual, heavy periods, unusual periods, unusual period, ectopic pregnancy, pad or tampon, painful periods, blood loss, weight loss, eating disorders, birth control pills, heavy menstrual bleeding, endometrial biopsy, menstrual cycles, endometrial ablation, heavy flow, heavy bleeding, irregular period, fallopian tubes, lining of the uterus, blood clots, side effects, menstrual periods, uterine fibroids

Format: Pick 7-9 reasons why

Sources: Top 3 sites ranking for “why is my period heavier than normal”

https://www.womenshealthmag.com/health/a19994462/why-is-my-period-heavy/

https://www.mayoclinic.org/diseases-conditions/menorrhagia/symptoms-causes/syc-20352829

https://flexfits.com/blogs/thefixx/heavy-periods

1. Word count: 1200 words

2. High school readability level

3. Tone of voice should be neutral

4. Leave space where necessary where doctor can leave comments

5. Add statistics and or data to back up why what we are saying works.

6. Paragraph length should focus on one idea or concept. Typically 1-5 sentences, no longer than 90 words

7. Follow other blog guidelines doc