



Abnormal Uterine Bleeding

ศูนย์ : Women Health Center

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Women generally have monthly vaginal bleeding, also known as menstrual bleeding, but in cases of irregular vaginal bleeding comes during non-menstrual periods. Bleeding or coming more than usual during menstruation. That can be a dangerous sign or a risk of a serious disease, such as uterine fibroids. The causes of vaginal bleeding can be many, which can only be known if you go to the doctor for a diagnosis.

What is Abnormal Uterine Bleeding

Abnormal vaginal bleeding means bleeding not related to their monthly period, having too much blood

during their period, having vaginal bleeding in pre- reproductive age or in menopause, having vaginal bleeding during pregnancy. These symptoms can be signs of health problems and diseases.

Abnormal vaginal bleeding can be separated into three groups. First, is a group of women who should not have menstrual period yet; girls and teenagers under reproductive age. Second, is a group of menopause women. Last, is a group of women in reproductive age who have too much vaginal bleeding during their period and last more days than normal, also women who have vaginal bleeding out of their period cycle.

Is Abnormal Uterine Bleeding Common?

Abnormal uterine bleeding is a common symptom and can be found in various ages. However, the cause and the severity of the disease will be different in each case. If you have vaginal bleeding that is not consistent with the normal menstrual characteristics listed above, or have other symptoms, seek medical advice

When to See a Doctor?

If there is bleeding from the vagina that does not match the normal menstrual cycle. We should take note of the nature of the bleeding, its volume, duration, and other accompanying symptoms. Women with abnormal vaginal bleeding who also have the following symptoms: should see a doctor for diagnosis and seek immediate treatment, such as:

- Women who are menopause women but have vaginal bleeding
- Women in reproductive age who have vaginal bleeding out of their period cycle, or having vaginal bleeding after sexual intercourse, and having plenty blood clots from vagina.
- Having more blood such as using more than four sanitary pad per day or having period more than seven days.
- Acute and crucial abdominal or pelvic pain especially during monthly period.
- Fever, dizziness, faint, and feel weak from anemia.

Causes of Abnormal Uterine Bleeding

Abnormal vaginal bleeding can occur for a variety of reasons, including:

1. Hormonal abnormalities from Progesterone and Estrogen imbalance.
2. Complications during pregnancy e.g.: ectopic pregnancy, placenta previa, placental abruption, miscarriage.
3. Genitourinary infections which can cause inflammation and bleeding. The cause of infection, such as a sexually transmitted disease vaginal douching pelvic infection, etc.
4. Uterine abnormalities such as endometrial hyperplasia in the uterine muscle, endometritis and Inflammation of the cervix, etc.
5. Uterine fibroid which is an abnormal tumor that grows within the uterus. Normally it will not become cancerous, but the patient manifests abdominal pain or lower back pain during the period.
6. Some types of cancer can also cause vaginal bleeding such as: cervical cancer, vaginal cancer, uterine cancer, and ovarian cancer.

Abnormal Uterine Bleeding Diagnosis

Women who have vaginal bleeding should go see doctors to get diagnosis to determine the cause. Normally, doctors will have patient's history about vaginal bleeding and other symptoms, and may have other examination such as:

1. Blood testing to check some hormones that may affect vaginal bleeding such as: Thyroid, and to check coagulation for anyone who have abnormal blood disease in family history.
2. Vaginal examination, to check abnormalities around vagina and cervical areas; ultrasound, to check abnormalities inside the uterine cavity, uterus, ovarian, and check thickness of endometrial.
3. Office Hysteroscopy, is a medical procedure using an endoscope to directly examine cervix, uterine cavity, to see the result in the screen. It is for the case that cannot be diagnosed by taking patient's history or normal examination such as: having abnormal period bleeding, a having polyp or uterine lump, fascia, abnormal uterus shape, menopause vaginal bleeding, and fertility diagnosis.

Treatment for Abnormal Uterine Bleeding

1. General treatment: getting enough sleep, getting blood tonic for anemia, or getting blood transfusion for very pale case.
2. Using hormone medicine or birth control pill for hormonal imbalance in menopause case. The doctor will be the one who consider what types of medicine and how many dose to use.

3. Surgery treatment: for the case that is diagnoses that have uterine fibroid and necessary to take the fibroid out, and for cancer case which include chemotherapy and radiation.

Prevention for Abnormal Uterine Bleeding

Abnormal vaginal bleeding does not have a comprehensive preventive measure. Because it can happen for many reasons, however, some reasons may have preventive measures as follows:

1. Maintain body weight within the standard
2. People who take oral contraceptives should take the pills according to the arrow and take the same time every day.
3. People who receive hormone therapy should take their medication on time every month.
4. You should exercise, and find relaxation activities to reduce stress
5. Take a non-steroidal pain reliever such as naproxen or ibuprofen, and avoid taking aspirin. This will increase the risk of bleeding. It is important to consult a doctor or pharmacist before taking the drug and strictly follow the instructions.

Abnormal Uterine Bleeding FAQ

Can steroids cause abnormal uterine bleeding

Steroid medications, such as prednisolone, can cause menstrual irregularities; instead take a non-steroidal pain reliever such as naproxen or ibuprofen. Include avoiding taking aspirin; this will increase the risk of bleeding. It is important to consult a doctor or pharmacist before taking the drug and strictly follow the instructions.

Abnormal Uterine Bleeding Conclusion

When having vaginal bleeding which is not related to the normal monthly period and other unusual symptoms; see a doctor as soon as possible for a consultation, diagnosis and proper treatment for a better quality of life.

Why must come to Nakornthon?

Nakornthon Hospital's women Health Center offers comprehensive health care services for women of

all ages; from health examination to diagnosis, prevention, treating women related diseases. All by specialists in the field, providing consulting services with technology to help diagnose diseases; in order to increase safety and treatment efficiency. It is done with understanding and concern for women health.

Online Consultation
