Heavy menstrual bleeding is one of the most common problems women report to their healthcare providers—and many more cases may go unreported because women don’t realize anything is wrong.

Heavy vs. Normal Bleeding

Your period is considered abnormally heavy if it lasts longer than five days (not including spotting) and you lose more than 80 milliliters (about ⅓ cup) of blood every month.

In addition to fibroids, heavy bleeding may be a symptom of:
- A hormone imbalance, such as thyroid disease or polycystic ovary syndrome (PCOS)
- Uterine or cervical cancer
- Bleeding disorders
- An infection, including sexually transmitted infections (STIs) such as gonorrhea and chlamydia
- Certain medications, including blood thinners and hormonal birth control

Just because your period has always been heavy doesn’t mean it isn’t cause for concern now.

Don’t be afraid to talk to your healthcare provider about your period

Before your appointment, make notes about your bleeding:
- Write down how long your period lasts (not including spotting) and how much blood you lose each day.
- Write down how long spotting lasts (not including spotting) and how much blood you lose.

If you do have fibroids, it doesn’t always mean you’ll need surgery. Many women don’t need treatment. Other women can manage their fibroid symptoms with medications.

Even if you don’t think your monthly bleeding is heavy or abnormal, it’s a good idea to have a conversation with your HCP about your period. Once you start making notes about your bleeding, it will be easier to notice any changes.

Heavy menstrual bleeding just because you always have!

Help is only a conversation away.