

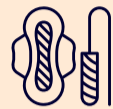


UNDERSTANDING YOUR MENSTRUAL CYCLE: WHAT'S NORMAL, WHAT'S NOT?



IS MY MENSTRUAL CYCLE 'NORMAL'?

Menstrual cycles vary, but are on average:



First period
11-14 years



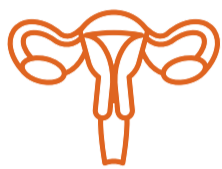
Cycle length
21-35 days



Period duration
4-7 days



Menstrual flow/fluid
30-60 mL

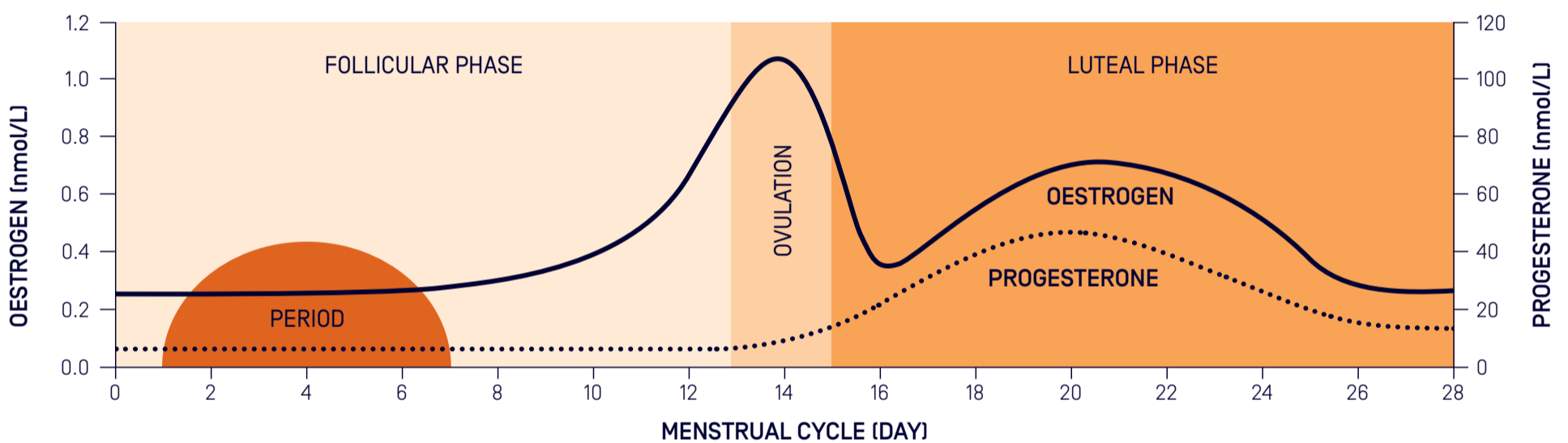


THE BASICS

Menarche: Occurrence of a girl's first menstrual period.

Menstrual cycle: A monthly cycle of changes in female-sex hormones that prepare the body for pregnancy.

Menstrual period: Release of the internal lining of the uterus through the vagina [menstruation & menses].



DO I HAVE A PROBLEM?

Have you noticed any of these symptoms?

Condition	Abnormal symptoms
Amenorrhea	No period by age 15 years or absence of menstrual period for 3 months
Oligomenorrhea	Periods do not occur on a regular basis
Premenstrual syndrome (PMS)	Fluid retention, headache, fatigue, and irritability
Dysmenorrhea	Painful periods
Menorrhagia	Heavy menstrual flow i.e., >7 days or needing to change a super pad/tampon more frequently than every 2 hours



SHOULD I SEE A DOCTOR?

Schedule an appointment with your GP if:

- > You have any questions about your general health or menstrual cycle
- > Your period is not normal or you are experiencing abnormal symptoms
- > You think you are pregnant
- > You get very anxious or depressed
- > If your period affects your daily activities, training, and/or competitions

For more information visit ais.gov.au/fphi