

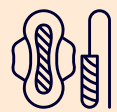


## UNDERSTANDING YOUR MENSTRUAL CYCLE: WHAT'S NORMAL, WHAT'S NOT?



### IS MY MENSTRUAL CYCLE 'NORMAL'?

Menstrual cycles vary, but are on average:



**First period**  
11-14 years



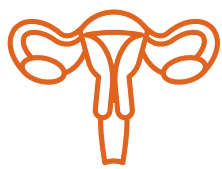
**Cycle length**  
21-35 days



**Period duration**  
4-7 days



**Menstrual flow/fluid**  
30-60 mL

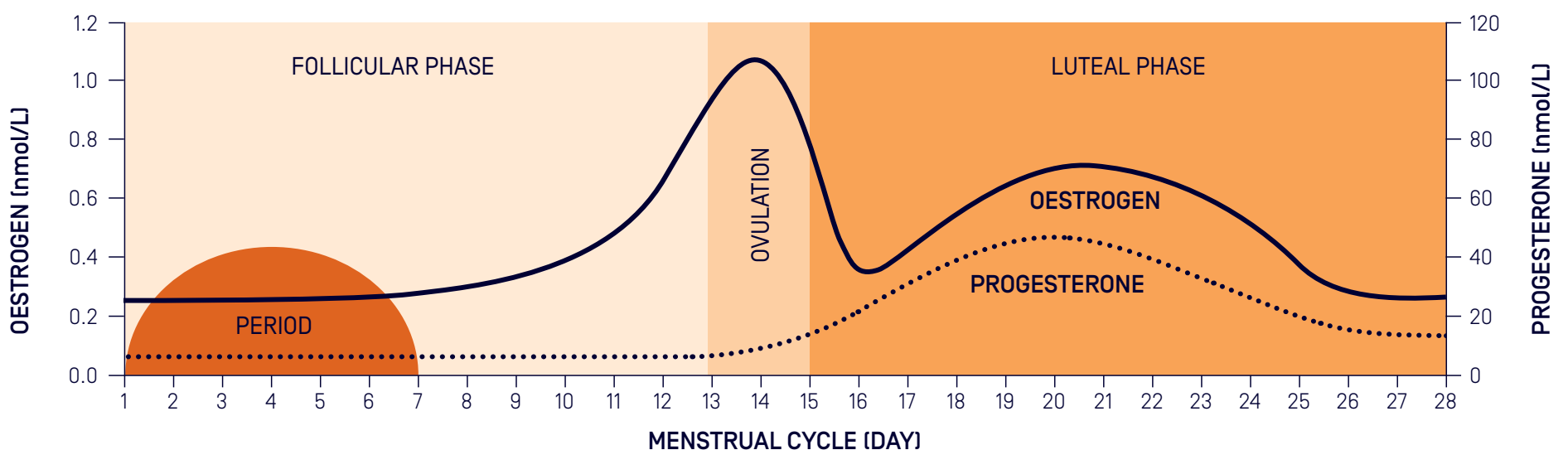


### THE BASICS

**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
<b>Amenorrhoea</b>	No period by age 15 years or absence of menstrual period for 3 months
<b>Oligomenorrhoea</b>	Periods do not occur on a regular basis
<b>Premenstrual syndrome (PMS)</b>	Fluid retention, headache, fatigue, and irritability
<b>Dysmenorrhoea</b>	Painful periods
<b>Menorrhagia</b>	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](http://ais.gov.au/fphi)