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).

![Graph showing menstrual cycle phases](image)

**DO I HAVE A PROBLEM?**

Have you noticed any of these symptoms?

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

**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