

Download Anemia And Heavy Menstrual Flow

When periods are very heavy or you are experiencing “flooding” or passing big clots you have what doctors call menorrhagia. The purpose of this article is to define normal and very heavy menstrual bleeding, to explain what causes heavy flow, and to show what you yourself can do in dealing with heavy flow. Heavy menstrual bleeding can greatly impact your daily life. It can affect your health, activities, emotions, and social life. Fortunately, you can relieve your heavy menstrual bleeding using home or alternative treatments. Heavy menstrual bleeding, previously known as menorrhagia, is a menstrual period with excessively heavy flow and falls under the larger category of abnormal uterine bleeding (AUB). Signs. You might have menorrhagia if you: Have a menstrual flow that soaks through one or more pads or tampons every hour for several hours in a row.