Amenorrhea- abnormal or irregular periods by Ajay

Article published on June 20th 2012 | Health

Irregular periods or abnormal periods are called amenorrhea. Amenorrhea is common in girls before puberty and in women during pregnancy, while breastfeeding and after menopause. The absence of menstrual cycle when they are normally expected is the sign of abnormal condition. Amenorrhea is classified as primary and secondary. Former is the order if a healthy young woman does not start having periods especially by the age of 16. Latter is the order when the menstrual cycle does not occur for over 3 months in a healthy and nonpregnant woman who previously had been menstruating. Abnormal periods are one of the leading causes of medical care among young ladies. It is more often found in athletes, an estimated 60% of athletes do not get their period.

Pregnancy is the first that strikes our mind when we come across the missed periods. However, there are several underlying causes of missed periods. One of the reasons is stress. Stress can affect many things in our lives, including our periods. Sometimes we are so stressed that our body decreases the amount of a hormone (GnRH), which causes us to not ovulate or menstruate. Working with your doctor can help overcome the problem. It might take some time to work over itself.

Certain illness for a shorter time or longer time can cause missed periods. However, this is temporary and if you think this is the reason of your missed, talks to your health provider about it.

Changes in schedule or if you go through a hectic schedule, it might be possible that you, may across the problem of abnormal periods. Odd working hours or continuously working for long hours affects the normal functioning of the body.

Perhaps if you are new medication and observes delayed or missed periods, talk to your health care provider. It is very common with birth control medications. Therefore, if you change make sure you ask your doctor about the impact of medicine on your periods.

Carrying so much of weight can hormonally stops the menstruation cycle or certainly stop them. Shedding weight can help you to overcome the missing periods.

Underweight is the leading cause of the missing periods especially working women and athletes. This is termed as amenorrhea. If you do not have adequate body fats you will not have regular periods, sometimes you can even cause your periods to stop all together.

The menstrual cycle varies from woman to woman. While we say that the average menstrual cycle for 28 days long, it is not true in every case. Sometimes our periods believed to irregular when in actuality we have miscalculated. If you have irregular periods, but know when will you ovulate, look for your periods after two weeks you ovulate. This may help you keep a regular track onto your periods.

Peri-menopause is the period of time where you are transitioning from reproductive stage to non-reproductive stage. Your periods may get lighter, heavier or more frequent or less frequent.

Menopause is the time when you reach to the point in life when you canâ€™t ovulate or menstruate. This may be natural or due to some or the other surgery.

Finally, last but not the least pregnancy can be the reason behind the missing periods. A simple pregnancy test can help you determine if you have missed periods because you are pregnant.

The key to have a manageable menopause is to keep your diet as balance as you can. Foods that are strongly recommended for menopause women are oily fish, nuts or almonds, seeds such as sesame seeds for omega3, whole grains and lead red meat for vitamin B, dark leafy vegetables like beans sprouts for calcium, vitamin C or minerals and lots of fruits for potassium. Including vitamins and calcium can help menopausal women to alleviate the symptoms of menopause like hot flushes, bloating, irritability and tiredness.

Article Source:
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Ajay - About Author:
The writer of this article is associated with BookMyDoctor.com and writing about the various diseases since a long time, in this article the writer mainly focused on the Missing Periods and Causes of Missing Period and at advising about various experienced Diet for a Menopausal Women that will be very helpful for the patient. for more information click the Hyperlink.

Article Keywords:
Missing Periods, Causes of Missing Periods, Diet for a Menopausal Women

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