

Investigation of Cessation of Menstruation in Women

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ABSTRACT: The most important symptom of the reproductive system in adult women is the withdrawal of blood and endometrial periods after a normal ovulation period, which occurs due to the coordinated function of the hypothalamus-pituitary-ovary combination. The first period usually occurs at the age of 12; But it may start at the age of 9 or be delayed until the age of 16, which is normal. Several factors such as race, heredity, general health and nutrition can cause a difference in the age at which menstruation starts. Therefore, menstruation is one of the natural physiological characteristics of women, which repeats every month. However, some women may experience missed periods for various reasons. This issue can bring concerns about their health and fertility. . Examining the reasons and consequences of stopping menstruation in women is very important. In this study, various causes and factors that may cause cessation of menstruation in women are investigated. Some of the possible causes include improper diet, daily stress, weight changes, excessive exercise or lack of physical activity, reproductive and hormonal problems, chronic diseases, medication use, and other factors. Examining the consequences of stopping menstruation is also of particular importance. Menstruation may lead to hormonal dysregulation, ovulation failure, menopause, reproductive and fertility problems, uterine and ovarian diseases, and bone disorders. In addition, stopping menstruation can have different psychological and social effects on women.

Keywords: Improper Nutrition, Stress, Weight Changes, Monthly Habit, Physical Activity and Chronic Diseases

INTRODUCTION

A woman's natural reproductive years are characterized by regular monthly changes in the amount of female hormone secretion and coordinated physical changes in the ovaries and other sex organs. This regular plan is called the monthly sexual cycle of women or more popularly, menstruation. Menstruation is the most important sign of the reproductive system in adult women, and it is the periodic discharge of blood and endometrium shed after a normal ovulation period, which occurs due to the coordinated action of the hypothalamus-pituitary-ovary axis. The first period usually occurs at the age of 12; But it may start at the age of 9 or be delayed until the age of 16, which is normal. Several factors such as race, heredity, general health and nutrition can cause a difference in the age at which menstruation starts. The normal interval from the beginning of one menstrual period to the beginning of the next period is 28 days. Periods shorter than three weeks or longer than five weeks are signs of ovulation disorder.

The days of menstrual bleeding are 3 to 7 days each time. This time may vary. The amount of blood removed during this period is on average 70 ml, which may be less than 20 ml, but more than 80 ml is abnormal.

The monthly menstrual cycle causes normative changes in a woman's physiological functioning and can cause drastic changes in emotional, cognitive and behavioral functioning for hormone-sensitive individuals, such as those with PMS; (Schmalenberger, etal, 2021).

Menstruation is the period or the beginning of a cycle when the blood and tissue that created a thick layer in the wall of the uterus leave the body through the uterus and vagina. Normally, menstruation occurs once a month. With the start of the first menstrual cycle, girls reach sexual maturity and the reproductive system will be able to bear children. Although periods occur in all girls and women, many women are not fully aware of all aspects of menstruation and some of the events and changes that occur during periods. In this episode of Humka magazine, we are going to talk about menstruation or periods, away from the misconceptions about menstruation. Therefore, the menstrual cycle is a

process that occurs and goes through the body every month to prepare for pregnancy. Menstruation and bleeding from a woman's uterus and vagina means that she is not pregnant.

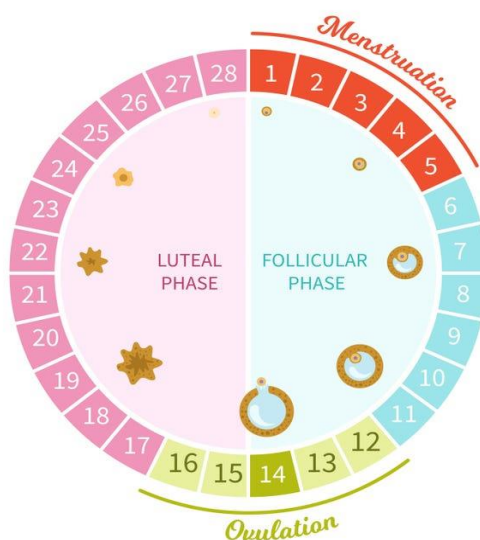


Figure 1. Stages of the Menstrual Cycle

Definition of Menstrual Cycle

1- Monthly habit from the point of view of the jurists: In the word, menstruation means the flow of blood, and in jurisprudence, it is the blood that leaves the woman's womb after puberty in a healthy state on specific days of each month. Menstruation is one of the most obvious signs of puberty in girls and women. The jurists have different opinions about the beginning and end of menstruation in women, but it is well-known among the major jurists that it begins at 9 lunar years, and some jurists do not limit it to a specific age, and some consider it to be 50 to 60 years old, and others consider it to be the end of 90 years.

2- Monthly period from the point of view of medical science: monthly period, menstruation or period in simple language, means "emptying the blood cycle, secretions and tissue remnants from the inner layer of the uterus "endometrium" in non-pregnant women during the period of reproductive age, which is from Puberty (between 10 and 14 years old) begins in girls and continues until middle age. This condition recurs at roughly monthly intervals, indicating a reset of the uterus to a non-pregnant state following proliferative changes associated with previous ovulation. This state is caused by the decrease of female hormones estrogens and progesterone at the end of the monthly cycle.

Menstrual Disorders

Any condition that causes a change in the normal course of the period is called a menstrual disorder. Menstrual disorders usually occur for various reasons such as stress, birth control pills, uterine polyps or fibroids, endometriosis, etc. Some of the menstrual disorders are:

Amenorrhea: It is a condition in which menstruation stops completely. Absence of a period for 90 days or more is considered abnormal unless the woman is pregnant, lactating, or postmenopausal.

Oligomenorrhea: Irregularity in the menstrual cycle in such a way that the number of periods per year is less than normal due to the lengthening of the menstrual cycle.

Dysmenorrhea: It is called painful periods. Of course, there are different ways to relieve period pain, such as massage, using supplements, drinking fluids, etc.

Abnormal bleeding: Sometimes period bleeding is heavier. Sometimes we face a decrease in menstrual blood. Sometimes, spotting may occur between two periods, sometimes the period bleeding may last more than 7 days, all of these cases are considered menstrual irregularities.

Psychological Changes During Women's Menstruation

As we said, women often experience emotional and psychological changes during or before their period and may react quickly and get angry about various issues. In the rest of the article, we will talk about these changes.

- 1 - Women suffer from sadness and feel uncomfortable all the time.
- 2- At this time, restlessness, stress and tension come to man.
- 3- The person becomes sensitive and reacts quickly to everything and gets upset.
- 4 - Women often cry a lot at this time.
- 5- At this time, the person loses his concentration and feels sleepy
- 6- Even at this time, a person may think of suicide.

- 7- At this time, some people show more desire for sex and vice versa.
- 8- Most women look very tired and lethargic at this time.

Physical Changes During Menstruation

Along with the mental changes that women have during their periods, they also experience physical changes, but mental changes are more visible. In the following, we will describe some physical changes.

- 1- At this time, women's breasts become more sensitive and heavier than before.
- 2- They always have pains in the back or abdomen during periods.
- 3- Most women feel bloated at this time.
- 4- Because water accumulates in the body, they gain weight.
- 5- Most women get headaches at this time.
- 6- Their skin will also change and they will get pimples at this time.
- 7- In addition to abdominal pain, their muscles and joints also hurt.
- 8- Their sleep is disturbed at this time and they cannot rest regularly.
- 9- They also feel pain in areas such as hips, back and legs.
- 10- Most women have an increased appetite and may be more inclined to some foods.

Under What Circumstances Should We Visit a Gynecologist?

If you have not experienced any bleeding in the past 90 days and are not pregnant, you should see a gynecologist.

If your bleeding lasts longer than 7 days or your bleeding is so heavy that you need to change your sanitary napkin or tampon every 1-2 hours.

If your cycle lasts less than 21 days or more than 35 days.

If you experience very severe pain during menstruation.

Experience bleeding between menstrual cycles, spotting or vaginal bleeding.

Fever or feeling sick after using a tampon

If your period does not start until the age of 15.

The Cause of Irregular Periods

Pregnancy or breastfeeding: If you do not get your period on time, it may be a sign of pregnancy. Breastfeeding usually delays the return of menstruation after pregnancy.

Nutrition: Nutritional problems, being overweight or losing a lot of weight, heavy exercise, nutritional problems such as anorexia may cause irregular periods and two periods per month.

PCO polycystic ovary syndrome: This common disorder in women can also cause menstrual irregularities due to raising the level of male hormones. Symptoms of this disease include increased facial hair, fatigue, low voice, mood swings, and infertility.

PID pelvic inflammation: inflammation may also spread to the reproductive system and cause menstrual disturbances.

Ovarian failure (premature ovarian failure): The ovary loses its normal function before the age of 40, and this causes menstrual disorders.

Uterine Fibrosis: Fibrosis is a series of cell growths in the uterine wall that are non-cancerous. This condition may cause periods with heavy and prolonged bleeding. Extreme stress can also affect your period by affecting your hormones.

Hormonal disorders: Irregularity of the menstrual cycle sometimes means that the person does not ovulate and the length or shortening of the period may be due to hormonal disorders.

Other factors: Temporary illnesses such as colds or flu can also cause irregular periods.

What is the reason for delayed period?

The cause of delayed period is not only one reason and there are several factors that can influence the occurrence of menstrual cycle delay disorder. By finding the cause of the disorder, the specialist doctor can more accurately choose the treatment method, prescribe medicine and finally return the patient's period process to its normal cycle. Among the most important causes of delayed periods, the following can be mentioned:

- Pregnancy
- Taking contraceptives
- Having polycystic ovary syndrome or PCOS
- High stress and anxiety
- Infectious and viral diseases such as influenza, sinusitis and tonsillitis
- Hypothyroidism and hyperthyroidism
- Hormonal changes during pregnancy and breastfeeding

Stress and Delayed Periods

Severe stress causes disruption in the production of gonadotropin-releasing hormone. This hormone is the main factor in regulating ovulation and menstrual cycle. Therefore, when a person experiences severe stress, this hormone is

not secreted enough and the period cycle is disturbed. Constant stress and being in a stressful situation disrupts the natural process of menstruation, and you need to do some serious thinking to reduce the body's stress level.

In this regard, a specialist doctor can advise you and prescribe effective treatment methods. If you complete the full list of hormone tests and do not have any physical problems, the specialist recommends using counseling treatments. After reducing the stress level, it is necessary to give the body time to return to its normal state and the menstrual cycle to be regular again. Sometimes this process of treatment and return to normal state takes up to several months.

Intense Exercise and Delayed Periods

You must have heard that some people recommend using intense exercises to get your period, but this does not always lead to a positive response. Sometimes intense exercise causes drastic changes in pituitary hormones and thyroid hormones and disrupts the process of ovulation and menstruation. Normally, one to two hours of exercise during the day does not have any bad effect on the body, but exercises that take more than a few hours can cause fluctuations in pituitary and thyroid hormones.

If you have to exercise for long periods of time, you need to talk to your doctor about it so that he can help you meet your body's needs. In this case, you will suffer less complications. A sports doctor can advise you on optimizing your diet, teach you stress-reducing stretching techniques, and check the results of your tests to find out about your body's hormonal imbalances and deficiencies.

Illness and Delayed Period

Several diseases delay the period. Ovarian cyst, diabetes, liver dysfunction, pituitary tumor, thyroid dysfunction, and polycystic ovary syndrome are among the most important diseases that are associated with the symptoms of stopping and disrupting the menstrual cycle.

Delayed Periods and White Discharge

These discharges can be a sign of pregnancy. Usually, during the first two weeks of pregnancy, pregnant women see a large amount of white discharge from the vagina. Along with the fertilization of the egg, the woman no longer has a period, and it is not abnormal to see these secretions.

Delayed Period and Surgery

After surgery, it is normal for you to feel like this. Because the menstrual pattern is disrupted. If a woman rests for a long time after surgery, her weight increases and more fat accumulates in her abdomen, more estrogen is produced, and as a result, the interval between menstrual cycles increases.

Treatment of Delayed Periods

When the doctor is looking for a treatment for delayed periods, he will diagnose amenorrhea, but you should know that amenorrhea is not a dangerous disease. It is enough to find the cause of the disorder and deal with it with the right treatment methods. Today, there are many different and effective treatment methods to treat this problem. Taking hormonal drugs, making changes in lifestyle, using specialized methods in traditional medicine, and taking menstrual regulation pills are among the treatment methods for delayed periods.

Home Remedies for Delayed Periods

Some home remedies are also effective in treating and controlling the problem of delayed periods. You can use substances that have the least risk and side effects at home to regularize the menstrual cycle. Ginger tea, pomegranate juice, black grapes, mango, various vegetables such as bitter cucumber, carrot and radish, Indian fig root, yarrow and parsley infusion, fennel and saffron are among the home remedies for delayed periods.

Diagnosis of Delayed Period

If you notice such signs and symptoms, suspect irregular menstruation and see a doctor:

- Girls who did not have periods until the age of 16
- You feel pregnant, you don't get your period, but the answer of your pregnancy test is negative
- Your menstrual cycles are not 21 to 35 days
- You experience mood swings
- Your weight has increased and on the other hand you don't get your period

CONCLUSION

Stopping menstruation in women can have various reasons and consequences. Examining this issue shows that various factors can cause the cessation of menstruation, including improper nutrition, stress, weight changes, lack of physical activity, reproductive and hormonal problems, chronic diseases, and medication use. In addition, the cessation of menstruation can lead to fertility problems, reproductive disorders, diseases related to the uterus and ovaries, and negative psychological and social effects.

It is important to adopt appropriate strategies to deal with the cessation of menstruation in women. This includes healthy and varied nutrition, stress reduction and management, maintaining a healthy weight, performing regular physical activity, taking care of reproductive and hormonal health, treating chronic diseases, and medical advice regarding the use of medications. Also, it is necessary for women to have sufficient knowledge about the risk factors, consequences and prevention strategies for stopping menstruation.

By carrying out detailed examinations and regular follow-ups, it is possible to correctly diagnose the reason for the cessation of menstruation in each woman and the appropriate treatment for it. Also, providing appropriate training and guidance to women and families regarding ways to improve and maintain health and quality of life can be effective. Finally, paying attention to women's physical and mental health and providing appropriate care in this field can help improve health and reduce problems associated with stopping menstruation.

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