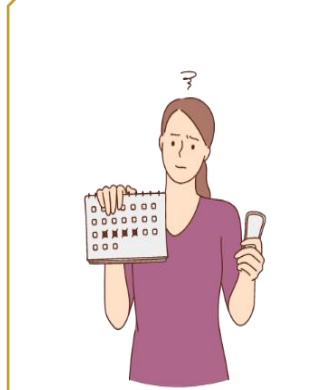




جامعة الإمام عبد الرحمن بن فيصل
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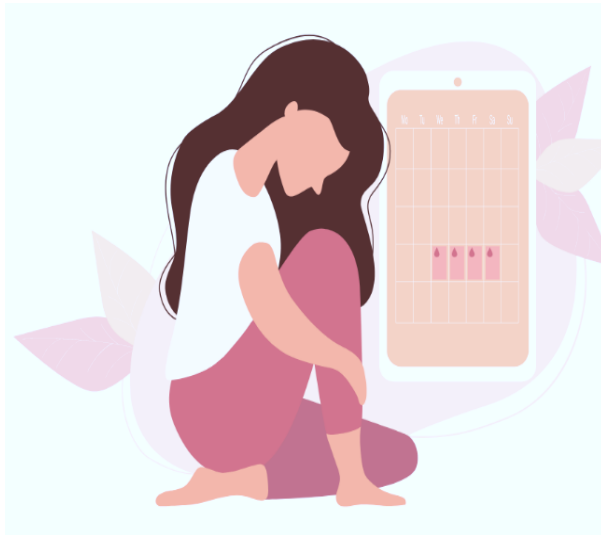
Menstrual challenges during puberty












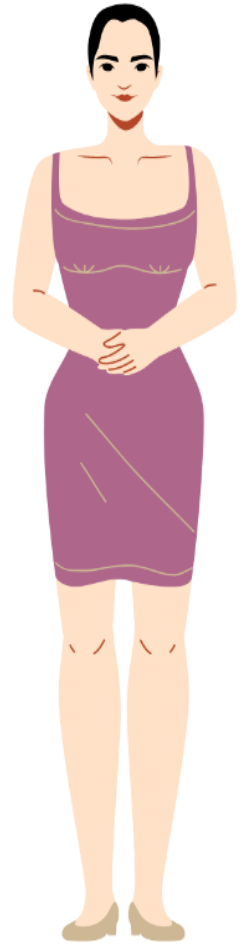
What exactly is puberty? And when does it start ?

Puberty occurs between the ages of 8 and 15 years. In most cases, it occurs two years after the development of breasts and pubic hair.



What changes take place during puberty ?

1. Weight and height gain. 
2. Acne develops. 
3. There is increased Sweating. 
4. Breasts begin to form. 
5. Pelvic bones grow and hips round out. 
6. Menstruation starts . 
7. Vaginal discharge is 
White, transparent, or yellow. It has no odor and does not itch.





Describe the menstrual cycle. And when does it start?

- A woman body undergoes natural changes **every month** as she prepares for pregnancy.
- The menstrual cycle starts at **puberty** and continues until **menopause**.
- Cycles usually last **28 days**, but can be as short as **21** days and as long as **35** days.
- The first day of a cycle corresponds to the first day of a menstrual period, and the last day corresponds to the last day of the following period.





What exactly is premenstrual syndrome? And why does it occur?

- During the **luteal phase**, changes could occur both **psychologically and physically**.
- Usually occurs between the ages of **20 and 30**.
- Suddenly lower levels of **progesterone and estrogen** cause these changes.
- After menstruation, however, when hormone levels return to normal, they disappear.





What are the symptoms of premenstrual syndrome?

Anxiety and confusion



Angry outbursts



Depression



Crying





What are the symptoms of premenstrual syndrome?

Loss of mental focus



Changes in sexual drive



Social withdrawal



Drowsiness or insomnia





What are the most common problems associated with the menstrual cycle?

Dysmenorrhea (painful periods): This is a very common condition caused by uterine muscle contraction. It usually appears during adolescence and fades with age. If you began menstruating before the **age of 11**, Primary dysmenorrhea is more likely to occur if you have:

Have long and heavy periods



Feel psychological pressures.



Smoke.





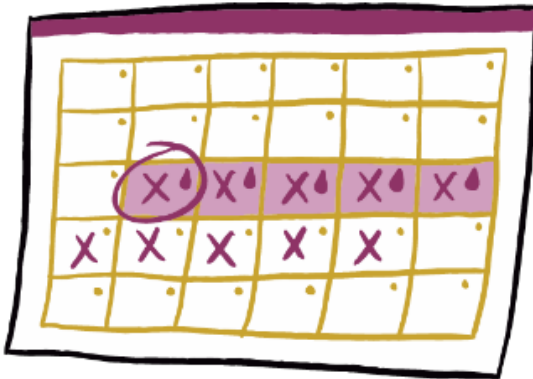
What are the most common problems associated with the menstrual cycle?

Irregular periods:

It takes girls about 2-3 years for their bodies to begin regulating their menstrual cycles. It is during this period that the body attempts to adapt to hormonal changes.

Irregular cycles are shorter or longer than normal.

Menopause, however, results in irregular periods.

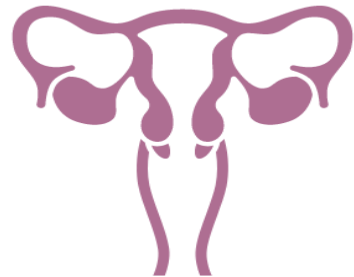




What are the causes of Irregular periods?

Irregularities can occur for a variety of reasons, including:

- Eating disorders
- Thyroid disorders
- Certain medications
(for example, epilepsy medication)
- Polycystic ovary syndrome
- Premature ovarian failure
- Inflammation of the cervix
- Psychological strains
- Obesity
- Irregular blood sugar levels (diabetes)

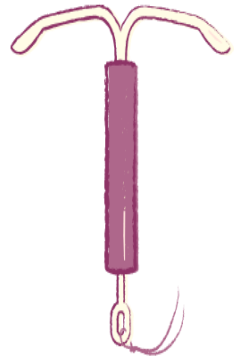


What are the most common problems associated with the menstrual cycle?

Excessive bleeding can occur as a result of the following factors:

- Ovulation problems
- Thyroid problems
- Uterine fibroids
- Certain medications
- Pregnancy problems (e.g., miscarriage, ectopic pregnancy)
- Bleeding problems (e.g., factor V Leiden mutation)
- Obesity

Intrauterine device use (IUCD)



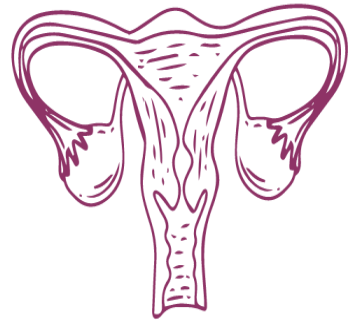
What are the most common problems associated with the menstrual cycle?

Bleeding outside of the menstrual cycle:

This can happen for a variety of reasons, including:

Before menopause or during puberty, there are hormonal fluctuations:

- Endometriosis .
- Cysts of the ovaries.
- carcinogenic tumors.
- Polyps





What are the treatment for the most common menstrual cycle problems?

The treatment is determined by the causes. It could include:

Surgery: depends on the cause and is done in conjunction with patient counseling.



Medications: prescribing pain relievers (NSAIDs) or hormone therapy (e.g., birth control pills, Thyroid diseases treatment, etc).



General recommendations:

Consume calcium-rich foods to alleviate PMS symptoms.



Limit your salt intake because it causes fluid retention.



Limit your caffeine intake because it causes stress.



Eat a variety of fruits and vegetables.



General Recommendations:

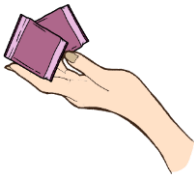
Use pain relievers such as Ibuprofen (if no contraindication for its use) to help relieve cramp pain.



Quit smoking



Replace your sanitary napkins every three to four hours.



It is best to track and record menstruation dates as well as any associated symptoms to aid in the diagnosis of any problems that may arise.



General Recommendations:

Take a short walk to relieve psychological stress.



Apply warm compresses to your abdomen.



Before using any contraceptive method, consult a doctor.



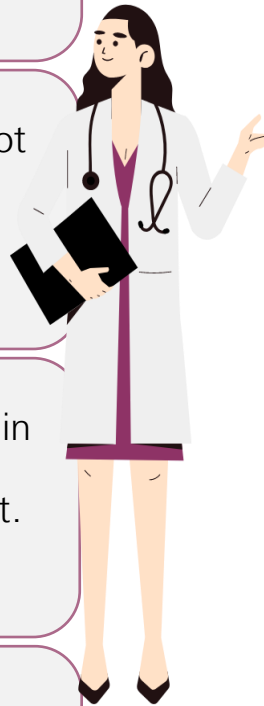
When should I see a doctor?

Early menstruation if it begins before age eight.

A girl who is already 15 years old and has not started her menstrual cycle.

If the menstruation cycle does not start within three years of the development of the breast.

In the case that the girl has an irregular menstrual cycle more than three years after it begin.



Notes:

Reference:

<https://www.moh.gov.sa/en/awarenessplatform/WomensHealth/Pages/Menstruation.aspx>

<https://www.acog.org/womens-health/faqs/your-changing-body-puberty-in-girls#:~:text=Menstruation%20usually%20starts%20about%202,between%20%20and%207%20days>

[UpToDate patient education: normal puberty](#)

<https://www.acog.org/womens-health/faqs/abnormal-uterine-bleeding>

All the histogram from canva.com

Reviewed By:

The content of this booklet has been reviewed by obstetrics and gynecology consultant at King Fahd University Hospital.

Obstetrics and Gynecology Department

Health Awareness Unit

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