

UNDERSTANDING YOUR MENSTRUAL CYCLE: WHAT'S NORMAL, WHAT'S NOT?



HOW DO I KNOW MY MENSTRUAL CYCLE IS 'NORMAL'?

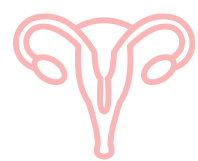
Menstrual cycles can vary, especially in your teen years. On average:

First Period
11-14 years

Cycle length
21-35 days

Period duration
3-7 days

Menstrual flow/fluid
30-80mL

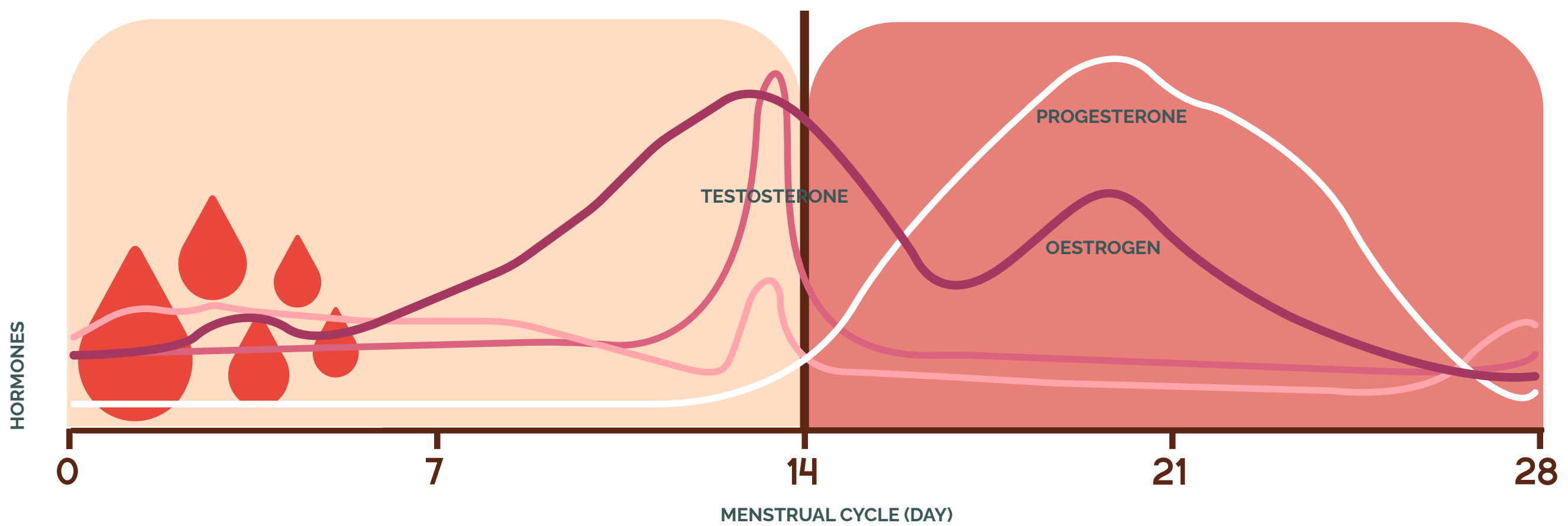


YOUR PERIOD

Menarche: Occurrence of a girl's first menstrual period.

Menstrual cycle: A monthly cycle of changes in female-sex hormones, preparing the body for pregnancy.

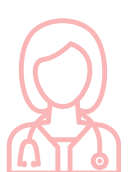
Menstrual period: Release of the internal lining of the uterus through the vagina (menstruation).



WHAT SHOULD BE INVESTIGATED?

Have you ever noticed any of these symptoms?

Condition	Abnormal symptoms
Amenorrhoea	No period by age 15 years or absence of menstrual period for 3 months
Oligomenorrhoea	Periods do not occur on a regular basis
Premenstrual syndrome (PMS)	Fluid retention, headache, fatigue and irritability
Menorrhagia	Heavy menstrual flow ie >7 days or needing to change a super pad/tampon more frequently than every 2 hours



WHEN 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
- If your period affects your daily activities, training, and/or competitions
- You get very anxious or depressed
- You are very anxious or depressed
- Your periods are painful (above a 3/10 pain scale)