

# 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

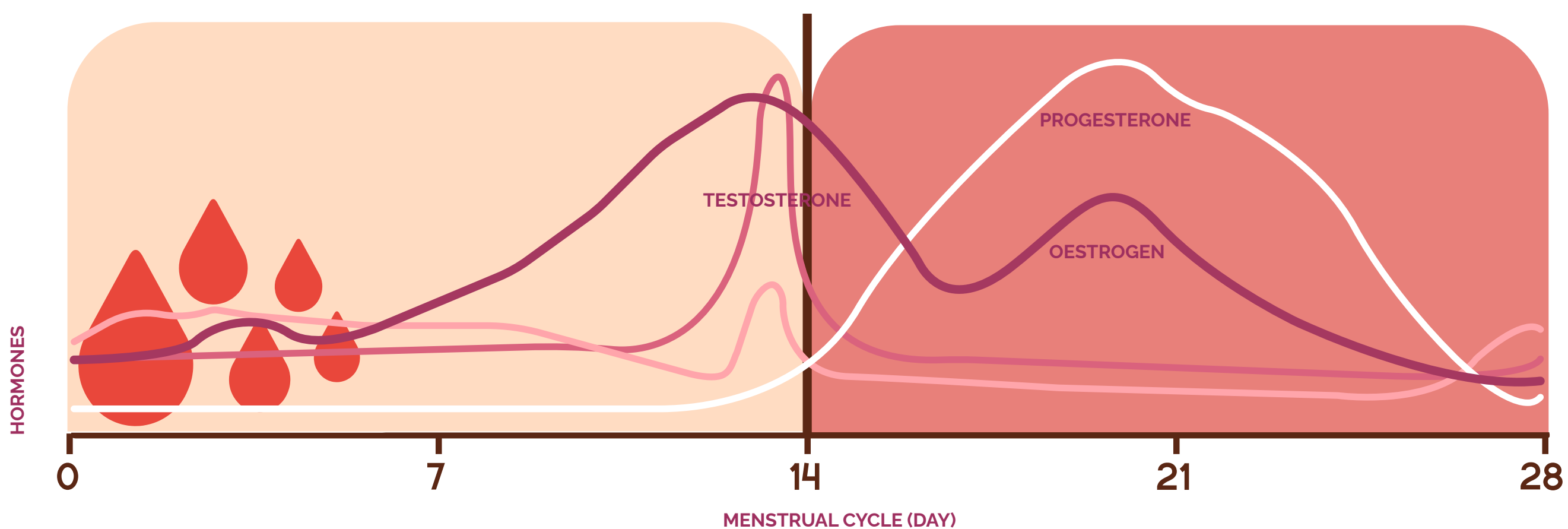


## YOUR PERIOD

**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
Oligomenorrhea	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 painscale)