

Understanding the Menstrual Cycle

Heather Ramsey DNP, APRN-CNM, FACNM
APP Supervisor
Department of Obstetrics and Gynecology



1

Objectives

- Describe the phases of the menstrual cycle
- Discuss various methods for tracking menstrual cycles
- Identify causes of irregular periods and when to seek medical advice

2

Conflicts of Interest Financial Disclosures



None

3

The Menstrual Cycle



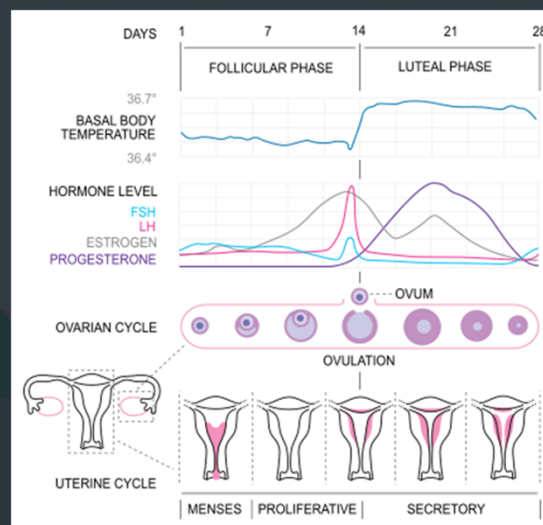
4

Phases of the Menstrual Cycle

- Follicular or Proliferative
- Ovulatory
- Luteal or Secretory

5

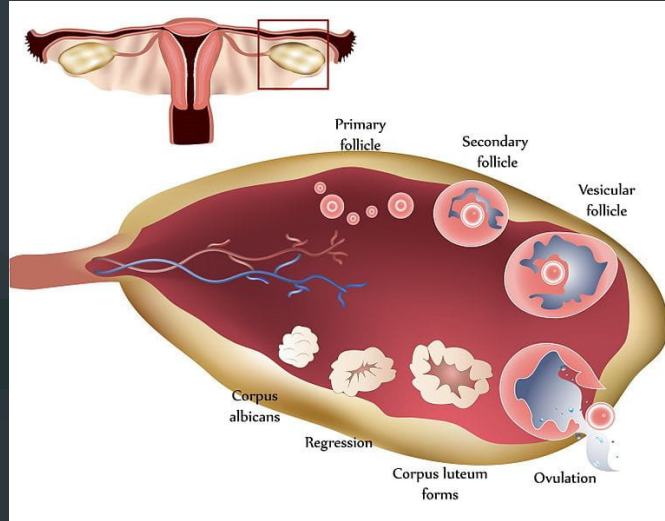
Follicular or Proliferative Phase



This photo by an unknown author is licensed under CC BY-SA

6

Ovulation



This Photo by Unknown Author is licensed under [CC BY-SA-NC](https://creativecommons.org/licenses/by-sa/4.0/)

7

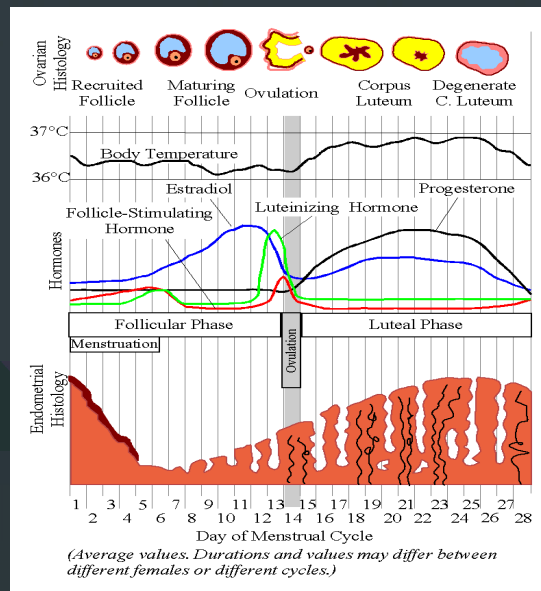
LH Testing



This Photo by Unknown author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/4.0/).

8

Luteal or Secretory Phase



This Photo by Unknown author is licensed under [CC BY-SA](#).

9

Typical Menstruation



This Photo by Unknown author is licensed under [CC BY](#).

- Puberty & Menopause
- Length
- Duration
- Amount

10

Changes Throughout Life

- Teens
- 20-30's
- 40's
- Post-menopause



This Photo by Unknown author is licensed under [CC BY-NC-ND](#).

11

Tracking Your Cycles

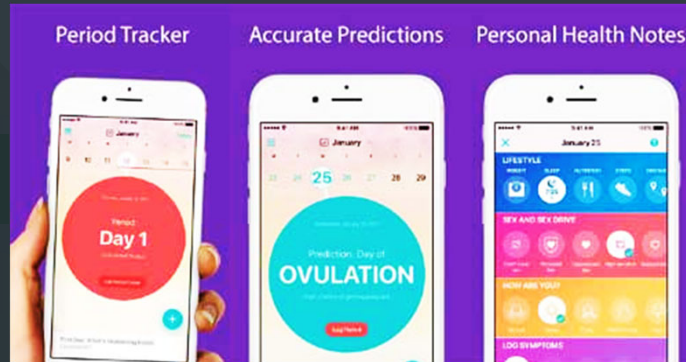


This Photo by Unknown Author is licensed under [CC BY](#).

12

Tracking Your Cycles

- Start and End
- Amount
- Bleeding changes
- Pain
- PMS symptoms
- Apps



This Photo by Unknown author is licensed under [CC BY](#).

13

Deviations From Normal

14

Anovulatory Cycles

- What is it?
- Frequency
- Who is likely to have these?

15

Irregular Bleeding

- Causes
 - Pregnancy or breastfeeding
 - Eating disorders
 - PCOS
 - Premature ovarian failure
 - Infections
 - Birth control
 - Benign or cancerous growths
- Treatments
- When to contact a health care provider



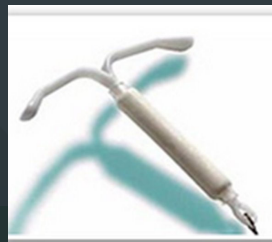
16

Premenstrual Syndrome (PMS)

- What is it?
- Typical symptoms
- Treatment
- When to contact a health care provider

17

Menorrhagia (Heavy Bleeding)



This Photo by Unknown author
is licensed under [CC BY-SA](#).

- What is it?
- Symptoms
- Causes
- Treatment

18

Dysmenorrhea (Excess Pain During Period)



- Types of dysmenorrhea
- Is dysmenorrhea normal?
- Symptoms
- Causes
- Diagnosis
- When to seek help



This Photo by Unknown author is licensed under [CC BY-NC-ND](#).

19

Amenorrhea (Absent Periods)



- What is it?
- Types of amenorrhea
- Causes
- Treatment
- When to seek help

20

When to Seek Medical Help



- Periods suddenly stop for more than 90 days and the pregnancy test is negative
- Periods become irregular after having been regular
- Periods last more than seven days
- Bleed heavily and soak through more than one pad/tampon every hour
- Periods are less than 21 days or more than 38 days apart
- Bleeding between periods
- Develop severe pain during your period that affect daily activities
- Fever and feel sick after using tampons
- Bleeding after sexual intercourse
- Period starts before age 8
- Period has not started by age 16
- Patient or family member has problem with blood clotting
- Feel dizzy or faint

21

Questions?



22

References



ACOG. "Abnormal uterine bleeding. Updated 2023. Retrieved from <https://www.acog.org/womens-health/faqs/abnormal-uterine-bleeding>. Accessed Apr 2024.

Basit H, Jeanmonod R. Physiology, Menstrual Cycle. [Updated 2022 Oct 24]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Cleveland Clinic. "Amenorrhea."

Retrieved from <https://my.clevelandclinic.org/health/diseases/3924-amenorrhea>. Accessed Apr 2024.

Creative Commons, multiple image media. Retrieved Apr, 2024.

Cleveland Clinic. "Amenorrhea."

Retrieved from <https://my.clevelandclinic.org/health/diseases/3924-amenorrhea>. Accessed Apr 2024.

Creative Commons, multiple image media. Retrieved Apr, 2024. Thiyagarajan DK, Available from: <https://www.ncbi.nlm.nih.gov/books/NBK500020/>

23



24