

Tips For Keeping Your Menstrual Healthy

- **Keep a Menstrual Diary:** Track your menstrual cycles, noting the start and end dates, flow intensity, and any associated symptoms. This information can help your healthcare provider assess patterns and identify potential issues.
- **Non-Hormonal Medications:** Non-hormonal medications, like nonsteroidal anti-inflammatory drugs (NSAIDs), can be used to manage pain associated with menstruation (dysmenorrhea). Tranexamic acid may help reduce heavy menstrual bleeding.
- **Lifestyle Modifications:** Adopt a healthy lifestyle, including a balanced diet, regular exercise, and adequate sleep. These factors can positively impact hormonal balance and overall well-being.
- **Stress Management:** Practice stress-reducing techniques, such as deep breathing, meditation, yoga, or other relaxation methods. Stress can contribute to menstrual irregularities.
- **Maintain a Healthy Weight:** Achieve and maintain a healthy weight through a balanced diet and regular exercise. Weight management is particularly relevant for conditions like polycystic ovary syndrome (PCOS).
- **Heat Therapy for Pain Relief:** Apply a heat pad or warm compress to the lower abdomen to alleviate menstrual cramps. Heat therapy can help relax muscles and reduce pain.
- **Surgical Interventions:** In some cases, surgical interventions may be recommended to address specific issues, such as endometrial ablation for heavy bleeding or laparoscopic surgery for conditions like endometriosis.
- **Regular Exercise:** Engage in regular physical activity, which can have positive effects on hormonal balance and overall menstrual health. Choose activities you enjoy to make exercise a sustainable habit.
- **Follow-up with Regular Check-ups:** Schedule regular follow-up appointments with your healthcare provider to monitor the effectiveness of your management plan, discuss any changes, and make adjustments as needed.