

Female Athlete Education.

# THE MENSTRUAL CYCLE : DISORDERS DICTIONARY



## Primary amenorrhea

When a girl reaches **age 15** and her period has not yet started.



## Secondary amenorrhea

The **absence of at least three consecutive periods** in non-pregnant women who previously had regular menstruation and who are not on hormonal contraception.



## Oligomenorrhea

Infrequent periods, or intervals **longer than 35 days** between each period (roughly four to nine periods in total over twelve months).



## Anovulation

A cycle that **does not include ovulation** (i.e., unable to detect ovulation using urinary ovulation test kit or by blood hormone analysis).



## Heavy periods

**Abnormally heavy periods** (e.g., needing to change a super pad or tampon every 2 hours, flooding, large clots, bleeding lasting more than 7 days) that interferes with a woman's quality of life.



## Dysmenorrhea

**Painful periods** which can be primary (pain caused by the bleeding itself) or secondary (pain with another root cause, such as endometriosis etc.).



## Premenstrual syndrome (PMS)

A cluster of repetitive **symptoms** (e.g., breast pain, bloating, mood changes) experienced by some women in the 1 to 2 weeks **before their period**.



## Premenstrual dysphoric disorder

A **severe form of premenstrual syndrome**. Typically symptoms include depression, and other mood changes a week or two before the period.



## Polycystic ovary syndrome (PCOS)

A **hormone disorder** resulting in:

- Irregular or absent periods
- Elevated androgen hormones which might result in excess facial and body hair, acne, and male-pattern hair loss.
- Ovaries might contain cysts (polycystic).



## Endometriosis

**Tissue similar to the inner lining of the uterus grows outside the uterus**, resulting in chronic pelvic pain, painful periods, painful sex, back pain, etc.

