

Amenorrhoea

Amenorrhea

Amenorrhoea is the absence of a menstrual period in a woman of reproductive age (after puberty and before menopause). Primary amenorrhoea is the absence of menstruation in a woman by the age of 16, if pubertal changes has occurred (See page 18-19) or by age 14, if no pubertal changes has occurred yet. Secondary amenorrhoea is where an already established menstruation cycle has stopped for at least 3 months in a woman with a regular period or for 6 months in a woman with irregular periods.

Causes

Amenorrhoea can be caused by various factors. Some causes can be harmful and others are only temporary and not harmful at all. A doctor will be able to decide whether the cause of your amenorrhoea should be addressed or not.

Causes of amenorrhoea include:

- Uterine or vaginal under development
- Hormonal imbalances
- Certain genetic disorders
- Pregnancy (See page 51-58)
- Polycystic ovaries
- Menopause (See page 100-101)
- Premature menopause
- Drugs
- Breastfeeding
- Extreme physical strain
- Stress
- Eating disorders (obesity, anorexia nervosa, or bulimia) (See page 93-94)

Treatment

Some causes of amenorrhoea, such as eating disorders and extreme physical strain, can result in infertility, osteoporosis and other health problems. Other causes, such as menopause and breastfeeding are non-life threatening and do not require specific treatment. The treatment vary based on the underlying condition. If you feel like your amenorrhoea might have health and, among others, fertility consequences do not hesitate to visit a doctor in order to find the cause of your amenorrhoea and manage it correctly.

