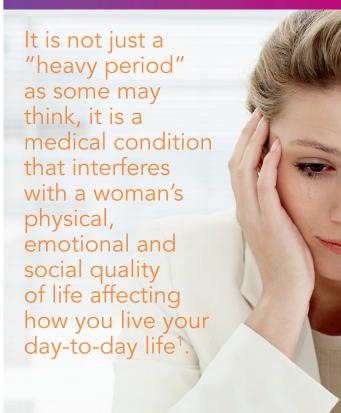


Understanding heavy menstrual bleeding



What is HMB?



1. National Collaborating Centre for Women's and Children's Health.

Heavy Menstrual Bleeding Clinical Guideline 44. London: RCOG Press for NICE; 2007

Spotting the signs – do I have HMB?

Think about the impact that your periods have on your life. If you tick 'yes' to any of those questions, you could be suffering from HMB:

or pad every two hours or more?
Do you need to use high absorbency tampons and pads together at the same time?

Do you have to change your tampons

Do your periods last longer than a week?

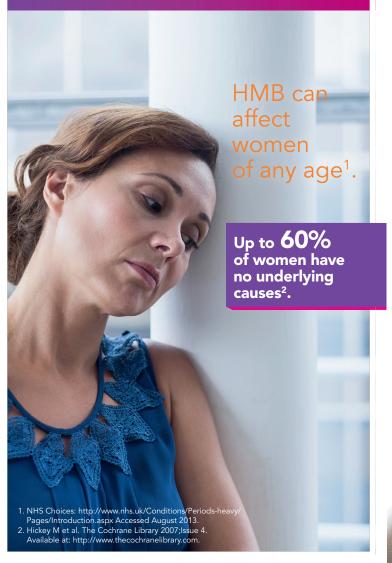
Do you have clots or experience 'flooding' (a sudden onset of heavy bleeding) through to your clothes or bedding?

Do you experience bleeding after sex or suffer from pelvic pain and bleeding between periods?



These questions are based on a broader range of questions to determine the extent of bleeding and its physical impact as well as identify what changes a womanmakes to her daily activities to accommodate HMB. Philipp CS, et al. Development of a screening tool for identifying women with menorrhagia for hemostatic evaluation. Am J Obstet Gynecol 2008;198:163.e1-163.e8. Bushnell DM, et al., Menorrhagia Impact Questionnaire: assessing the influence of heavy menstrual bleeding on quality of life. Curr Med Res Opin 2010;26(12):2745-55. Matteson KA, Clark MA. Questioning our questions: do frequently asked questions adequately cover the aspects of women's lives most affected by abnormal uterine bleeding? Opinions of women with abnormal uterine bleeding participating in focus group discussions. Women Health 2010;50(2):195-211.

What causes HMB?



What can I do?

Talk to your doctor.

In many cases, your doctor will simply recommend a treatment plan that can be started immediately.

This treatment will:

Reduce or stop the excessive bleeding

Improve quality of life Prevent or correct iron deficiency anaemia*



What treatment should I consider

Treatment for HMB is based on the following contraceptives:

An intrauterine system or 'IUS'

(also know as a 'hormonal coil') a small T-shaped plastic device inserted into the uterus by a healthcare professional

Oral hormonal pills,

such as combined oral contraceptive pills or some pills that contain a type of progestogen





Supportive therapies include:

Other oral treatments,

such as tranexamic acid which is taken after the bleeding has started Period pain relief medication,

such as paracetamol or ibuprofen¹





It's important not to suffer in silence because there are effective treatments available to alleviate the burden of HMB.



Ask yourself three simple questions about*:



My bleeding – Do I have to change my sanitary wear in the night or bleed through it in under two hours?



My health – Do I feel breathless, faint or pass large blood clots?



My daily life – Am I worried about having accidents or have to rearrange my social life during my period?

*These three key questions are based on a broader range of questions to determine the extent of bleeding and its physical impact as well as identify what changes a woman makes to her daily activities to accommodate HMB. Philipp CS, et al. Development of a screening tool for identifying women with menorrhagia for hemostatic evaluation. Am J Obstet Gynecol 2008;198:163.e1-163. e8. Bushnell DM, et al., Menorrhagia Impact Questionnaire: assessing the influence of heavy menstrual bleeding on quality of life. Curr Med Res Opin 2010;26(12):2745–55. Matteson KA, Clark MA. Questioning our questions: do frequently asked questions adequately cover the aspects of women's lives most affected by abnormal uterine bleeding? Opinions of women with abnormal uterine bleeding participating in focus group discussions. Women Health 2010;50(2):195–211.



PP-MIR-IE-0037-1

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