

Your family business has outgrown your family.
It's about time you hire someone who doesn't
call you daddy.



STJOBS
No.1
Voted No.1
Recruitment Site by
Marketing Magazine



asiaonehealth



Bookmark us | About us | Advertise | Login | Register

HOME NEWS EAT RIGHT HEALTH MATTERS FITNESS WEIGHT MANAGEMENT

>> ASIAONE / HEALTH / WOMEN'S MATTERS / SEXUAL HEALTH / STORY



Photo: ST, Stephanie Yeow

What can you do about heavy periods?

HEAVY PERIODS

What causes it?

There is often no actual cause, said Dr Wee Horng Yen, a consultant gynaecologist at KK Womens and Children's Hospital. In other cases, it could be due to hormonal imbalance, such as the polycystic ovary syndrome.

"When imbalance occurs, the lining of the uterus develops in excess and eventually sheds by way of heavy periods," he said. Other possibilities include fibroids which are non-cancerous growths that affect about 25 per cent of women.

Dr Tan Eng Loy, an associate consultant gynaecologist at the Singapore General Hospital, said: "Heavy periods may be due to the presence of uterine fibroids, especially if they protrude into the womb cavity.

"Or it could be adenomyosis, where the walls of the womb are abnormally thick."

Blood clotting, thyroid and ovary disorders are contributing factors as well.

Contraceptives, such as the intra-uterine device, may also cause excessive bleeding.

However, bleeding in-between periods or after menopause may indicate cancer, said Dr Tan.

>> Next

SHARE [Facebook] [Twitter] [Email]

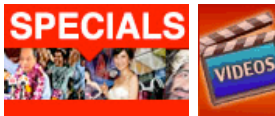
1 2 3

Tue, Mar 30, 2010
Mind Your Body, The Straits Times

Print - friendly | Email a friend

News Business Edvantage
Science & Tech Health
Motoring Plush Diva
Relax SoShiok

Your complete guide to
SINGAPORE EVENTS & HAPPENINGS



SPH NEWSPAPERS
ASIAONE SERVICES

Search AsiaOne:

[Check out great ways to cut the fats](#)

[All you need to know about women's health](#)

[Travel ideas for your next holiday.](#)

STORY INDEX

What can you do about heavy periods?

Confessions of a sex addict

The Pill and the Period

An embarrassing problem?

Pork better than Viagra?

More awareness, more cases detected

'He didn't tell me he had Aids and had sex with me'

It's stamina that counts for her

Her sexual posers

Who's having a baby?

>> RELATED STORY

The Pill and the Period
Period pain for 20 years

We welcome contributions, comments and tips.

a1health@sph.com.sg

9180 1253 (SMS)

6319 8177



