



# Amenorrhea



Dr. Majid Ghayour Mobarhan

Nutritionist from the UK

## ► A blood test can check your:

Thyroid function, Ovary function, Testosterone levels, which can detect PCOS, Estrogen levels.

## ► Amenorrhea Treatment:

Treatment options for amenorrhea vary based on the cause. You may need to make lifestyle changes, such as diet, activity, and stress. Certain hormonal medicines and birth control pills can help trigger a period. Others can help trigger ovulation, such as for PCOS. Hormone therapy may be used to balance out your hormones.

Surgery is rare, but may be needed in some cases, such as: To correct genetic or chromosomal defects, To remove a pituitary (brain) tumor, To remove uterine scar tissue.

## ► Diet Therapy in Amenorrhea:

Food intake and amenorrhea go hand in hand. Diet plays a large role in period loss. Whether a result of restriction or over-exercising, under-eating starves your body of essential nutrients. **Some tips to help amenorrhea:** Eat adequate protein, Eat at least 20% of your calories from fat, Eat a calcium-rich food at each meal to help maintain bone density, Get adequate vitamin D, to help with calcium absorption and bone health.



## Foods to be taken:

- Consume adequate nutrients each day, including vitamins, minerals and protein, to help prevent amenorrhea.
- Include more iron-rich foods in your diet such as liver, seafood, spinach, soy beans and kidney beans.
- Use olive oil to cook to aid weight loss and add natural dietary fiber to improve your digestion and metabolism.

## Foods to be avoided:

- Avoid fatty foods and products high in trans-fats.

## Weight loss:

While low body weight may cause you to lose your period, weight loss, in general, is a more common finding among amenorrhea sufferers.



## Amenorrhea



### ► Amenorrhea Definition:

Amenorrhea is when menstruation is absent during the reproductive years, between puberty and menopause. This condition isn't a disease and it does not mean that a person is infertile, but it can be a sign of a health problem that needs attention.

### ► Amenorrhea Causes:

Amenorrhea is often a sign of another health problem rather than a disease itself, and it can happen for many reasons. It can occur as a natural part of life, such as during pregnancy or breastfeeding. It can also be a sign of a health problem, such as polycystic ovary syndrome (PCOS).

Primary amenorrhea (failure of menses to occur by age 16) can result from two main causes:

- Chromosomal or genetic abnormalities
- Problems with the hypothalamus or pituitary gland.

Secondary amenorrhea (missing three menstrual periods in a row or not having periods for at least 6 months after menstruating normally) can result from various causes, such as:

- Medications and therapies



## Amenorrhoea

- Natural causes such as pregnancy
- Thyroid problems
- Poor nutrition

### ► Amenorrhea Symptoms:

Hot flashes, Nipples leaking milk, Vaginal dryness, Headaches, Vision changes, Acne, Excess hair growth on your face and body.

### ► Amenorrhea Diagnoses:

If you've never had menstruation, the doctor will review your health history and do an exam. A regular physical and pelvic check can show signs of puberty. For secondary amenorrhea, the doctor will begin with a pregnancy test. If this is negative, he or she will do an exam and review your health history.