

Hello! Vio, your personal assistant, is in touch! I see you noted scanty discharge during your period. Do you know what this may be connected with?

No, tell me...

Subjectivity is the main criterion for evaluating menstrual flow, unless the woman uses a menstrual cup. Scanty discharge occurs when the body loses up to 30 ml of blood for the entire period of menstruation. Why does this happen?

Lean discharge is permissible at the beginning (or end) of menstruation. If the profusion does not increase by the middle of the cycle, it is worth considering, because many factors provoke such a physiological change:

- Stress, nervous breakdown;
- Sharp weight loss, excessive physical activity;
- Change of a climatic zone;
- Intake of hormonal contraceptives.

There are also more serious causes of scanty discharge.

Which for example?

The previous factors can be easily eliminated by normalizing the abundance of critical days, but the physiological group of reasons will have to work long:

- Early pregnancy that is mistaken for the onset of menstruation;
- Pathology of the reproductive system;
- Diseases of the endocrine or immune systems.

The norm is considered scanty menstruation, which lasts up to 6 months. If profusion has not increased over six months, you should immediately consult a doctor. You promise to consult with a specialist if the situation does not work out soon?

Yes, of course, Vio! Thank you!

I'll leave a helpful guide so you don't worry too much. Remember, there are always objective reasons for atypical processes in the female body. Identifying a problem in time means almost solving it.

Take care of your health!

Yes, I think I know!

Good! I like your responsible approach to your body. Recall that if scanty menstruation persists for six months (the body loses up to 30 ml of blood in one period), it's worth to consult with your doctor. Among the reasons lean discharge may be:

- Stress, chronic fatigue;
- Mass loss, unusual physical activity;
- Acclimatization;
- The effect of hormonal contraceptives;
- Early pregnancy;
- Pathological changes in reproductive, endocrine, immune systems.

Take care of yourself! Nothing is more important than women's health and beauty!

Thank you for your concern, Vio!

I'll also leave a useful article if you want brush up on your knowledge. Continue also to responsibly mark daily symptoms so that I can pick up the most relevant tips, recommendations, and articles!