OLIGOMENORRHEA
Oligomenorrhea, Infrequent Menstruation

Light or infrequent menstrual flow at intervals of 39 days to 6 months or 5-7 cycles in a year.

♀️ Diagnosis 🥇 Female

Related Diagnoses:
Anorexia Nervosa | Polycystic ovary syndrome | Anovulation | Endometrial polyp | Endometrial hyperplasia | Uterine fibroids | Hyperthyroidism

About Oligomenorrhea

Oligomenorrhea generally refers to infrequent menstruation. More strictly, it is menstrual periods occurring at intervals of greater than 35 days, with only four to nine periods in a year. Also, menstrual periods should have been regularly established previously before the development of infrequent flow and often (but not always) involves irregular intervals. In contrast to "irregular cycles", the interval between one cycle and the next may still be consistent, but can still be regarded as "irregular" compared to the cycle length of a female without oligomenorrhea.

Oligomenorrhea can be a result of prolactinomas (adenomas of the anterior pituitary). It may also be caused by thyrotoxicosis, hormonal changes in perimenopause, Prader-Willi syndrome, and Graves disease. Oligomenorrhea can also be an important symptom manifesting in several medical conditions.

Women with polycystic ovary syndrome (PCOS) are also likely to suffer from oligomenorrhea. PCOS is a condition in which excessive androgens (male sex hormones) are released by the ovaries. Women with PCOS show menstrual irregularities that range from oligomenorrhea and amenorrhea, to very heavy, irregular periods. The condition affects about 6% of premenopausal women and is related to excess androgen production. Eating disorders can also result in oligomenorrhea.

Therapy of oligomenorrhea depends on the cause. In adolescents and women near menopause, oligomenorrhea usually needs no therapy. For some sports women, changes in training schedules and eating habits can be enough to return the woman to a periodic menstrual cycle. Other women, including those with polycystic ovary syndrome, are treated with hormones.

Associated diseases
- polycystic ovary syndrome (PCOS)
- thyrotoxicosis
- anorexia nervosa
- bulimia nervosa
- perimenopause
- genital tuberculosis
- Prader-Willi syndrome
- Graves disease
- uterine fibroids
- uterine polyps
- endometrial hyperplasia

Complications

Negligence to treat menstrual bleeding cessation can lead to several complications especially in PCO patients that include:
- low fertility
- lowering bone density
- endometrial
- breast cancer
- coronary
- brain artery disease
- diabetes
- hirsutism
- acne

Risk factors
- polycystic ovarian syndrome
- changes in lifestyle
- obesity
- over exercise
- low physical activity
- unhealthy nutrition
- emotional stress
- race
- low body mass index (BMI)
- family history
- etiologic factors
Impact on fertility

Because women suffering from oligomenorrhoea are only experiencing a period a few times a year, their body is also ovulating less which affects their fertility. Oligomenorrhoea contributing to chronic anovulation and infertility are the most frequent conditions observed. If ovulation does not take place then of course, pregnancy becomes impossible.

Prevention

Healthy nutrition and less energetic training plans for female athletes will usually prevent oligomenorrhoea. When oligomenorrhoea is caused by hormonal reasons, however, it is not preventable, but is usually treatable.

Symptoms

- irregular cycles
- difficulty conceiving
- unusually light menstrual flow

Therapies

Self therapy

Dietary Habits

Changes in food habits can cause inadequate intake of calories, micronutrients, unsaturated fat, phytosterogens and fiber as well as increasing environmental toxins. These factors are speculated not only to influence the present lifestyle, but also to induce gynecologic disorders such as oligomenorrhea.

Avicenna traditional medicine

Sesamum indicum L. (the medicinal herbs) is a well-known medication in the Avicenna traditional medicine to induce menstrual bleeding in women with oligomenorrhea.

Conventional medicine

Pharmacotherapy

Available treatments for this disease are mostly hormonal drugs, such as contraceptive pills to regulate hormone imbalance. Unfortunately, contraceptive pills are not free from side effects. The most common side-effects in women taking the hormonal drugs include headache, mood changes, gastrointestinal disturbances, and breast pain. These drugs are also responsible for more serious adverse effects like breast cancer. Menstruation may be adjusted with a change in hormonal contraception use or progesterin.

Surgical therapy

Non-existing.

Assisted reproduction

Treatment procedures of oligomenorrhea depends on its cause. Fertility can be resumed by gonadotropin injections to stimulate follicle maturation and ovulation. If it is not sufficient for spontaneous conception IVF-ICSI should be done.

Find more about related issues

Anorexia Nervosa

An eating disorder characterized by the maintenance of a body weight below average, fear of gaining weight, and a distorted body image.
Learn more at: www.fertilitypedia.org/therapy/diag/anorexia-nervosa

Polycystic ovary syndrome

A condition in which a woman has an imbalance of female sex hormones. This may lead to changes in the menstrual cycle, cysts in the ovaries, trouble g
Learn more at: www.fertilitypedia.org/therapy/diag/polycystic-ovary-syndrome

Anovulation

Failure of the ovaries to release an oocyte over a period of time generally exceeding 3 months.
Learn more at: www.fertilitypedia.org/therapy/diag/anovulation
Endometrial polyp
The finger-like overgrowths attached to the inner wall of the uterus that extend into the uterine cavity which are made of endometrial tissue.
Learn more at: www.fertilitypedia.org/therapy/diag/endometrial-polyp

Endometrial hyperplasia
Thickening of the lining of the uterus.
Learn more at: www.fertilitypedia.org/therapy/diag/endometrial-hyperplasia

Uterine fibroids
The most common benign smooth muscle tumors of the uterus encountered in women of reproductive age.
Learn more at: www.fertilitypedia.org/therapy/diag/uterine-fibroids

Hyperthyroidism
Condition that occurs due to excessive production of thyroid hormone by the thyroid gland.
Learn more at: www.fertilitypedia.org/therapy/diag/hyperthyroidism

Organs

Fallopian tubes
Two very fine tubes that transport sperm toward the egg, and allow passage of the fertilized egg back to the uterus for implantation.
Learn more at: www.fertilitypedia.org/edu/organ/fallopian-tubes

Ovary
The ovum-producing organs of the internal female reproductive system.
Learn more at: www.fertilitypedia.org/edu/organ/ovary

Uterus
The uterus is the largest and major organ of the female reproductive tract that is the site of fetal growth and is hormonally responsive.
Learn more at: www.fertilitypedia.org/edu/organ/uterus

Reproductive cells

Endometrial cell
Cells composing an inner layer of the uterine lining.
Learn more at: www.fertilitypedia.org/edu/reproductive-cells/endometrial-cell

Endometrium
The innermost layer of uterus forming the uterine lumen where the implantation of an oocyte happens.
Learn more at: www.fertilitypedia.org/edu/reproductive-cells/endometrium

Oocyte
A female germ cell involved in reproduction.
Learn more at: www.fertilitypedia.org/edu/reproductive-cells/oocyte

Biological control

Anti-Müllerian hormone
A hormone, that provokes the regression of male fetal Müllerian ducts.
Learn more at: www.fertilitypedia.org/edu/biological-control/anti-mullerian-hormone

Estradiol
A steroid and estrogen sex hormone produced in the ovaries of females.
Learn more at: www.fertilitypedia.org/edu/biological-control/estradiol

Estrogen
The primary female sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics.
Learn more at: www.fertilitypedia.org/edu/biological-control/estrogen

Follicle-stimulating hormone
FSH is a hormone secreted by the anterior pituitary gland. It regulates the development, growth, pubertal matur and reproductive functions of the body.
Learn more at: www.fertilitypedia.org/edu/biological-control/follicle-stimulating-hormone

Reproductive functions

Fertilization
The fusion of an ovum with a sperm to initiate the development of a new individual organism.
Learn more at: www.fertilitypedia.org/edu/reproductive-functions/fertilization
Implantation
The very early stage of pregnancy at which the embryo adheres to the wall of the uterus.
Learn more at: www.fertilypedia.org/edu/reproductive-functions/implantation

Oogenesis
The process of the maturation of the female gametes through the meiotic division.
Learn more at: www.fertilypedia.org/edu/reproductive-functions/oogenesis

Ovulation
The release of egg(s) from the ovaries.
Learn more at: www.fertilypedia.org/edu/reproductive-functions/ovulation

⚠️ Risk factors

Diabetes mellitus
A condition in which the body either does not produce enough, or does not properly respond to insulin, a hormone produced in the pancreas.
Learn more at: www.fertilypedia.org/edu/therapy/re/diabetes-mellitus

Emotional stress
Learn more at: www.fertilypedia.org/edu/therapy/re/emotional-stress

Obesity
A medical condition of excess body fat that can have a negative effect on health, leading to reduced life expectancy and other health problems.
Learn more at: www.fertilypedia.org/edu/therapy/re/obesity

Over-exercise
A common term for any practice of, or training for, a concrete sport which is in excess of that necessary to effectively participate in the sport.
Learn more at: www.fertilypedia.org/edu/therapy/re/over-exercise

Poor dietary habits
Eating habits are one of the few factors within our control that impact not only our chances of falling pregnant.
Learn more at: www.fertilypedia.org/edu/therapy/re/poor-dietary-habits

Underweight
Underweight is a term describing a person whose body weight is considered too low to be healthy.
Learn more at: www.fertilypedia.org/edu/therapy/re/underweight

🔗 Symptoms

Acne
A long term skin condition characterized by areas of blackheads, whiteheads, pimples, greasy skin, and possibly scarring.
Learn more at: www.fertilypedia.org/edu/symptoms/acne

Excessive facial and body hair growth in women
The excessive hairiness on women in those parts of the body where terminal hair normally is absent or minimal, such as a beard or chest hair.
Learn more at: www.fertilypedia.org/edu/symptoms/excessive-facial-and-body-hair-growth-in-women

Infertility
The failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse.
Learn more at: www.fertilypedia.org/edu/symptoms/infertility

Infrequent menstruation
The medical term for infrequent, often light menstrual periods (intervals exceeding 35 days).
Learn more at: www.fertilypedia.org/edu/symptoms/infrequent-menstruation

Irregular menstruation
Irregular menstruation is a menstrual disorder whose manifestations include irregular cycle lengths as well as metrorrhagia
Learn more at: www.fertilypedia.org/edu/symptoms/irregular-menstruation

Underweight
A term describing a person whose body weight is considered too low to be healthy.
Learn more at: www.fertilypedia.org/edu/symptoms/underweight

 vídeos

Avicenna traditional medicine
An encyclopedia of medicine in five books compiled by Persian philosopher Avicenna (Ibn Sina) and completed in 1025.
Learn more at: www.fertilypedia.org/edu/therapies/avicenna-traditional-medicine
**Egg donation**
Process by which a woman donates eggs for purposes of assisted reproduction or biomedical research.
Learn more at: [www.fertilitypedia.org/therapies/egg-donation](http://www.fertilitypedia.org/therapies/egg-donation)

**ICSI**
A micromanipulative fertilization technique in which a single sperm is injected directly into an egg.
Learn more at: [www.fertilitypedia.org/therapies/icsi](http://www.fertilitypedia.org/therapies/icsi)

**Pharmacotherapy of menstrual disorders**
Drugs, which are used as a therapy of menstrual disorders.
Learn more at: [www.fertilitypedia.org/therapies/pharmacotherapy-of-menstrual-disorders](http://www.fertilitypedia.org/therapies/pharmacotherapy-of-menstrual-disorders)

**Sperm donation**
The procedure in which a man (sperm donor) provides his sperm for fertility treatment.
Learn more at: [www.fertilitypedia.org/therapies/sperm-donation](http://www.fertilitypedia.org/therapies/sperm-donation)

**Standard IVF**
A process in which an egg is fertilised by sperm outside the body; In vitro. Own or donated gametes may be used.
Learn more at: [www.fertilitypedia.org/therapies/standard-ivf](http://www.fertilitypedia.org/therapies/standard-ivf)

---

**Sources**

* Irregular menstruation ([https://en.wikipedia.org/wiki/Irregular_menstruation](https://en.wikipedia.org/wiki/Irregular_menstruation)) — sourced from Wikipedia licensed under [CC BY-SA 3.0](https://creativecommons.org/licenses/by-sa/3.0/)

* Oligomenorrhea ([https://en.wikipedia.org/wiki/Oligomenorrhea](https://en.wikipedia.org/wiki/Oligomenorrhea)) — sourced from Wikipedia licensed under [CC BY-SA 3.0](https://creativecommons.org/licenses/by-sa/3.0/)

* Sesame: a Treatment of Menstrual Bleeding Cessation in Iranian Traditional Medicine: Results From a Pilot Study ([https://www.researchgate.net/publication/268811821_Sesame_a_Treatment_of_Menstrual_Bleeding_Cessation_in_Iranian_Traditional_Medicine_Results_From_a_Pilot_Stud](https://www.researchgate.net/publication/268811821_Sesame_a_Treatment_of_Menstrual_Bleeding_Cessation_in_Iranian_Traditional_Medicine_Results_From_a_Pilot_Stud)) — by Yavari et al, licensed under [CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/)

* A neuropsychiatric complication of oligomenorrhea according to Iranian traditional medicine ([http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4126248/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4126248/)) — by Yavari et al. licensed under [CC BY 3.0](https://creativecommons.org/licenses/by/3.0/)

* The relation between athletic sports and prevalence of amenorrhea and oligomenorrhea in Iranian female athletes ([http://omssports.com/ocon.org/biomedcentral.com/articles/10.1186/1755-1555-1-16](http://omssports.com/ocon.org/biomedcentral.com/articles/10.1186/1755-1555-1-16)) — by Dadgostar et al. licensed under [CC BY 2.0](https://creativecommons.org/licenses/by/2.0/)

* Anovulation ([https://en.wikipedia.org/wiki/Anovulation#Hormonal_or_chemical_imbalance](https://en.wikipedia.org/wiki/Anovulation#Hormonal_or_chemical_imbalance)) — sourced from Wikipedia licensed under [CC BY-SA 3.0](https://creativecommons.org/licenses/by-sa/3.0/)


* Effect of PCOS on glucose metabolism ([http://www.scoopnest.com/nov-337761](http://www.scoopnest.com/nov-337761)) — by Bennal and Kerure licensed under [CC BY-NC 3.0](https://creativecommons.org/licenses/by-nc/3.0/)

* Impact of Life Style and Dietary Habits on Menstrual Cycle of College Students ([http://www.ijsr.net/archive/v4i4/SUB153744.pdf](http://www.ijsr.net/archive/v4i4/SUB153744.pdf)) — by Lakshmi licensed under [CC BY 2.0](https://creativecommons.org/licenses/by/2.0/)