HYPOMENORRHEA

Hypomenorrhoea, Light Menses

Short or scanty periods with extremely light menstrual blood flow.

♀ Symptom ♂ Female

About Hypomenorrhea

In some women it may be normal to have less bleeding during menstrual periods. Less blood flow may be genetic and, if enquiries are made, it may be found that woman’s mother and/or sister also have decreased blood flow during their periods. Pregnancy can normally occur with this type of decreased flow during the period. The incidence of infertility is the same as in women with a normal blood flow. Constitutional scanty menstruation perhaps best explained by assuming the presence of an unusual arrangement, or relative insensitivity, of the endometrial vascular apparatus.

Reduced menstrual flow is a common side-effect of hormonal contraception methods, such as oral contraceptive pills, intrauterine device (IUDs) that release hormones (such as Mirena), or hormonal implants such as Depo-Provera. The relatively low estrogen contained in most hormonal contraceptives reduces the growth of the endometrium, so there is relatively little endometrium left to be shed during menstruation. Many women find this side-effect to be a benefit of hormonal contraceptive use.

Hypomenorrhea can occur normally at the extremes of the reproductive life that is, just after puberty and just before menopause. This is because ovulation is irregular at this time, and the endometrial lining fails to develop normally. But normal problems at other times can also cause scanty blood flow. An ovulation due to a low thyroid hormone level, high prolactin level, high insulin level, high androgen level and problems with other hormone can also cause scanty periods.

Hyperthyroidism

Hyperthyroidism is the condition that occurs due to excessive production of thyroid hormone by the thyroid gland. Menstrual flow may lighten and menstrual periods may occur less often, or with longer cycles than usual. Patients with severe hyperthyroidism had a higher prevalence of secondary amenorrhea (menstrual cycles disappear for 6 consecutive months in a girl with irregular menses or for 3 consecutive months in a girl with regular menses) and hypomenorrhea than those with mild or moderate disease.

Menstrual cycle disorders

A menstrual disorder is a generic name for any abnormal condition in a woman’s menstrual cycle. Hypomenorrhea is referred as a menstrual flow disorders.
Ovary
The ovum-producing organs of the internal female reproductive system
Learn more at: www.fertilitypedia.org/edu/organs/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/organs/uterus

Vagina
Sex organ that is a part of the female genital tract having two primary functions: sexual intercourse and childbirth.
Learn more at: www.fertilitypedia.org/edu/organs/vagina

Diagnoses

Menstrual cycle disorders
An abnormal condition in a woman’s menstrual cycle.
Learn more at: www.fertilitypedia.org/therapy/diag/menstrual-cycle-disorders

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

Pelvic adhesions
A form of abdominal adhesions in the pelvis.
Learn more at: www.fertilitypedia.org/therapy/diag/pelvic-adhesions

Sources

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