

Is your body trying to tell you something? It's time to listen. Period.

Periods that are irregular, very painful, very heavy, or troubling may signal health problems.

Talk to your provider if you have periods that are:

Irregular

- Less than every 24 days
- More than every 38 days
- Longer than 8 days



Very painful

- Make it hard to go about daily life



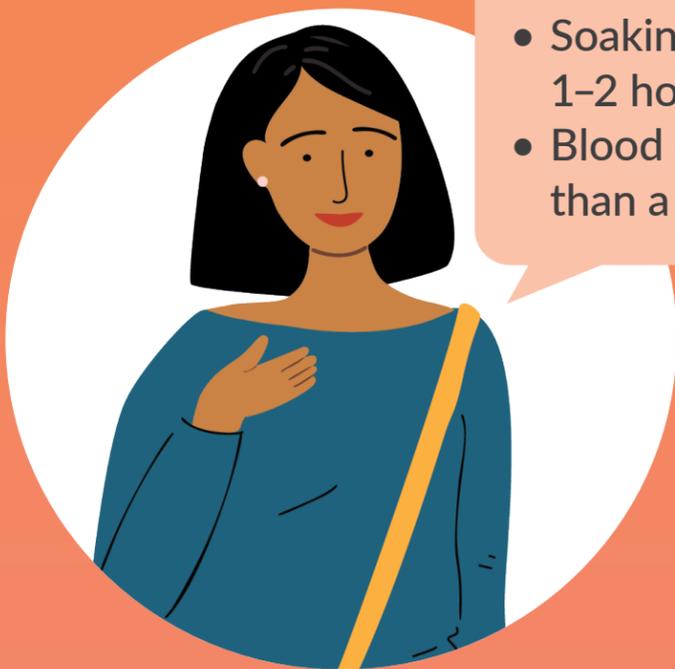
Troubling

- Big mood swings
- Despair or thoughts of suicide
- Anxiety or panic attacks



Very heavy

- Soaking a pad every 1-2 hours
- Blood clots larger than a golf ball



Talk to your health care team about ways to track your menstrual cycle so you know what's normal for you. That makes it easier to notice changes early, recognize problems, and get the care you need.

Your period is a vital sign. Talk to us today.