



5 Reasons Why Your Periods Are Getting Shorter?



**New Concept
Clinic**
Obstetrics and
Gynaecology Services

NEW CONCEPT CLINIC

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If you have had a consistent period in the past and now notice that the cycle is suddenly slow, you need to look out for the reasons and see a doctor. The common reasons why your menstrual phase gets shorter are:

EXERCISING A LOT

EXERCISING REGULARLY IS A GOOD IDEA, BUT EXCEEDING THE LIMITS AND EXERCISING A LOT CAN BE HARMFUL AND CAN GIVE YOUR BODY A SHOCK. IT AFFECTS YOUR HYPOTHALAMIC-PITUITARY AXIS.



TAKING STRESS

ONE OF THE BIGGEST CULPRITS TO YOUR MENSTRUAL CYCLE IS STRESS. EVEN THOUGH IT IS DIFFERENT FOR EVERYONE AS PER THE REPORTS WOMEN WITH A STRESS LIFECYCLE ARE MORE PRONE TO SHORTER PERIODS.



PERIMENOPAUSE

THE TIME WHEN A WOMAN IS IN THE AGE OF 40S AND IS LEADING TO MENOPAUSE IS PERIMENOPAUSE. IT CAN ALSO BE DUE TO THE OVARIES BECAUSE THERE IS SLOW PRODUCTION OF ESTROGEN.



BREASTFEEDING

BREASTFEEDING CAN PLAY A MAJOR ROLE IN GETTING YOUR PERIODS SHORTER. IT CAN ALSO TAKE WEEKS OR EVEN MONTHS BEFORE YOU START AGAIN.



MEDICATIONS

THERE ARE SEVERAL MEDICINES THAT HAVE THE SIDE EFFECT OF SHORTENING YOUR PERIODS. IF YOU ARE UNDER MEDICATION IT IS ADVISED TO VISIT A DOCTOR.



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