



FEMALE ATHLETE HEALTH

Understanding your menstrual cycle: What's normal, what's not?

Menstrual cycle:

Monthly cycle of changes in female sex hormones that prepare the body for a possible pregnancy.

Follicular phase:

Starts on the first day of your period (also known as menstruation) and ends when you ovulate.

Ovulation:

The release of the egg from the ovary, mid-cycle (around two weeks before your next period starts).

Luteal phase

The time between ovulation and menstruation. Sometimes accompanied by pre-menstrual syndrome, or PMS.



FIRST PERIOD

11-14 years



MENSTRUAL FLOW/FLUID

30-60 mL
This is about 2-4 tablespoons



PEDRIOD (BLEED) DURATION

3-7 days



CYCLE LENGTH

21 - 35 DAYS
For the first few years after your first period, long/irregular cycles are common



MENORRHAGIA

Refers to heavy menstrual bleeding. If left untreated, can cause anaemia



DYSMENORRHEA

Refers to painful periods. While some pain in the luteal phase is normal, debilitating pain is not



AMENORRHEA

The absence of menstrual periods. This is considered abnormal, even in athletes

TRACK YOUR CYCLE!

Keep a record of when you get your period, how long it lasts, how heavy it is, and any symptoms that present
See a doctor if: your periods stop or become erratic, you bleed for more than 7 days, you bleed more heavily than usual, or you develop severe pain (or other symptoms) during your period



@basketballnz

Dr. Brianna Larsen, School of Health & Wellbeing, University of Southern Queensland
A/Prof. Stephen Bird, Athlete Health & Performance Lead, Basketball New Zealand

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Koheed Creative