

Amenorrhea Fact Sheet

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SOURCES:

Mayo Clinic

- ❖ [Amenorrhea](#)

National Institutes of Health

- ❖ [Primary amenorrhea](#)

National Institute of Child Health and Human Development

- ❖ [Amenorrhea](#)

What are the symptoms of amenorrhea?

- ❖ The main symptom is losing or not starting the menstrual period.
- ❖ Sometimes women have other symptoms, too.
- ❖ Other symptoms include headaches, changes in vision, hair loss, and more facial hair.
- ❖ The symptoms depend on the cause of the amenorrhea.



What is amenorrhea?

- ❖ Amenorrhea (uh-men-o-REE-uh) is the loss of menstrual periods.
- ❖ If a teenager does not have a menstrual period by age 16, it's called "primary amenorrhea."
- ❖ Secondary amenorrhea occurs when a woman stops having periods for three or more months in a row.
- ❖ Missing a period may be a sign that a woman is pregnant or something is not normal.
- ❖ It's important to contact a health care provider about missing a period.



What are the causes of amenorrhea?

- ❖ Pregnancy is the most common cause.
- ❖ Other reasons women may stop having periods:
 - Breastfeeding.
 - Menopause.
 - Contraceptives that contain hormones.
 - Certain medications.
 - Lifestyle factors, such as stress, body weight (too high or too low), too much exercise.
 - Problems with hormone balance.
 - Problems with the female reproductive (sex) organs.
- ❖ Reasons that a teen might not get her first period:
 - Being overweight or underweight.
 - Having female sex organs that didn't grow right.
 - Problems in the parts of the brain that make hormones.



Are there tests for amenorrhea?

- ❖ A health care provider can suggest tests to find the cause of amenorrhea.
- ❖ The first is a pregnancy test.
- ❖ Next, blood tests may be done to check the level of hormones.
- ❖ CT scan or MRI of the head may be done to look for problems with the parts of the brain that make hormones.
- ❖ An ultrasound test may be done to look at the female sex organs.



How is amenorrhea treated?

- ❖ The type of treatment depends on the cause of the amenorrhea.
- ❖ If weight, stress, or physical activity is causing the amenorrhea, lifestyle changes may help.
- ❖ Medications are often used to treat the other causes of amenorrhea.
- ❖ It is important to talk to a health care provider about treatment options.

