Heavy menstrual bleeding is one of the most common problems women report to their healthcare providers — and many more may be untreated because women don’t realize anything is wrong.

Uterine fibroids are:
- Muscular growths of the uterus
- Benign (non-cancerous)
- Linked to health problems such as pelvic pain, anemia (low iron), and infertility

Approximately 1 in 3 to 1 in 4 women will have fibroids at some point in their lives.

Heavy menstrual bleeding is normal, but it could be a symptom of something else.

Heavy vs. Normal Bleeding

Your period is considered abnormally heavy if it lasts longer than five days (not including spotting) and you lose more than 80 milliliters (about 1/3 cup) of blood every month.

In addition to fibroids, heavy bleeding may be a symptom of:
- A hormone imbalance, such as thyroid disease or polycystic ovary syndrome (PCOS)
- Uterine or cervical cancer
- Bleeding disorders
- An infection, including sexually transmitted infections (STIs) such as gonorrhea and chlamydia
- Certain medications, including blood thinners and hormonal birth control

Just because your period has always been heavy doesn’t mean it isn’t cause for concern now.

Don’t be afraid to talk to your healthcare provider about your period

Before your appointment, think about your bleeding:
- If the appointment, share your cycle and any concerns you have with your healthcare provider. You can sketch out your bleeding on a calendar to figure out what’s going on with your bleeding.

If you do have fibroids, it doesn’t always mean you’ll need surgery. Many women don’t need treatment. Other women can manage their fibroid symptoms with medications. Help is only a conversation away.

You don’t have to live with heavy bleeding just because you always have!

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