



SYMPTOMS OF ABNORMAL MENSTRUAL CYCLE

- 01** Abnormally short or long periods
- 02** Absent or irregular periods
- 03** Pain and cramps requiring medication or leaving work early
- 04** Mood swings during or before menstruation
- 05** Severe breast tenderness
- 06** Migraines or severe headaches during menstruation
- 07** Digestive distress, such as diarrhea, constipation, or vomiting
- 08** Spotting or bleeding between periods
- 09** Heavy bleeding

