

Women Health and Menses

Menses are very important part of a woman's life. From about 14 years old (nowadays it can be even as earlier as 10) to late 50th, for more than 40 of the most wonderful years of their life, women have to live with it. It is related to many problems: irregular, painful, prolonged period, amenorrhea, PCOS, endometriosis, breast cancer, ovarian cancer etc. Most of the women's diseases have something to do with the period. Therefore, healthy period is crucial to women's health. Sometimes, when I ask patients about their period, the answer is always "normal". However, when I ask a little more, then I find out most women do not have "normal" period.

What is "normal" period?

A "normal" period should only be 3-7 days of bleeding about every 28 days with fresh red blood, naturally, not regulated by birth control pills or any other drugs. It is also normal with slight breast tightness before the period. Any other symptoms such clotting, cramping, pain or moodiness, sadness, anger etc are not normal. Normal period should also be consistent from month to month. If something changes such as sudden pain, shorter or longer intervals, dramatically increased or decreased flow are signs of imbalances. These imbalances should be treated by either acupuncture or herbs before they cause more serious problem.

Things to Avoid During Period:

Generally speaking, women should avoid anything that could block the smooth flow of the blood:

1. Do not swimming in cold water, or taking cold bath. Cold contracts, it will block the blood flow or create clots which could become blood stasis.
2. Wear enough warm cloth and not to get cold
3. Avoid eating cold salad, sushi which is raw, and drinking cold drinks.
4. Avoid sex
5. Tampons are for convenience , not for health, they could affect the blood flow. Use pads if it is possible.