

MENSTRUAL CYCLE WHAT IS NOT NORMAL

PAIN



- Period pain that stops an athlete performing normal activities or attending school, work or training is not normal.

PERIOD DURATION AND FLOW:

- Soaking through one or more super pad(s) or tampon(s) more than once every hour is considered heavy menstrual flow.

DURATION OF CYCLE

- It is expected that a student-athlete will experience a period roughly every 28 days.
- It is considered abnormal if three or more periods are consecutively missed.

MISSED PERIOD

- A 'missed' period can occur for various reasons including;
- Nutritional Status, Stress, Illness/disease, Body composition, Menstrual Dysfunction, Pregnancy

WHEN TO SEE YOUR DOCTOR

- It is recommended you see your doctor in the event of any adverse menstrual cycle dysfunction.
- **If you have not started your first period by age 15 it is important you see your doctor**

For further information - www.ais.gov.au/fphi