

Audio Description Transcript

Dr. Charletta Ayers, Obstetrician-Gynecologist (OB/GYN)

Dr. Charletta Ayers: Do you have a heavy period?

Here are four signs:

One, your pad or tampon is soaked through every 1 to 2 hours or less on the heaviest days.

Two, your period lasts longer than 7 days .

Three, you experience flooding that interferes with your daily life.

And four, periods with blood clots that are bigger than a grape.

1 in 5 women experience heavy periods. If you have heavy periods, you are not alone.

Heavy periods can be caused by many medical conditions, including having a bleeding disorder.

While it may feel strange to talk about your period with others, it's important to figure out what is happening with your body.

Talk to a trusted adult and work with your doctor to not only treat your heavy periods, but to find out what is causing them. If you have a bleeding disorder, treatment is available.

Visit: betteryouknow.org

For a teen brochure,

It's your health. Own it.