

# Causes of bloody discharge and how to treat it?

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## Introduction

It's scary to see bloody discharge when you're not expecting it. However, bloody discharge isn't necessarily a symptom of a medical issue. When it comes to establishing the origin of bleeding, factors such as age, lifestyle, and medical history all play a role. This study will go through the most common reasons of bloody discharge, when you should see a doctor, and how to treat or avoid it in the future [1].

## Bloody discharge causes

A bloody discharge does not always mean there is a problem. In reality, it can be linked to typical body responses in a variety of situations.

## Menstruation cycle

Menstruation, or the shedding of the uterine lining, is the most prevalent cause of bloody discharge. It could be the beginning of your menstrual period or cycle. On average, a regular period occurs every 28 days, or around 14 days following ovulation. The colour of your period may change throughout your cycle, starting with pink, brown, or black blood and advancing to burgundy or red blood [2].

## HT and perimenopause

The period leading up to menopause—or your last period—is known as perimenopause. Perimenopausal symptoms appear in the majority of women in their 40s, with the average age being 47. During perimenopause, menstrual cycle alterations are common. It's possible that your periods are shorter, longer, heavier, or lighter than normal. You might even skip a few periods. Hormone therapy, or HT, is a drug that combines the feminine hormones oestrogen and/or progesterone. Some women may be taken these to help with the symptoms of perimenopause and menopause. Irregular bleeding is one of the documented adverse effects of HT.

## Pregnancy-related

While bleeding is a concern during pregnancy, it is actually extremely typical throughout the first trimester, or the first

three months of a normal pregnancy. In the first trimester, about 15% to 25% of pregnant women experience bleeding. After fertilisation, there is usually some minor bleeding (when the fertilised egg implants in the lining of your uterus). This form of bleeding is also known as implantation bleeding, and it isn't something to be concerned about. While implantation bleeding is typical, bleeding during pregnancy should always be discussed with your healthcare professional because it could indicate something more serious [3].

## Regarding the sources of bloody discharge

Bloody discharge or bleeding between periods can indicate more serious issues in some situations. Bloody discharge is often one of several symptoms that help lead to a diagnosis, so it's vital to keep track of your symptoms holistically and contact your doctor [4].

Bloody discharge isn't necessarily an indicator of a medical emergency. In many circumstances, it is a natural reaction of the body. When bloody flow develops at menopause, later in pregnancy, or in conjunction with other symptoms, it could indicate a more serious problem. When it comes to establishing the source of bleeding that isn't due to menstruation, age, lifestyle, and medical history all play a role, so keep track of your symptoms and contact your doctor.

## References

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