



MAKING HER LIFE EASIER



What is dysfunctional uterine bleeding?

On average, a healthy woman's menstrual cycle takes place every 24 to 35 days and the menstrual bleeding can persist for two to seven days¹. A woman can be diagnosed as suffering from dysfunctional uterine bleeding (DUB), when these criteria are not met.¹

Dysfunctional uterine bleeding is characterised by menstrual bleeding on days that do not fall within the normal menstrual cycle and can be caused by an imbalance in the sex hormones.²

Hormonal imbalances often occur when young girls start puberty and when women start experiencing menopause. This hormonal balance can persist for months, even years.²

Signs of DUB are:

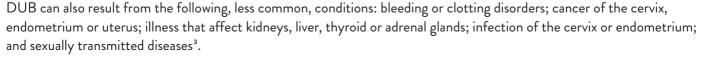
- infrequent or sporadic bleeding, outside of the normal menstrual cyle;²
- heavy bleeding, that can also contain blood clots; and
- spotting, which is lighter than a normal menstrual period and often appears brown, pink, or light red.2

What causes DUB?

The most common cause of abnormal uterine bleeding is hormonal.³ Sometimes in girls going through puberty and woman starting menopause, the endometrium can build up too much, resulting in an irregular or heavy period or spotting between periods.³

Other factors that affect your hormones:

- birth control pills, some medicines, as well as hormone therapy;
- rapid weight loss or gain;3
- emotional or physical stress;3
- an intrauterine device (IUD);³ and
- polycystic ovary syndrome (PCOS).3



How is DUB diagnosed?

It will help your doctor with a diagnosis if you take notes during a few consecutive cycles, detailing specific symptoms.³ Your doctor will want to know about your overall health, carry out a pregnancy test, as well as conduct a physical examination, including the procedures below.³

- A blood test will be conducted to test if your body is short of iron, which can be caused by heavy bleeding.

 A blood test will also determine whether your hormones are functioning as they should be, whether you have a chronic illness or a blood disorder.³
- A doctor will inspect the images that an ultrasound takes of the inside of your uterus to look for fibroids or polyps.3
- The doctor will look into your uterus by way of a hysteroscopy which involves inserting a tiny, lighted scope through your cervix, into your uterus.³
- The doctor may conduct a biopsy which involves removing a small piece of tissue which will be examined under a
 microscope for abnormal cells.³
- Magnetic resonance imaging makes detailed pictures of your uterus. While this is not often used, it can help spot adenomyosis.³

How can DUB be treated?

The correct treatment of DUB often depends on why excessive bleeding.² If DUB is experienced at the onset of puberty, often no action is taken as hormonal imbalances can eventually correct themselves.²

If you are not trying to fall pregnant, your doctor may recommend one of two contraceptive methods to regulate and control the menstrual cycle.² The first is combination oral contraceptives, which contain both synthetic oestrogen and progesterone, and are most commonly used.² The second is the use of progestin IUDs or progestin implant to regulate hormonal imbalances.²

Sudden, heavy bleeding can be treated using intravenous oestrogen.² Once the bleeding has stopped, this treatment could be followed by oral progestin to balance hormones.²

If you're trying to conceive, stimulating ovulation, using an ovulation-stimulating drug can stop prolonged menstrual bleeding by resetting your menstrual cycle.²

A procedure called dilation and curettage, or D&C, is a surgical procedure that removes some of the uterine lining and is sometimes used to treat heavy and prolonged bleeding accompanied by a thickened uterine lining.²

Your doctor may order an additional biopsy if your uterine cells are found to be abnormal.² A hysterectomy, which involves the complete removal of the uterus, may be recommended if the biopsy shows that the cells are cancerous; however, this is usually a last resort.²



Take care of your health, take control of your life.

References: 1. Chin. J.Obstet, Gynecol. Clinical Guidelines for Diagnosis and Treatment of Dysfunctional Uterine Bleeding. March 2009, Vol. 44, No. 3, 234-236.

2. April Kahn, What You Should Know About Dysfunctional Uterine Bleeding, updated 15 March 2021. https://www.healthline.com/health/dysfunctional-uterine-bleeding-dub. Accessed 20 October 2021.

3. Stephanie Langmaid, Abnormal Uterine Bleeding, WebMD, reviewed 22 September 2020, https://www.webmd.com/women/abnormal-uterine-bleeding#2-4 . Accessed 20 October 2021.

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