

What Is Menstruation and Why Do Menstruation Occurs?

In this article we will discuss about what is menstruation, why it occurs and problems during menses. Menstruation is the monthly discharge of blood and tissue from the uterus of a woman. It is also called monthly period or menses. It is normal and healthy and not a sign that something is wrong. A girl generally begins to menstruate when she begins puberty. The average age of menstruation is 13 years. Women during menstruation need to use sanitary pads to soak up the menstrual flow.

Menses usually lasts between two to eight days and happens once a month. Normal bleeding lasts from 3 to 5 days. Average menstrual period is four days and the amount of blood discharged varies from one to five ounces.

It normally happens every month between puberty and menopause but not while the woman is breastfeeding or pregnant. It occurs because sex hormones make the endometrium grow thicker and get soft and spongy, ready to receive a fertilized ovum. If no ovum is fertilized the thickened endometrium is not needed, so it breaks away from the uterus and passes out of the vagina together with a little blood during monthly period. After menses, the endometrium starts to thicken again and the whole menstrual cycle repeats itself.

If a woman has indulged in unprotected intercourse and her menstrual period stops, she might be pregnant and should see a doctor. About 50% women do not menstruate while they are breastfeeding the baby.

Many girls and woman have no problem when they menstruate. But some get an ache or cramp and pain in their lower abdomen before and during menses. Some women and girls also get sore breasts, have headache and feel tired.

Some girls and women have the same problem every time, whenever they have their monthly period. The problem usually starts a week or two before menstrual period. They vary from woman to woman but include things like mood swings, depression, anxiety, headaches, feeling bloated, sore breast, feeling dizzy, putting on weight, and a craving for starchy and sweet food items. The problems usually go away after the menstrual period starts and then come back again before the next one starts.

Disclaimer: This article is not meant to provide health advice and is for general information only. Always seek the insights of a qualified health professional before embarking on any health program.

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