

Common does not mean normal

Abnormal Uterine Bleeding (AUB) is a common condition defined as uterine bleeding outside the normal volume, duration, regularity or frequency.

AUB is more than just heavy periods. Women who experience AUB have many other symptoms that significantly impact their personal and professional lives.



DYK
DID YOU KNOW...



One-third of outpatient visits to the gynecologist are for AUB²

During perimenopause that number rises to over 70%!²

Treat the root causes of AUB

68%

of hysterectomies are performed for non-cancerous conditions, like fibroids.¹ You have other options that treat the root causes of AUB without invasive surgery or removal of your uterus.

Learn more about diagnosing and treating AUB and recent research on the long term effects of hysterectomies at AUBandMe.com



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1. Plotting the Downward Trend in Traditional Hysterectomy, <https://labblog.uofmhealth.org>. Last accessed July 28, 2021.
2. Spencer CP, Whitehead MI. Endometrial assessment re-visited. Br J Obstet Gynaecol. 1999 Jul;106(7):623-32. doi: 10.1111/j.1471-0528.1999.tb08358.x. PMID: 10428515.

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Does life revolve around your period?



1 in 3 women have Abnormal Uterine Bleeding (AUB)
Left untreated, AUB often results in a hysterectomy¹

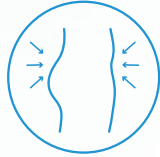
AUB

Symptoms

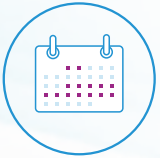
Symptoms of AUB vary based on the cause and can include



Heavy periods



Pressure on bowel & bladder



Unpredictable, long periods



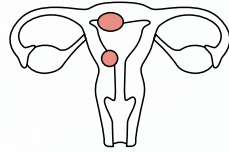
Infertility

- ✓ Soaking pads and tampons quickly
- ✓ Cramps and bloating
- ✓ Passing large clots
- ✓ Pain during sex
- ✓ Difficulty sleeping
- ✓ Frequent urination
- ✓ Constipation
- ✓ Depression
- ✓ Anxiety
- ✓ Fatigue

AUB

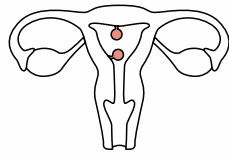
Causes

Common causes of AUB include



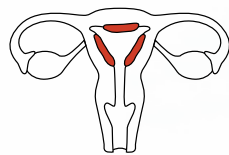
Fibroids

Dense tissue growths that can develop inside the uterine cavity, uterine walls or outside the uterus. Fibroids are almost always benign (not cancerous).



Polyps

Endometrial cells that cluster and grow in the uterine cavity. Polyps can become cancerous.



Thickened endometrium

Irregularities in hormone levels can lead to endometrial tissue that is thicker than normal, resulting in a heavy and long period, often with large blood clots.

You have options

Treat the root cause, not the symptoms

If you thought hormones and hysterectomies were your only options to control your period, we have good news: you have minimally invasive, non-hormonal treatment options for AUB.

But the first step is getting a definitive diagnosis.

Visit AUBandMe.com, an educational resource created for women. Learn about your uterus, AUB, causes and treatment options.

Want to talk to your doctor about your periods but don't know where to start?

Fill out the Discussion Guide at AUBandMe.com and take it with you to your appointment for a productive conversation about your period.

