

AUB

Abnormal Uterine Bleeding

Does life revolve around
your period?



DYK

DID YOU KNOW...

Up to one-third of women will experience AUB in their life.¹

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

Common does not mean normal.



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



Symptoms

Symptoms of Abnormal Uterine Bleeding vary based on the cause and can include



Heavy periods



Pressure on bowels & bladder



Unpredictable bleeding



Infertility

- ✓ Periods lasting longer than 7 days
- ✓ Soaking pads & tampons quickly
- ✓ Passing large clots
- ✓ Cramps
- ✓ Bloating
- ✓ Pain during sex
- ✓ Fatigue
- ✓ Mood Changes

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.

Scan this QR code to take a quick period quiz.



Do you think your period is heavy?

Are your periods unpredictable?

Are you exhausted from your period?

**Has your period ever caused you to worry
or feel embarrassed?**

**Are you ready to talk to a gynecologist
about your heavy period?**

**Find a gynecologist who understands
Abnormal Uterine Bleeding**



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1. Davis E, Spartzak PB. Abnormal Uterine Bleeding. [Updated 2022 Aug 22]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan. Accessed August 22, 2022, from <https://www.ncbi.nlm.nih.gov/books/NBK532913/>