

# A Lifetime of Care

## Ask Dr. Swayze



Colleen Swayze, MD

### **I'm 46 years old. My periods used to be every 28 days. Now they come every two to six weeks. What is wrong?**

While changes in your period could be either a hormonal or a structural problem, the most common cause of this complaint for women your age has to do with peri-menopause.

Two primary hormones influence a woman's menstrual cycle: estrogen and progesterone. Think of the lining of your uterus growing like grass. Estrogen encourages growth (waters the lawn). Progesterone controls growth (mows the lawn).

As you head toward menopause, you may not ovulate (release an egg for pregnancy) every month. Your body makes progesterone only after you ovulate. Also, the amount of progesterone you make each cycle can drop. The result is that instead of "mowing the lawn" with regular menstrual cycles, now the cycles come sporadically.

If these changes bother you, adding progesterone can often help control them. Your doctor may also check for other causes of the bleeding. These may include thyroid disorder or structural disorders of the reproductive tract such as fibroids or polyps. Very rarely, cancer can cause abnormal bleeding as well.

Our practice cares for women of every age, and all of our doctors welcome new patients. We invite you to call (513) 221-3800 for an appointment to learn the cause and options to manage your irregular periods. We look forward to helping you to better health.

### ***Depend on us for the finest obstetric and gynecologic care to support you at every age.***

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