

Women's Health **UPDATE**

Monthly Periods: How Much Is Too Much?

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(NAPSA)—For most women,
periods are a regular part of the
monthly routine. But some women
suffer monthly periods that are so
heavy they can interfere with
social, leisure and physical activi-
ties during menstruation, and
may cause anemia and lack of
energy.

Cyclic heavy menstrual bleed-
ing (HMB) affects millions of
American women,^{1,2} so chances
are you or someone you know
may suffer from the condition.

Suffering in Silence

Many women endure HMB in
silence. They may accept it as nor-
mal or feel embarrassed to discuss
it, and may be unaware that there
are effective treatment options
available that can help reduce
heavy monthly bleeding. Not sur-
prisingly, only about 11 percent of
women with this condition seek
treatment.³

HMB Checklist

Because every woman's periods
are different, it's difficult for indi-
viduals to know whether their
experience is "normal" or "heavy."
How can you tell if you may have
HMB? Answering this checklist is
a first step:

- Does your bleeding soak through one or more pads or tampons every hour for several hours?
- Do you need to change your sanitary protection during the night?
- Do you often need to double up protection to control your menstrual bleeding?
- Do you have to organize your physical, leisure and daily activities around it?
- Does your period get in the way of daily activities?
- Does your heavy menstrual



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bleeding make you miss school,
work or family events?

If you've answered yes to one or
more questions, talk to your doctor
about HMB and about the effec-
tive treatment options available to
help reduce heavy monthly bleed-
ing. You can consider bringing this
list to your appointment to help
start the conversation.

Treatment Options

You may have heard about the
limited options historically used to
treat HMB, including hormonal
contraceptives and hysterectomy
and other surgeries.

Now, women have another
option: LYSTEDA™ (tranexamic
acid) tablets, a first-line, nonhor-
monal prescription medicine FDA-
approved to treat HMB. In clinical
studies, LYSTEDA was shown to
lower the amount of blood lost
during monthly periods by about
one-third.

LYSTEDA pills are taken only
during the monthly period for up
to five days, and have been shown
to work as early as the first cycle
of use and across all treatment
cycles. LYSTEDA has not been
studied in adolescents under age
18 with HMB.

For more information about
HMB, talk to your doctor or visit
www.lysteda.com.

Note to Editors: LYSTEDA is a prescription medicine used to treat your heavy monthly period (menstruation) when your bleeding gets in the way of social, leisure and physical activities. LYSTEDA does not contain any hormones and is taken only during your period. It does not treat premenstrual symptoms, does not affect your fertility, and cannot be used as birth control. It does not protect against sexually transmitted diseases.

Important Safety Information

You should not take LYSTEDA if you currently have or have ever had a blood clot, have been told you are at risk for having a blood clot, or are allergic to LYSTEDA or tranexamic acid.

LYSTEDA can cause serious side effects, including:

- The risk of blood clots may be increased when LYSTEDA is taken with hormonal contraceptives, medicines used to help your blood clot, or some medicines used to treat leukemia.
- Stop taking LYSTEDA if you experience any eye changes, and promptly report any eye problems to your doctor.
- If you have an allergic reaction (have shortness of breath and your throat feels tight), stop taking LYSTEDA and get medical help right away.

The most common side effects of LYSTEDA include: headaches, sinus and nasal problems, back pain, pain in your abdomen, pain in your muscles or joints, anemia and fatigue.

If you notice a change in your usual bleeding pattern that worries you, or your heavy bleeding continues, contact your healthcare provider right away. This may be a sign of a more serious condition.

1. U.S. Census Bureau, 2009 Population Estimates Program. T6 2009 "Sex By Age." Available at: <http://factfinder.census.gov/>. Accessed September 20, 2010

2. Tufts Medical Center website. Heavy Menstrual Bleeding. Available at: www.tufts-nemc.org. Accessed April 7, 2010.

3. IMS Health NDTI Data.