

Period Pain

Overview

Period pain also called Painful menstruation (dysmenorrhoea). Many women experience discomfort at the time of their periods. For most, this does not interfere with their daily lives or requires any special attention.

However, for some women their monthly period is painful, problematic and in some cases disabling. It can interfere with their lives because of the pain and inconvenience caused.

In some cases, the pain may be a symptom of endometriosis, which if untreated may impact on their fertility in later life.

Dysmenorrhoea, especially when it is severe, is associated with a restriction of activity and absence from school or work

If period pains are more than an inconvenience, it's wise to consult your doctor or gynaecologist.

Causes

The natural pains are caused by contractions in the musculature of the uterus.

The contractions are caused by the release of the body's prostaglandins, which are hormones produced by the lining of the womb. This produces an interrelated cycle of cramp like pain, bleeding and uterine contractions.

When to see a doctor?

If your period pains are not relieved by simple painkillers, your doctor may wish to perform a pelvic examination to rule out any underlying conditions that can cause dysmenorrhoea.