



English

Simplified Chinese (Mandarin) / 简体中文

Delayed start to periods (primary amenorrhoea)

Some people start their periods later than others, and that's normal. If your mum or sister started their periods later, you may too. It's good to chat with them about this if you can.

A delay in starting periods isn't usually anything to worry about. If you haven't started your period by around 16, it's a good idea to see your doctor to find out why it hasn't happened yet.

Reasons for delayed periods can include:

- being underweight
- a hormone imbalance

月经初潮延迟（原发性闭经）

有些人的月经初潮比其他人晚，这是正常现象。如果您的母亲或姐妹月经初潮较晚，您可能也会这样。如果可以，跟她们聊聊此事，这对您有好处。

月经初潮延迟通常无需担心。如果您到 16 岁左右都还没发生月经初潮，最好去看医生，找到原因。

月经初潮延迟的原因可能包括：

- 体重过轻
- 激素水平失衡
- 压力过大——如果您有这种感觉，[请与他人说说您的感受](#)

<ul style="list-style-type: none"> • severe stress – if you feel this way, speak to someone about how you're feeling • eating disorders • taking part in extreme amounts of exercise • pregnancy • a medical condition <p>Whether you need treatment will depend on the reason why your period is delayed. When you speak to your doctor, they'll be able to talk you through any treatment options, if needed.</p> <p>It's ok to ask any questions about your care to help you get the information you might need.</p>	<ul style="list-style-type: none"> • 进食障碍 • 运动过量 • 妊娠 • 患病 <p>是否需要治疗取决于月经初潮延迟的原因。当您告诉医生后，他们就能与您讨论任何治疗方案（如需要）。</p> <p>您可以询问有关如何治疗的任何问题，帮助您获得可能需要的信息。</p>
<h3>Irregular periods</h3> <p>Some people may experience irregular periods that don't come every month. This is often the case when girls start their periods but it can also be caused by things like stress, certain health conditions or pregnancy. Irregular periods can also be a sign of menopause.</p> <p>If you think you might be pregnant, take a pregnancy test as soon as possible.</p> <p>Further information about irregular periods</p>	<h3>月经不调</h3> <p>有些人可能会出现月经不调，不是每个月都会行经。女孩月经初潮后往往会出现这种情况，但也可能由压力、某些疾病、妊娠等因素引起。月经不调也可能是绝经期的体征。</p> <p>如果您认为自己可能怀孕，请尽快做妊娠试验。</p> <p>关于月经不调的更多信息</p> <h3>非经期出血（点滴出血）或性交后出血</h3>

<p>Bleeding between periods (spotting) or bleeding after sex</p> <p>Some people will bleed between periods (known as ‘spotting’) or bleed after sex. There are lots of different reasons why this might happen. If you experience this you should speak to your doctor.</p>	<p>有些人会出现非经期出血（称为“点滴出血”）或性交后出血。造成这种情况的原因多种多样。如果您出现这种情况，应当告诉医生。</p>
<p>Periods and pregnancy</p> <p>If you're trying to get pregnant, or you don't want to get pregnant, it's important to know how your period is linked to fertility.</p> <p>Further information about periods and pregnancy</p> <p>Speak to your doctor if:</p> <ul style="list-style-type: none"> • you've started your period but haven't had one for a while (3 to 6 months) • you bleed between your period, after sex or after the menopause 	<p>月经与妊娠</p> <p>如果您正在备孕，或者您不想怀孕，了解月经与生育力的关系至关重要。</p> <p>关于月经与妊娠的更多信息</p> <p>如果您有下述情况，请告诉医生：</p> <ul style="list-style-type: none"> • 已经发生月经初潮，但之后一段时间（3-6 个月）未行经 • 非经期出血、性交后出血或绝经期后出血
<p>For more information about periods in Chinese (simplified) go to https://www.nhsinform.scot/translations/languages/chinese-simplified/</p>	<p>欲了解关于月经期的更多信息（简体中文版），请访问 https://www.nhsinform.scot/translations/languages/chinese-simplified/</p>
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