



English	Simplified Chinese (Mandarin) / 简体中文
<p>Period pain (dysmenorrhoea)</p> <p>A lot of people experience pain with their periods. The medical name for period pain is dysmenorrhoea. This can be anything from dull achy cramps to intense pain that feels unmanageable and cannot be easily relieved.</p> <p>There are 2 types of painful period. These are known as:</p> <ul style="list-style-type: none">• primary dysmenorrhoea• secondary dysmenorrhea <p>Period pain should not be severe. Speak to your doctor if you're experiencing pain which is affecting your day to day life. For</p>	<p>痛经</p> <p>许多人都会在经期出现疼痛。经期疼痛的医学名称为痛经。可以是任何形式的疼痛，从钝痛性痉挛至剧烈疼痛，感觉无法控制，也不容易缓解。</p> <p>痛经分两种。这些痛经称为：</p> <ul style="list-style-type: none">• 原发性痛经• 继发性痛经 <p>痛经的程度不应为严重。如果您痛经且影响到日常生活，请告诉医生。例如，无法上学或上班，无法参加您喜欢的日常活动。</p>

example, you can't go to school or work or take part in day to day activities that you enjoy.

It can be helpful to keep a note of your period dates and symptoms using a calendar, a diary or an app. You can then discuss this with your doctor who can decide if any tests or treatments might be needed.

If you're seeing your doctor, there are some useful pieces of information to think about beforehand:

- the first day of your last period (when it started)
- how many days your period usually lasts
- what was the shortest time between your periods (from the first day of one period to the first day of the next)
- what was the longest time between your periods (from the first day of one period to the first day of the next)
- how often you need to change your period products on a heavy day
- if you are over 25, when you had your last smear test

用日历、日记或应用程序记录您的经期和症状可能会有帮助。然后，您可以就此和医生讨论，由其决定是否需要进行任何检查或治疗。

如果您要去看医生，需要事先考虑一些有用的信息：

- 末次月经的第一天（开始日期）
- 您的经期通常持续多少天
- 非经期的最短时间（某次月经第一天到下次月经第一天的时间段）
- 非经期的最长时间（某次月经第一天到下次月经第一天的时间段）
- 月经较多时您需要多久更换一次月经期用品？

如果您已经年满 25 岁，最近一次涂片检查是在何时？

Period pain – primary dysmenorrhoea

痛经——原发性痛经

原发性痛经即并非由任何健康状况引起的痛经。这种疼痛通常从月经来潮时开始，但也可能稍微提前开始。

Primary dysmenorrhoea is period pain which isn't caused by any particular health condition. The pain usually begins when your period comes, but might start slightly before.

Symptoms

The main symptom of primary dysmenorrhoea is cramp or achy pains in your abdomen (tummy). You might also feel it in your lower back or the tops of your legs. You may have other symptoms when you get your period including:

- feeling tired
- feeling bloated – your tummy sticks out more than normal
- diarrhoea
- headaches
- mood changes

[Further information about mental health and wellbeing](#)

Treatment

There are lots of options for treating milder period pain such as:

- a hot water bottle
- gentle exercise
- pain relief, such as paracetamol or ibuprofen – always follow the manufacturer's instructions

症状

原发性痛经的主要症状为腹部痛性痉挛或钝痛。您可能还会感觉到腰部或大腿根部疼痛。月经来潮时，您可能会出现其他症状，包括：

- 感觉疲劳
- 感觉腹胀——腹部比平时突出
- 腹泻
- 头痛
- 心情改变

[关于身心健康的更多信息](#)

治疗

较轻度痛经有许多治疗方案，如：

- 热水瓶
- 平和的运动
- 镇痛药，如对乙酰氨基酚或布洛芬——始终遵循生产商说明

请咨询药剂师有关疼痛缓解的建议。如果疼痛较严重，只能由医生开其他类型的药物。

<p>Speak to your pharmacist for advice on pain relief. For more severe pain, there are other types of medications which are only available from your doctor.</p> <p>It can be helpful to keep a note of your period dates and symptoms using a calendar, a diary or an app.</p>	<p>用日历、日记或应用程序记录您的经期和症状可能会有帮助。</p>
<p>Period pain – secondary dysmenorrhoea</p> <p>Secondary dysmenorrhoea is period pain that is caused by a health condition. Some women can start to experience more painful periods after years of ‘normal’ period pain.</p> <p>If you experience severe period pain that stops you from doing day-to-day things, or that worries you at all, you should speak to your doctor. It's important to get checked if you have any worries – you don't need to suffer.</p> <p>Symptoms</p> <p>Symptoms can include:</p> <ul style="list-style-type: none"> • a change in your experience of period pain – your periods might be more painful, or the pain might last for longer • a feeling of heaviness in your tummy, and/or back pain • experiencing pain at other times during your cycle, not just during your period 	<p>痛经——继发性痛经</p> <p>继发性痛经是某种健康状况引起的痛经。有些女性会在“正常”痛经后数年进展为更严重的痛经。</p> <p>如果您出现重度痛经，无法进行日常活动，或者您非常担心，应当告诉医生。如果您有任何担忧，做检查很重要——无需默默忍受。</p> <p>症状</p> <p>痛经的症状可能包括：</p> <ul style="list-style-type: none"> • 痛经体验改变——您可能感到更痛，或者疼痛可能持续更长时间 • 腹部沉重感和/或背痛 • 月经周期内的其他时间出现疼痛，而不仅仅是经期 <p>您可能还会出现其他伴随疼痛的症状，如：</p>

<p>You might have other symptoms with the pain such as:</p> <ul style="list-style-type: none">• heavy periods• irregular periods• bleeding between periods• unusual discharge• painful sex, or bleeding after sex <p>If you experience any of these, speak to your doctor.</p>	<ul style="list-style-type: none">• 月经过多• 月经不调• 非经期出血• 异常分泌物• 性交痛或性交后出血 <p>如果您出现上述任何症状，请告诉医生。</p>
<p>Diagnosis</p> <p>Your doctor will usually examine you if they think that you have secondary dysmenorrhoea. This may involve an internal examination to check your womb (uterus) and pelvis as well as your tummy (abdomen). As this is a really intimate examination, the doctor who performs it will have another person (chaperone) present. You can ask for a female doctor to carry it out. If there isn't a female doctor available, you can ask if there's a female health professional who could carry out the examination.</p> <p>The doctor will look for the possible cause of your painful periods. They may also suggest that they take some samples (swabs) during the examination to look for any signs of infection.</p>	<p>诊断</p> <p>如果医生认为您患有继发性痛经，通常会对您进行检查。可能包括进行内检，旨在检查您的子宫、盆腔和腹部。内检是一项非常私密的检查，医生进行检查时会有另一人（陪护人）在场。您可以要求由女医生检查。如果没有女医生，您也可以询问是否可由女性医疗专业人员进行该项检查。</p> <p>医生将寻找可能导致您痛经的原因。他们还会建议在检查时采集一些样本（拭子），确定是否有任何感染体征。</p> <p>如果医生认为您可能患有继发性痛经，可能会将您转诊给专科医生（通常称为妇科医生）。专科医生会调查可能存在的基础病因。进行何种检查将取决于可能的基础病因。</p>

If your doctor thinks that you have secondary dysmenorrhoea, they may refer you to a specialist (usually a doctor called a gynaecologist). The specialist can investigate the likely underlying cause. The investigations that are carried out will depend on the likely underlying cause.

Some of the medical conditions your doctor might test for include:

- [endometriosis](#) – a long-term (chronic) condition where tissue similar to the lining of the womb is found elsewhere in the body.
- [pelvic inflammatory disease](#) – an infection of the womb, ovaries or/and fallopian tubes
- [fibroids](#) – growths that can develop in the muscular wall of the womb that are not cancerous
- [adenomyosis](#) – when the tissue that normally grows within the womb (the lining) grows into the muscular wall of the womb instead
- [polycystic ovary syndrome](#) – a hormonal condition

Treatment

Treatment for secondary dysmenorrhoea will depend on its cause. Your doctor will be able to advise on the best course of treatment for your symptoms and condition and they will discuss this with you.

医生可能要求做检查的一些疾病包括:

- [子宫内膜异位症](#)——类似于子宫内膜的组织在体内其他地方生长的一种长期（慢性）疾病
- [盆腔炎](#)——子宫、卵巢和/或输卵管出现的感染
- [纤维肌瘤](#)——子宫肌壁上出现的非癌性生长物
- [子宫腺肌病](#)——子宫内正常生长的组织（子宫内膜）侵入子宫肌壁
- [多囊卵巢综合征](#)——一种激素性疾病

治疗

继发性痛经的治疗将取决于病因。医生能够根据您的症状和病情推荐最佳疗程，并与您讨论。

[您可以询问](#)有关治疗的任何问题，帮助您获得可能需要的信息。

<p>It's ok to ask any questions about your care to help you get the information you might need.</p>	
<p>Contraceptive devices</p> <p>Period pain can sometimes be caused by intrauterine devices (IUDs), especially in the first few months after insertion.</p> <p>After an IUD insertion, your period might change and become more irregular, or last longer than normal. You also might bleed or spot in between periods. This is common with hormone-releasing IUDs. Some people might also experience pain during sex or a vaginal discharge.</p> <p>If you experience any of these symptoms after having an IUD inserted, as well as period pain, you should speak to your doctor as soon as possible.</p>	<p>避孕器械</p> <p>宫内节育器 (IUDs) 有时可能引起痛经，特别是在植入后的头几个月。</p> <p>植入 IUD 后，您的经期可能会改变，且变得更不规律，或持续时间比平时长。您可能还会出现非经期出血或点滴出血。上述情况在激素释放型 IUDs 中很常见。有些人可能还会出现性交时疼痛或阴道分泌物。</p> <p>如果您在 IUD 植入后出现其中任一种症状和痛经，应当尽快告诉医生。</p>
<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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