

English	Simplified Chinese (Mandarin) / 简体中文
<p>Heavy periods (heavy menstrual bleeding)</p> <p>Heavy menstrual bleeding during your period can be really distressing.</p> <p>It's one of the most common reasons for people who menstruate to see their doctor. According to Women's Health Concern, 1 in 3 women describe their period as heavy. At least 1 in 20 women speak to their doctor every year about this problem.</p> <p>For many people, heavy periods have no cause. For others, it's due to a health condition such as fibroids, adenomyosis or endometriosis.</p> <p>You may be experiencing a heavier than 'normal' period if you're:</p>	<p>月经过多（月经量大）</p> <p>经期月经量大可能会让您非常痛苦，</p> <p>并且是行经人群去看医生的最常见原因之一。根据 Women's Health Concern（妇女健康关注），每 3 名女性中就有 1 人称月经过多。每年，每 20 名女性中就至少有 1 人向医生咨询这个问题。</p> <p>对于许多人而言，月经过多并无原因。对于另一些人而言，月经过多是由纤维肌瘤、子宫腺肌病、子宫内膜异位症等疾病引起。</p> <p>下列情况可能提示您的月经多于“正常”月经：</p> <ul style="list-style-type: none"> • 经血弄脏衣服 • 有大血块排出

<ul style="list-style-type: none"> • bleeding through your clothes • passing large clots • having to change your period product more frequently • having to use 2 different products at the same time • having heavy periods every month that stop you doing everyday activities 	<ul style="list-style-type: none"> • 必须更频繁地更换月经期用品 • 必须同时使用 2 种不同的月经期用品 • 每个月都月经过多，无法进行日常活动
<p>Speak to your doctor if:</p> <ul style="list-style-type: none"> • you're experiencing heavy periods • you're experiencing heavier periods than you have before <p>The doctor can check if there's an underlying health condition that might be causing your heavy periods.</p> <p>When you see your doctor about heavy periods, they will carry out a pelvic examination. They will look at your vulva, vagina and cervix (the opening between the vagina and the womb) to see if there's anything that could be causing the bleeding.</p> <p>As this is a very 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>如果您有下述情况，请告诉医生：</p> <ul style="list-style-type: none"> • 月经过多 • 月经比以前多 <p>医生会检查您是否患有可能导致月经过多的基础疾病。</p> <p>当您向医生咨询月经过多问题时，他们会对您进行盆腔检查。他们会检查您的外阴、阴道和子宫颈（阴道与子宫之间的开口），确定可能导致出血的原因。</p> <p>盆腔检查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>The doctor will also check to see if there are signs of any health conditions which may be causing your symptoms and sometimes other tests might be needed. Your doctor will discuss this with you and you can ask any questions that you might have.</p> <p>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.</p> <p>If you're seeing your doctor, there are some useful pieces of information to think about beforehand:</p> <ul style="list-style-type: none"> • 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 	<p>医生还会检查您是否有任何可能导致当前症状的疾病体征，有时可能需要做其他检查。医生将就此与您讨论，如果您有任何疑问，请咨询医生。</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。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。</p> <p>如果您要去看医生，需要事先考虑一些有用的信息：</p> <ul style="list-style-type: none"> • 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？
<p>Treatment</p>	<p>治疗</p>

<p>Heavy periods don't always need to be treated. But if they're affecting your daily life, there are different treatments available. These include:</p> <ul style="list-style-type: none"> • some types of contraception, such as a hormone-releasing intrauterine system (IUS) or the combined contraceptive pill ('the pill') • medicine to help reduce the amount of menstrual bleeding • anti-inflammatory painkillers, such as ibuprofen or prescription-only medicines from your doctor <p>Your doctor might recommend you have a blood test. This can show if you have iron deficiency anaemia, which can be caused by heavy periods.</p>	<p>月经过多未必需要治疗。但若影响到日常生活，则有多种不同的治疗方案可供选择。其中包括：</p> <ul style="list-style-type: none"> • 某些类型的避孕措施，如激素释放型宫内节育器系统（IUS）或复方避孕药（“the pill”） • 帮助减少月经的药物 • 抗炎止痛药（如布洛芬）或医生开的处方药 <p>医生可能会建议您做血液检查。此检查可显示您是否患有缺铁性贫血，月经过多可能导致缺铁性贫血。</p>
<p>Underlying health conditions</p> <p>Heavy periods can be caused by an underlying health condition, including:</p> <ul style="list-style-type: none"> • 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 	<p>基础疾病</p> <p>月经过多可能由基础疾病引起，其中包括：</p> <ul style="list-style-type: none"> • 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 • 子宫肌瘤——子宫肌壁上出现的非癌性生长物

<ul style="list-style-type: none"> • fibroids – growths that can develop in the muscular wall of 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 which affects how your ovaries work • thyroid problems – can also sometimes cause heavy periods <p>If your doctor thinks that your heavy periods might be caused by an underlying health condition, they may refer you for further scans and tests. This will help to diagnose the condition and decide on the best treatment.</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"> • 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——一种影响卵巢工作的激素性疾病 • 甲状腺疾病——有时也可引起月经过多 <p>如果医生认为您月经过多可能是由基础疾病引起，他们可能会建议您做进一步扫描和检查。这将有助于诊断疾病，确定最佳治疗方案。</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>
<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>
<p>11 July 2022</p>	<p>2022 年 7 月 11 日</p>