



## English

### Paused periods (secondary amenorrhoea)

If you haven't had a period for over 3 months and you're not pregnant, this is known as paused or missed periods (secondary amenorrhoea).

If you're experiencing secondary amenorrhoea, speak to your doctor. They'll talk to you about different things that might affect your periods. This could include:

- your medical history
- your family's medical history
- your physical and mental health

## Simplified Chinese (Mandarin) / 简体中文

### 停经（继发性闭经）

如果您超过 3 个月未行经且没有怀孕，则称为停经或闭经（继发性闭经）。

如果您出现继发性闭经，请告诉医生。他们会告诉您哪些不同的因素可能影响您的月经。其中可能包括：

- 您的病史
- 您的家族病史
- 您的身心健康

任何其他生活方式的改变，例如最近的体重或运动量改变

<ul style="list-style-type: none"> <li>any other lifestyle changes – for example any recent changes in your weight or the amount of exercise that you do</li> </ul>	
<p><b>Speak to your doctor if:</b></p> <p>You don't have a period for more than 3 months and you have any of the following symptoms:</p> <ul style="list-style-type: none"> <li>pelvic pain</li> <li>headache</li> <li>nausea</li> <li>changes in your vision</li> <li>hair loss</li> <li>facial hair growth</li> <li>discharge from your breasts</li> <li>acne</li> </ul>	<p><b>如果您有下述情况，请告诉医生：</b></p> <p>您超过 3 个月未行经且有下列任何症状：</p> <ul style="list-style-type: none"> <li>盆腔疼痛</li> <li>头痛</li> <li>恶心</li> <li>视力改变</li> <li>毛发脱落</li> <li>面部毛发生长</li> <li>乳房分泌物</li> <li>痤疮</li> </ul>
<p><b>Causes</b></p> <p>There are different times in people's lives when it's normal to not have a period. For example, before puberty, when you're pregnant or exclusively breastfeeding, and after the menopause. Some hormonal contraception can also offer you the option of no bleeding.</p>	<p><b>病因</b></p> <p>在人的一生中，一段时间不行经是正常现象。例如，青春期前、怀孕时或纯母乳喂养时以及绝经期后。一些激素避孕措施也可导致停经。</p> <p>还有许多其他原因可导致停经。</p>

There are also lots of other reasons periods can stop.

Genetic factors can include having a:

- family history of premature menopause
- genetic or chromosomal condition

Lifestyle factors can include:

- being severely overweight or underweight
- [stress](#)
- extreme exercise

Hormonal factors can include:

- [polycystic ovary syndrome](#)
- thyroid problems
- [premature menopause](#)

Some medications can cause changes in your hormone balance, causing amenorrhoea. This can include:

- medical treatments such as chemotherapy and radiotherapy
- some anti-psychotic medications
- some anti-depressants
- medication for high blood pressure

遗传因素可能包括:

- 有过早绝经的家族史
- 患有遗传性疾病或染色体疾病

生活方式因素可能包括:

- 严重体重过重或过轻
- [压力](#)
- 极限运动

激素因素可能包括:

- [多囊卵巢综合征](#)
- 甲状腺疾病
- [过早绝经](#)

有些药物可改变您的激素平衡，导致闭经。其中可能包括:

- 化疗、放射疗法等治疗
- 某些抗精神病药物
- 某些抗抑郁药
- 高血压药物

<ul style="list-style-type: none"> <li>• some allergy medications</li> </ul>	<ul style="list-style-type: none"> <li>• 某些过敏药物</li> </ul>
<p><b>Diagnosis</b></p> <p>Your doctor will start by asking you to take a pregnancy test to rule out a possible pregnancy. They might advise you to wait a little longer to see if you periods return or they might think that you need treatment.</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"> <li>• the first day of your last period (when it started)</li> <li>• how many days your period usually lasts</li> <li>• what was the shortest time between your periods (from the first day of one period to the first day of the next)</li> <li>• what was the longest time between your periods (from the first day of one period to the first day of the next)</li> <li>• how often you need to change your period products on a heavy day</li> <li>• if you are over 25, when you had your last smear test</li> </ul> <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</p>	<p><b>诊断</b></p> <p>医生首先会要求您做妊娠试验，以排除可能怀孕的情况。他们可能会建议您再等一段时间，以确定您的月经是否恢复。或者，他们可能认为您需要治疗。</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"> <li>• 末次月经的第一天（开始日期）</li> <li>• 您的经期通常持续多少天</li> <li>• 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）</li> <li>• 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）</li> <li>• 月经较多时您需要多久更换一次月经期用品？</li> <li>• 如果您已经年满 25 岁，最近一次涂片检查是在何时？</li> </ul> <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检查或治疗。</p>

<p>your doctor who can decide if any tests or treatments might be needed.</p> <p><a href="#">It's ok to ask</a> any questions about your care to help you get the information you might need.</p> <p>If your doctor thinks you might have a health condition that's affecting your periods, they may refer you to a specialist. They may carry out some tests or suggest treatments.</p> <p>If you do see a specialist doctor, they may carry out an internal examination to check your womb (uterus) and pelvis, as well as your tummy. As this is an intimate examination, the doctor who performs it will have another person (chaperone) present. You can ask for a female doctor to carry it out. They might then do some more tests, such as blood tests, to rule out any other health conditions.</p>	<p><a href="#">您可以询问</a>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>如果医生认为您可能患有某种影响月经的疾病，可能会将您转诊给专科医生。他们可能会进行一些检查，或推荐一些治疗方案。</p> <p>如果您确实去看专科医生，他们可能会做内检，以检查您的子宫、盆腔和腹部。盆腔检查是一项私密检查，医生进行检查时会有另一人（陪检人员）在场。您可以要求由女医生检查。之后，可能会做一些其他检查（如血液检查），以排除任何其他疾病。</p>
<p><b>Treatment</b></p> <p>Depending on the cause, your doctor will talk with you about the right treatment for you. This might include:</p> <ul style="list-style-type: none"><li>• lifestyle changes, including changes to diet or activity levels</li><li>• taking certain hormonal contraception to help your period become more regular</li></ul>	<p><b>治疗</b></p> <p>医生将根据病因与您讨论适合您的治疗方案。其中可能包括：</p> <ul style="list-style-type: none"><li>• 改变生活方式，包括改变饮食或运动量</li><li>• 采取某些激素避孕措施，帮助您的月经变得更规律</li></ul>

For more information about periods in Chinese simplified go to <a href="https://www.nhsinform.scot/translations/languages/chinese-simplified/">https://www.nhsinform.scot/translations/languages/chinese-simplified/</a>	欲了解关于月经期的更多信息（简体中文版），请访问 <a href="https://www.nhsinform.scot/translations/languages/chinese-simplified/">https://www.nhsinform.scot/translations/languages/chinese-simplified/</a>
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