



English

Simplified Chinese (Mandarin) / 简体中文

Irregular periods

Most people who menstruate have their period around every 28 days, but it's different for everyone. Periods can range from day 24 to day 38 of your cycle.

Signs of irregular periods can include:

- the number of days in between each of your periods is different and keeps changing
- the amount of menstrual blood changes from one period to the next
- your periods come closer together – less than 25 days from the start of one to the start of the next one

月经不调

大多数行经女性都是每 28 天左右行经一次，但每个人的具体情况有所不同。月经可能在您的月经周期的第 24 天至 第 38 天开始。

月经不调的体征包括：

- 非经期天数不同且不断变化
- 一次月经到下次月经的经血量发生变化
- 经期间隔变短（一次月经开始到下次月经开始的间隔时间不到 25 天）
- 经期间隔更长（一次月经开始到下次月经开始的间隔时间超过 35 天）

<ul style="list-style-type: none"> • your periods come further apart – longer than 35 days between the start of one and the next one <p>Some people might have a less regular cycle, and experience a different cycle each month (this is often the case when girls first start their period). However, it can also be caused by things like stress, certain health conditions or pregnancy. Irregular periods can also be a sign of menopause. Most of the time there's no need to worry but sometimes it is important to speak to your doctor.</p> <p>If you think you might be pregnant, it's important to take a pregnancy test as soon as possible.</p> <p>Further information on your options if you're pregnant</p>	<p>有些人的月经周期不太规律，并且每个月的月经周期不同（这种情况往往出现在女孩月经初潮后）。但也可由压力、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。大部分时间里无需担心，但有时告诉医生很重要。</p> <p>如果您认为自己可能怀孕，尽快做妊娠试验至关重要。</p> <p>关于妊娠期治疗方案的更多信息</p>
<p>Speak to your doctor if:</p> <p>You're not pregnant and:</p> <ul style="list-style-type: none"> • you have started your period but haven't had one for a while (around 3 to 6 months) • you bleed between your period, after sex or after the menopause • you experience irregularities with your periods for example the number of days in between your period keeps changing • your periods are closer together or further apart than usual 	<p>如果您有下述情况，请告诉医生：</p> <p>您没有怀孕且：</p> <ul style="list-style-type: none"> • 已经发生月经初潮，但之后一段时间（3-6 个月左右）未行经 • 非经期出血、性交后出血或绝经期后出血 • 出现月经不调，例如经期间隔天数不断变化 • 经期间隔比平常短或长

<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>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>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>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>Causes of irregular periods</p>	<p>月经不调的原因</p> <p>月经不调可能由许多不同的因素引起，通常涉及激素变化，包括绝经期或激素避孕。</p>

<p>Irregular periods can be caused by lots of different things, usually involving hormonal changes, including menopause or hormonal contraception.</p> <p>Your menstrual cycle is regulated by 2 hormones, oestrogen and progesterone. Both of these hormones can be affected by natural changes in your body. For example puberty, pregnancy, childbirth, breastfeeding and menopause.</p> <p>Your period will start during puberty. It can take up to 2 years for oestrogen and progesterone levels, and your periods, to settle.</p> <p>Your period will stop during pregnancy but you might still experience some bleeding or spotting early on. If you're worried about bleeding during pregnancy, speak to your midwife, doctor or local early pregnancy centre.</p> <p>Most women won't have periods when they're exclusively breastfeeding. But you can still get pregnant so you should think about your contraceptive options if you don't want another pregnancy.</p> <p>Irregular periods can be common before menopause. The amount of menstrual blood can vary from one period to the next.</p>	<p>月经周期受两种激素，即雌激素和孕激素调控。这两种激素都会受到身体自然变化的影响。例如，青春期、妊娠、分娩、哺乳和绝经期。</p> <p>您将在青春期发生月经初潮。您的雌激素和孕激素水平以及月经达到稳定状态可能需要 2 年的时间。</p> <p>妊娠期间，将暂停行经，但在妊娠早期仍有可能出现一定程度的出血或点滴出血。如果您对妊娠期间出血感到担忧，请告诉您的助产士、医生或当地的早期妊娠中心。</p> <p>在纯母乳喂养期间，大多数女性都不会行经，但仍有可能怀孕。因此，如果您不想再次怀孕，应当考虑采取避孕措施。</p> <p>绝经期前月经不调很常见。一次月经到下次月经的经血量可能有所不同。</p>
<p>Other things that can cause irregular periods are:</p>	<p>其他可导致月经不调的因素包括:</p>

- [stress](#)
- weight gain
- eating disorders
- extreme exercise
- hormonal contraception

Irregular periods can also be caused by underlying health conditions, including:

- [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 and/or fallopian tubes
- [fibroids](#) – non-cancerous growths that can develop in the muscular wall of the womb
- [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

- [压力](#)
- 体重升高
- 进食障碍
- 极限运动
- 激素避孕

月经不调也可由基础疾病引起，其中包括：

- [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
- [子宫肌瘤](#)——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](#)——一种影响卵巢工作的激素性疾病
- 甲状腺疾病

在个别情况下，月经不调可能是子宫癌或宫颈癌的体征。这些癌症可导致非经期或性交时出血。如果您感到担心，请告诉医生。

<p>In rare cases, irregular periods may be a sign of cancer of the womb or the neck of the womb (cervix). These cancers can cause bleeding in between periods or during sex. If you're worried, speak to your doctor.</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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