



## Prolonged Bleeding: Causes, Diagnostic Approach, Management Strategies

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Received date: 27 November, 2023, Manuscript No. JBRHD-23-123035;

Editor assigned date: 30 November, 2023, Pre QC No. JBRHD-23-123035 (PQ);

Reviewed date: 14 December, 2023, QC No. JBRHD-23-123035;

Revised date: 21 December, 2023, Manuscript No. JBRHD-23-123035 (R);

Published date: 28 December, 2023 DOI: 10.4172/jbrhd.1000189

### Description

Prolonged bleeding, also known as menorrhagia, is a common health concern that affects a significant number of individuals, predominantly women. This manuscript aims to provide a comprehensive overview of prolonged bleeding, exploring its causes, diagnostic approaches, and available management strategies. By delving into the underlying factors contributing to this condition, healthcare professionals and individuals alike can better understand and address the challenges associated with prolonged bleeding.

Prolonged bleeding refers to excessive or prolonged menstrual bleeding, extending beyond the typical menstrual cycle duration. While some degree of variation is normal, persistent and heavy bleeding can significantly impact a person's quality of life. Understanding the causes and appropriate management of prolonged bleeding is crucial for both healthcare providers and affected individuals.

### Causes of prolonged bleeding

**Hormonal imbalances:** Hormonal imbalances, such as disruptions in estrogen and progesterone levels, are common culprits of prolonged bleeding. Conditions like polycystic ovary syndrome (PCOS) or thyroid disorders can contribute to hormonal irregularities, affecting the menstrual cycle.

**Uterine abnormalities:** Structural abnormalities in the uterus, such as fibroids, polyps, or adenomyosis, can lead to prolonged bleeding. These conditions interfere with the normal shedding of the uterine lining, causing irregular and heavy menstrual bleeding.

**Blood disorders:** Disorders affecting blood clotting, such as von Willebrand disease or platelet dysfunction, may result in prolonged bleeding. Individuals with these conditions may experience difficulty forming blood clots, leading to excessive bleeding during menstruation.

**Medical treatments:** Certain medical treatments, such as anticoagulant medications or Intrauterine Devices (IUDs), can

contribute to prolonged bleeding as a side effect. It is essential to consider these factors when assessing the cause of abnormal menstrual bleeding.

### Diagnosis of prolonged bleeding

**Medical history and physical examination:** Healthcare providers typically begin the diagnostic process by taking a detailed medical history and conducting a thorough physical examination. Understanding the individual's overall health, reproductive history, and symptoms is crucial in identifying potential causes of prolonged bleeding.

**Laboratory tests:** Blood tests may be performed to assess hormonal levels, blood clotting factors, and other relevant parameters. These tests help healthcare professionals identify underlying conditions contributing to prolonged bleeding.

**Imaging studies:** Imaging studies, such as pelvic ultrasound or Magnetic Resonance Imaging (MRI), can provide detailed information about the structure of the uterus and detect abnormalities such as fibroids or polyps.

**Endometrial biopsy:** In some cases, an endometrial biopsy may be recommended to evaluate the tissue lining the uterus. This procedure helps rule out conditions like endometrial hyperplasia or cancer.

### Management of prolonged bleeding

**Hormonal therapy:** Hormonal therapies, including birth control pills, hormonal IUDs, or hormonal injections, are commonly prescribed to regulate menstrual cycles and reduce the severity of prolonged bleeding.

**Non-hormonal medications:** Non-hormonal medications, such as Nonsteroidal Anti-inflammatory Drugs (NSAIDs), may be recommended to alleviate pain and reduce bleeding.

**Surgical interventions:** In cases where medications are ineffective or inappropriate, surgical interventions like endometrial ablation or hysterectomy may be considered. These procedures aim to remove or reduce the uterine lining, addressing the underlying cause of prolonged bleeding.

**Lifestyle modifications:** Lifestyle modifications, including maintaining a healthy weight, regular exercise, and stress management, can contribute to overall reproductive health and may help alleviate symptoms of prolonged bleeding.

### Conclusion

Prolonged bleeding is a multifaceted condition with various underlying causes. A thorough understanding of these factors, coupled with accurate diagnosis and appropriate management strategies, is essential in providing effective care for individuals experiencing this challenging condition. By fostering awareness and promoting an interdisciplinary approach, healthcare professionals can empower individuals to make informed decisions regarding their reproductive health, ultimately enhancing their overall well-being.

**Citation:** Melous M (2023) Prolonged Bleeding: Causes, Diagnostic Approach, Management Strategies. J Blood Res Hematol Dis 8:4.