

Understanding what's happening

- Is my bleeding considered normal or heavy?
- What could be causing my heavy periods?
- Could this be related to a bleeding disorder or blood clotting issue?
- Should I be concerned about conditions like fibroids, endometriosis, or hormonal imbalance?

Treatment options

- What are my treatment options to reduce bleeding?
- Are there non-hormonal options available?
- What are the benefits and risks of hormonal treatments?
- How will treatment affect my fertility or future pregnancy plans?

Managing your daily life

- How can I track my bleeding patterns to better understand what's happening?
- Are there specific products or strategies that can help me manage heavy bleeding day-to-day?
- What can I do to reduce fatigue or stay energized during my period?
- Are there activities I should avoid during heavy bleeding days?

Testing and diagnosis

- What tests do I need to understand the cause?
- Should I be tested for anemia or iron deficiency?
- Is testing for a bleeding disorder recommended?
- Do I need imaging, like an ultrasound?

Impact on overall health

- What is the impact on my overall health?
- Could this be affecting my energy levels or overall health?
- What symptoms should I watch for that would need urgent care?
- How do I know if my blood loss is too much?

