

Hormone Therapy for Abnormal Uterine Bleeding

Abnormal uterine bleeding can be tough to deal with ... in physical and emotional ways.

But there are treatments that can help control it.

One of them is hormone therapy.

After your doctor finds that your abnormal bleeding isn't caused by anything serious, you may talk about trying hormone medicines.

They can help balance your hormone levels ... and ... as a result, make your periods more regular and manageable.

There are three different types of hormone medicines.

The one you choose depends on your health and your age ... and if you plan to get pregnant.

One type is progestin pills.

Progestin is a synthetic form of the hormone progesterone.

You may take these pills for 10 to 12 days a month ...

or you may take them every day.

In either case, it's important to take them at the same time each day.

Another choice is birth control pills that combine the hormone estrogen with progestin.

Again, you'll have to remember to take them on a schedule.

If you're not sure about doing this, you can talk to your doctor about other forms of birth control that may also help ...

such as the ring, the patch, or shots.

A third choice is a hormonal IUD.

It's not a medicine you take regularly.

It's a small device that gets inserted into your uterus, and it slowly releases hormones.

It only takes a few minutes to put it in ... at your doctor's office ...

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and, if you want, you can leave it in place for 3 to 5 years.

In general, the IUD works well to stop heavy bleeding.

And it can even stop periods completely ...

But an IUD usually takes longer than pills to start working ... up to a few months.

And an IUD is also a very effective form of birth control ...

which you may or may not want.

Now ... like any medicine, all of these hormone medicines can have some side effects ...

like breast tenderness or mood changes.

But most side effects are mild, and some women don't have any.

So ... now you know a little more about hormone therapy for uterine bleeding ...

and you can talk to your care provider about any other questions or concerns you may have.

Together, you can choose the best treatment plan.