

# 7 Types of **Abnormal Menstruation** You Should Know

**Menorrhagia**  
Heavy or prolonged periods



**Amenorrhea**  
Absent periods



**Dysmenorrhea**  
Painful periods



**Hypomenorrhea**  
Extra light periods



**Oligomenorrhea**  
Infrequent periods



**PMDD**  
Severe form of PMS



**PMS**  
Symptoms before period starts



# You Can Relieve Menstrual Problems

**Lei Shi**



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