



# The Center for Women

## Obstetrics & Gynecology

Mary R. Wren M.D. \* J. Harley Barrow, Jr., M.D. \* Erik P. Shultz, M.D.

628 Hospital Drive, Ste. 2A & 3E

Mountain Home, AR 72653

(870) 425-7300 / (870) 424-4164 fax

### **Amenorrhea**

Amenorrhea is the absence of periods. Normally women do not menstruate before puberty, during pregnancy or after menopause. If a woman does not get their period when they normally should, then they should seek medical attention to be sure if it is a symptom of a treatable medical condition.

There are two types of amenorrhea: primary amenorrhea and secondary amenorrhea. Primary amenorrhea is when a young woman has not had her first period by the age of 16. Secondary amenorrhea is when a woman who has had normal menstrual cycles stops getting her monthly period for 3 or more months.

#### **What Causes Amenorrhea?**

Amenorrhea can be caused by any number of changes in the organs, glands, and hormones involved in menstruation. Many times the causes for primary amenorrhea are not known. Primary amenorrhea possible causes could be:

- Failure of the ovaries
- Central nervous system problems
- Pituitary gland problems
- Reproductive organs poorly formed or slowly formed

Secondary amenorrhea have many common causes which could include:

- Pregnancy
- Breast feeding
- Birth control discontinuance
- Menopause
- Certain birth control methods such as Depo-Provera
- Stress
- Nutrition
- Depression
- Prescription medications
- Extreme weight loss or gain
- Obesity
- Over exercising
- Ongoing or chronic illnesses
- Hormonal imbalance
- Thyroid gland disorder
- Tumors that can be found on the ovaries or brain (which is a rare case)
- Removal of uterus or ovaries