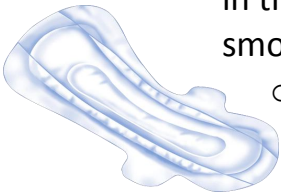


Breakthrough Bleeding

What is it?

- **Bleeding Breakthrough** – irregular bleeding may be a sign of hormonal imbalance, bleeding while taking the active pills of combined oral contraceptives or other hormonal contraceptives, bleeding is usually light, spotting, some women may experience heavy bleeding, most common when a woman first begins taking oral contraceptives, or changes from one oral contraceptive to another, smokers are more prone to bleeding, usually in the first three cycle of taking the pill bleeding stops more quickly with smokers, usually caused by an excessively thick uterine lining
 - **Takes Place**- at various stages when starting to use a birth control method, when switching brands, changing regimen and usually stops on its own
- **Other Causes of Breakthrough Bleeding**– Malignant cancers, possible miscarriage, hormonal fluctuations, starting, stopping or missing estrogens or oral contraceptives, stress, declining thyroid levels, weight gain or loss, diet change, displaced intra uterine device, vagina injury, taking anticoagulant medications, cone biopsy, cervical cauterization, vaginal dryness



Signs and Symptoms:

- **Symptoms**- Fatigue, cravings for carbohydrate or sweets, weight gain, PMS, hot flashes, feeling depressed or overwhelmed, mood swings, irritability, insomnia, restless sleep, headaches, loss of desire, fuzzy feeling, digestive problems, breast pain, hair loss, unwanted hair growth, urinary dysfunction, stiffness or joint pain, anxiety, irregular periods, vaginal dryness, fibroids, dry skin, adult acne, of pregnancy

Facts:

- **Breakthrough Bleeding**- not dangerous, unpredictable, hormonal effects of ovulation, hormonal fluctuations

What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed with diet

