

English	Mandarin
Heavy periods can be an issue for around a quarter of women in Australia.	在澳大利亚，大约四分之一的女性存在经期出血过多的问题。
It's particularly common for women aged 30 to 50.	这种情况在30至50岁的女性中尤为普遍。
How much bleeding is too much?	多少血量算是经期出血过多？
Everyone's periods are different, and yours may change from month to month.	每个人的生理周期不同，您的生理周期每个月也会有所不同。
Is your period having a negative impact on your life?	您的生理周期是否对您的生活产生了消极影响？
If getting your period makes you feel upset/stressed anxious, is painful or makes it hard to leave the house because you're concerned about bleeding through your clothes, it's time to speak to your doctor.	若生理周期让您感到不安/紧张、焦虑、疼痛或因为担心血渍污染衣物而难以出门，那么是时候和您的医生谈谈了。
What are some of the signs?	经期出血过多有哪些表现？
<ul style="list-style-type: none"> • Needing to change your pad or tampon every hour or less 	<ul style="list-style-type: none"> • 需要每小时或更短时间更换一次护垫或卫生棉条
<ul style="list-style-type: none"> • Needing to change your pad or tampon in the middle of the night 	<ul style="list-style-type: none"> • 需要在半夜更换护垫或卫生棉条
<ul style="list-style-type: none"> • Blood clots bigger than a 50-cent piece 	<ul style="list-style-type: none"> • 血凝块体积大于50分硬币
<ul style="list-style-type: none"> • Bleeding for more than seven to eight days 	<ul style="list-style-type: none"> • 出血超过7到8天
Why are my periods so heavy?	为何我经期出血过多？
There are lots of reasons for heavy periods.	造成经期出血过多的原因有很多。
About a half of women don't have an obvious problem in their uterus.	大约一半女性没有明显的子宫问题。
It might be related to issues in the uterus that are unknown, for instance.	例如，它可能与未知的子宫问题有关。
There are simple tests your doctor or a specialist can do to find out the cause.	您的医生或专家可以通过一些简单的检查找出病因。
What are the treatment options?	有哪些治疗方案？
Sometimes with heavy periods, iron stores, called ferritin, and iron levels can get low.	有时若经期出血过多，体内铁元素的储存量，称为铁蛋白，以及铁的含量会变得很低。
Your doctor might get you to take a blood test and recommend iron therapy if the levels are found to be low.	医生可能会让您接受血检，若发现铁含量低，则建议您进行补铁治疗。

This usually involves taking an iron supplement daily or, if the ferritin levels are very low, an iron infusion.	治疗手段通常包括每天补铁，或者，若铁蛋白水平很低，则需注射补充铁元素。
Some doctors can do this in their clinic.	有些医生可以在诊所进行上述治疗。
It is important to note that women who have gone through the menopause should not have any vaginal bleeding/spotting.	值得注意的是，经历过更年期的女性阴道不应该有任何出血/斑点。
If this occurs, see your doctor.	若出现这种情况，请及时就医。
If you do have issues with heavy bleeding, you're not alone.	您并不是唯一经期出血过多的女性。
Find a health professional you feel comfortable talking to.	找一位让您觉得舒服的健康专家谈谈。
They can help you.	他们可以帮助您。
You don't need to put up with heavy periods.	您无需忍受经期出血过多。
To learn more, visit jeanhailes.org.au/health-a-z/periods/heavy-bleeding	获取更多资讯，请访问 jeanhailes.org.au/health-a-z/periods/heavy-bleeding
Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving the knowledge of women's health throughout the various stages of their lives, and to provide a trusted world-class health service for women.	Jean Hailes for Women's Health是一家全国性非营利组织，致力于提高妇女在生命各阶段的健康知识水平，并为妇女提供值得信赖的世界级卫生服务。
We believe in physical and emotional health and wellbeing in all its dimensions for all women in Australia throughout their lives.	我们坚信澳大利亚所有女性的一生都应身心健康、美满幸福。
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