

AcaciaAnswers

with Nurse Practitioner Lucy Palomino

What can I do about my irregular period?



■ MMSN, RN, FNP FAMILY
 ■ PRIMARY HEALTH CARE,
 ACACIA NETWORK
 ■ DOCTORATE, STONY BROOK
 UNIVERSITY, 2014

yoga or go for a walk on days when you're worried about your period not coming. If you get your mind off it, even for five minutes, it's more likely to come. And I strongly encourage you to visit one of Acacia Network's Family Healthcare Centers. We'll provide you with a thorough physical check-up to identify possible causes for irregular periods, and help you get back into the flow.

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Dear Nurse Practitioner,
Can you give me any tips on getting my period more regularly? This past year, I've skipped it twice, and I wasn't pregnant. It just didn't come. It made me so crazy though waiting on it. I don't want to go through that again.

-Nandita

Dear Nandita,
 Thanks for writing. There are a number of reasons, other than pregnancy, why a woman might miss a period, the most common being stress. The same way stress can cause high blood pressure, obesity and a whole bunch of other medical conditions, it can also cause women to miss their periods. And then, of course, more stress is piled on after the missed period, which delays it even further.

If you've recently gained or lost a lot of weight, it may throw your menstruation cycle off balance. Additionally, if

you've amped up your work-out routine, your body may decide to preserve energy by forgoing the menstrual cycle. Medication or recent usage of birth control can

also cause irregular periods. Or there's the possibility of an underlying medical issue such as ovarian cysts, which are very treatable once diagnosed.

While I hesitate to give you tips on maintaining a regular period without having examined you first, I think everyone can benefit from less stress in their lives. Do

Schedule an Appointment Today! (718) 764-1577

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