

## Reasons for Missed Period Besides Pregnancy

It is strange that something as minor as missing of a period can bring out a variety of emotions in various women. If you are trying to develop, you might suddenly get hopeful at the prospect of motherhood, while others dreading a pregnancy might get scared out of their wits. Besides, there is this other class of women, who may lose their sleep over a missed period, due to the fact that they have been sexually inactive! Thankfully or unfortunately, there are a number of other factors that cause your menstrual cycle to go haywire. So, before you come to any conclusion it would be smart to learn what these other factors for missed period are. Sexually active women can take a pregnancy test to rule out the possibility of a pregnancy.



Other causes include traumatic injury, Crohn's disease, colitis, gastrointestinal cancer, appendicitis, diverticulitis, gallbladder diseases and infections, gallstones, stomach ulcer, and ulcerative colitis. Puncture of the colon caused by insertion of items via anus or swallowing them through mouth may also lead to this condition. In extremely rare cases, a genetic connective-tissue disorder called Ehlers Danlos Syndrome of the vascular type (Type IV), might lead to gastrointestinal perforation.

### Pregnancy

Mild abdominal discomfort during early pregnancy is quite a normal and common condition experienced by women. Increased size of the uterus, bloating, constipation, etc., that are commonly experienced in pregnancy, are the contributing factors for abdominal anxiety. However, continuous and serious pain observed along with other symptoms like vaginal discharge, bleeding, nausea, vomiting, unconsciousness, etc. are signs of other complications in pregnancy.

### The Good News is that There is a Better Way

The answer focuses on eating a better diet. A lot of IBS patients eat a diet made up of white bread, white rice and white pasta. The grains used to produce these foods have had the outer layer stripped away, getting rid of the natural fiber and leaving the food with little nutritional value (about as much as an old shoe!). What remains is refined carbohydrates that quickly convert to sugar in our digestive system. When we do not get enough fiber in our diet we suffer. Fiber bulks up our stools and assists them to travel through our bodies. Without adequate natural fibre from whole grain foods, vegetables and fruits we are much more likely to get constipated.

### Treatment

To treat diarrhea caused after eating, you will have to bring about a change in your diet and lifestyle, and avoid consuming certain foods that can cause gas. Instead, start taking fiber supplements.

Cyclic Throwing up Syndrome: This can be described as a sudden bout of excessive throwing up that lasts for a couple of hours or days and tends to repeat after a short period. The characteristics and duration of each episode of vomiting syndrome remains the same. The exact cause of this digestive problem is still not clearly known. Its treatment includes medicines for controlling throwing up and nausea, and adequate rest and sleep.



Irritable Bowel Syndrome

### Menstrual Cramps

Menstrual or period cramps is the most common cause of left and right side pelvic pain in women. Ovulation and the changes that take place inside the uterus result in menstrual cramps. The pain is of varying type, and is usually accompanied with abdominal or pain in the back.

*For dealing with a tight stomach caused due to constipation and gas, Aloe vera juice, prune juice and constipation relief foods, such as broccoli, potatoes, yogurt, asparagus, flaxseed, almonds, honey, etc. need to be consumed.*

Treatment: After the health provider has verified the testing and treatment of IBS symptoms in men with constipation, you will be recommended to the right cause of action. Lots of people who suffer from IBS with constipation will be referred to a combination of therapies. Your health care provider may suggest some changes in your diet plans, workouts and ways of managing tension as well as medication.

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