

Essentials for the diagnosis and treatment of Heavy Menstrual Bleeding

The HELP group is a panel of independent physicians from 12 countries with expert interest in HMB. Formation of the HELP group and its ongoing work is supported by Bayer AG

On average, HMB affects one in three women^{1,2}

1 Establish if HMB is a problem for this woman

How much does she bleed?

- ✓ Changes sanitary protection during the night
- ✓ On her heavy days, changes sanitary protection <2 hours
- ✓ Experiences excessively long, frequent and/or unpredictable periods

Does it affect her physically?

- ✓ Passes large blood clots
- ✓ Feels faint or breathless during her period

Does her monthly bleeding affect her daily life?

- ✓ Organizes social activities or plans clothing around menstrual bleeding
- ✓ Worries about having accidents related to bleeding

Does one or more of the above apply, and have the symptoms been occurring for 3+ months?

If yes, HMB is impacting negatively on quality of life. Take further action to identify cause and appropriate treatment options.

2 Take a structured medical history and conduct physical examination

What do you need to consider? Potential factors contributing to presence of HMB

- Obesity
- Lifestyle (smoking, alcohol intake)
- Hereditary factors
- Unopposed estrogen
- Diabetes
- Age (> 40years)
- Medications
- Anovulation

Other physical symptoms which may indicate pathology (besides frequent and/or heavy bleeding)

- Post-coital bleeding
- Intermenstrual bleeding
- Pelvic pressure
- Pain

3 Consider if there is an identifiable (PALM-COEIN³) cause for her HMB

Structural causes	Non-structural causes
<ul style="list-style-type: none"> • Polyps • Adenomyosis • Leiomyomas (submucosal or other) • Malignancy & hyperplasia 	<ul style="list-style-type: none"> • Coagulopathy • Ovulatory dysfunction • Endometrial • Iatrogenic • Not yet specified

For the majority of women, there is no identifiable cause of HMB⁴

4 Conduct further investigations where indicated

Complete blood count
Required for all women

Thyroid function
If endocrine cause suspected

Inherited coagulation disorders
If indicated by structured history

Ultrasound scan
To rule out structural cause of HMB

Endometrial biopsy
If endometrial pathology suspected

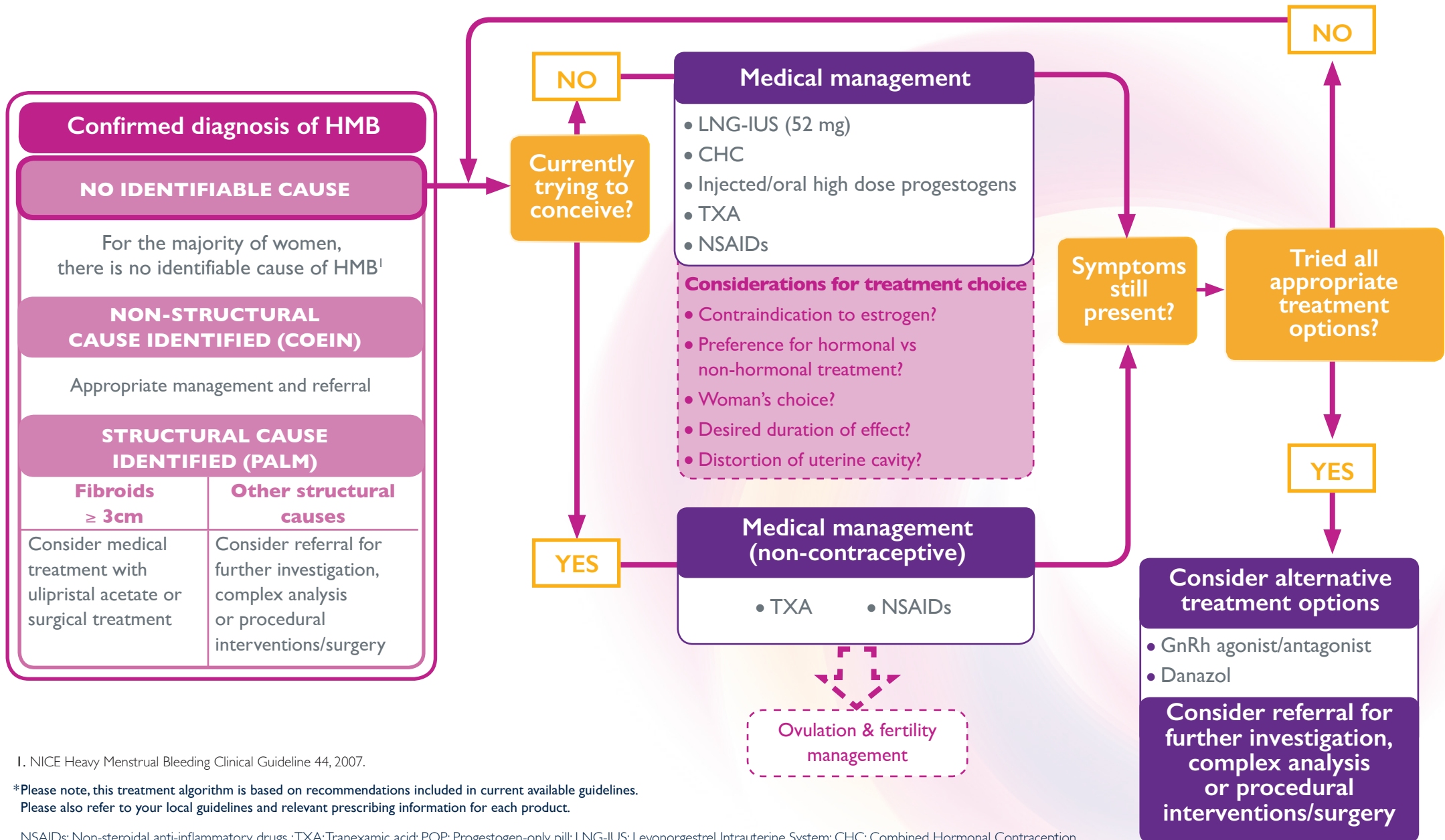
5 Provide reassurance and offer treatment

Treatment of anemia
If present

Medical or surgical treatment
Using the algorithm overleaf

Interim treatment
While awaiting further investigation or test results

The HELP treatment algorithm for HMB*



1. NICE Heavy Menstrual Bleeding Clinical Guideline 44, 2007.

*Please note, this treatment algorithm is based on recommendations included in current available guidelines. Please also refer to your local guidelines and relevant prescribing information for each product.

NSAIDs: Non-steroidal anti-inflammatory drugs ;TXA: Tranexamic acid; POP: Progestogen-only pill; LNG-IUS: Levonorgestrel Intrauterine System; CHC: Combined Hormonal Contraception