

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 fearing a pregnancy may 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! Fortunately 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 a good idea to discover what these other reasons 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 objects by means of anus or swallowing them through mouth may also lead to this condition. In extremely rare cases, a genetic connective-tissue condition called Ehlers Danlos Syndrome of the vascular type (Type IV), may lead to gastrointestinal perforation.

Pregnancy

Mild stomach pain 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 agitation. However, continuous and severe pain observed along with other signs like vaginal discharge, bleeding, nausea, throwing up, unconsciousness, etc. are signs of other issues in pregnancy.

The Good News is that There is a Better Way

The answer focuses on eating a better diet. Most IBS victims 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 removed away, eliminating the natural fiber and leaving the food with little nutritional value (about as much as an old shoe!). What remains is refined carbohydrates that rapidly 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 helps them to travel through our bodies. Without adequate natural fiber 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. Rather, start taking fiber supplements.

Cyclic Vomiting Syndrome: This can be described as a sudden bout of excessive throwing up that lasts for a few hours or days and tends to recur after a short period. The characteristics and duration of each episode of vomiting syndrome stays the same. The exact cause of this digestive problem is still not clearly understood. 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 neck and back pain.

For treating 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 taken in.

“ 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 mix of therapies. Your health care provider may recommend some changes in your diets, workouts and ways of managing stress as well as medication.

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