

Women's Reproductive Health and Traumatic Brain Injury



UHN

For patients and their families who want to know how Traumatic Brain Injury (TBI) affects a woman's reproductive health

Read this brochure to learn more about:

- Changes to expect after TBI
- What causes changes to reproductive health
- What to do
- Where to get more information

The reproductive areas in women affected by Traumatic Brain Injury (TBI) are:

- Periods
- Fertility
- Pregnancy

Please visit the UHN Patient Education website for more health information: www.uhnpatienteducation.ca
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Changes to your periods

After a TBI you may have:

- Skipped or missed periods
- More pain during your periods

These changes can happen in mild to more serious injuries. Still, it is more likely to happen when the brain injury is serious.

How long can it last?

Skipping or missing your period can last from 1 month to many years. For many women, the changes to their periods get better with time.

What can cause my period to change?	
Cause	What to expect
Pituitary gland problems	<ul style="list-style-type: none">• A pea-sized gland in your brain called the pituitary makes hormones that help to keep your periods regular every month. When the pituitary makes low levels of certain hormones, this can mean having skipped or missed periods.• After TBI, there may be some changes to the pituitary.
Stress	<ul style="list-style-type: none">• Stress can cause your hormone levels to change. This can also change your periods.
Medications	<ul style="list-style-type: none">• Certain medications can also cause changes to your periods. Ask your doctor about the side effects of the medications you are taking.

What can I do if I skip or miss my periods?

You may notice changes to your periods while in hospital, rehabilitation or at home.

If you notice any changes to your periods



Tell your health care provider.

- Your health care provider may be able to tell you why your periods have changed and what to do about it.



Keep a diary to track your periods.

- Write down the day your period begins, how long it lasts, and the amount of bleeding you have.
- Write down what your menstrual periods were like before the injury.

This information can help you and your health care provider decide what is right for you.