

News & Comments

Menstrual Changes Post COVID-19 Vaccination*Stanley I. R. Okoduwa*

Reports of changes to the menstrual cycle indicate they are temporary and short-lived, but women and people who menstruate or have menstruated need reliable information to make informed choices, and hopefully, combat vaccine hesitancy. To build trust in medicine, it is necessary to pay attention to changes in menstrual bleeding, even when they aren't uncommon or dangerous. A [study](#) is now looking into people's reports to see if the COVID-19 vaccine affects menstruation, which was not measured in clinical trials. An analysis of more than 35,000 reports provides the most comprehensive assessment so far of changes in menstrual patterns experienced by pre-and post-menopausal women following the COVID-19 vaccine. According to a recent study, some women have reported unexpected vaginal bleeding after receiving the COVID-19 vaccine. Although there were many reports of menstrual changes after the COVID-19 vaccine, a link has not yet been established due to a lack of research on the said question. Until now, pharmaceutical companies have failed to include questions about menstruation in their trials. With multiple viral variants of Coronavirus in April 2021, the researchers designed a web-based survey to get the responses from menstruating adults. When asked to report about the changes in the period flow, cycle length, and bleeding duration after the vaccine, nearly half of respondents in the survey (42%) said they had heavier menstrual bleeding after getting vaccinated against COVID-19. and interestingly 44% of the respondents reported no changes after vaccination. Moreover, a substantial number of people who don't normally menstruate (such as those postmenopausal or using long-acting reversible contraceptives) also reported breakthrough bleeding. Further research into possible causes of temporarily disrupted cycles is warranted, according to the researchers, even though the findings do not indicate changes in fertility.

KEYWORDS

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