

Heavy Menstrual Bleeding in Australia

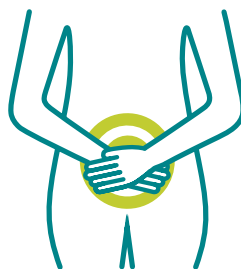
June 2024

Heavy menstrual bleeding can have a debilitating impact on women of reproductive age, affecting their physical, social and emotional wellbeing.

Hysterectomy is one option for treating heavy menstrual bleeding but there are less invasive alternatives, such as endometrial ablation.

THE IMPACT ON WOMEN

Heavy menstrual bleeding affects:



In 2021-22
24,030
women had a
hysterectomy

non-cancer diagnoses, women aged 15+ years

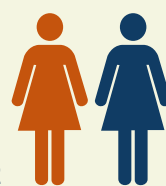
Signs that heavy bleeding isn't normal

- Often flooding through clothing
- Changing pads/tampons every 1-2 hours
- Period lasts longer than 8 days
- Unable to do normal activities



Of women with heavy menstrual bleeding

Less than
1 in 2
seek
medical
treatment



More than
60%
are iron deficient

GLOBAL COMPARISON

Hysterectomy
rate per 100K
women
(2019)

215



AU

132



UK

126



NZ

Source:
OECD Report,
cited 2023

TREATMENT OPTIONS



- Oral medicines
- Hormonal IUD
- Procedures that preserve the uterus*
- Hysterectomy

**e.g. endometrial ablation or uterine artery embolisation (for fibroids)*

NATIONAL PROCEDURE RATES*

Hysterectomy

20%
DECREASE

2014-15 to 2021-22

**non-cancer diagnoses, women aged 15+ years*

Endometrial
ablation

10%
INCREASE

2013-16 to 2019-22

There is variation
in the rate of
hysterectomy and
endometrial ablation
according to where
people live.

Source: Women's Health
Focus Report, 2024

Hysterectomy

9%

higher among
First Nations women than
other Australian women
in 2021-22



4 FACTORS AFFECTING TREATMENT CHOICES

1

Cause of
bleeding

2

Need for
contraception

3

Desire for future
pregnancy

4

Co-existing
conditions

FIND OUT MORE AT: safetyandquality.gov.au/HMB