

COVID Vaccines and the Menstrual Cycle

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Key points:

- Introduction
- Understanding the menstrual cycle
- Scientific studies on menstrual health post vaccination
- Studies in Pakistan
- Menstrual symptoms and breakthrough bleeding
- Effects on reproductive health and fertility

Introduction

The rapid world vaccination campaign caused by the Covid-19 pandemic has widened various vaccines, including the viral vector (astrazeneca, Johnson & Johnson) and MRNA-BIIONTech, and modern infrastructure. Scientific research, which studies the possible connection between vaccination and menstrual health, was caused by a report on the change of menstrual cycle after millions of people received this vaccine

Understanding the Menstrual Cycle

The hypothalamus, the pituitary gland, the ovary and the hormonal signal of the uterus control the complex process of the menstrual cycle. Immunological reactions caused by vaccinations can change this mechanism for a while and cause a brief change in menstrual function.

Scientific Studies on Menstrual Health Post-Vaccination

1. A study with 9,652 participants analyzed the 128 094 menstrual cycle. The Vaccination was slightly related to the menstrual cycle after 0.50 days after the first dose, 0.50 days

after the first dose, 0.39 days after the secondary dose for MRNA. Johnson & Johnson vaccine was related to the increase of 1.26 days. This change is temporary and returned to the base level as a subsequent cycle.¹

2. According to the main tests of about 20,000 vaccinators, the Covid-19 vaccine was associated with a short increase in the length of the menstrual cycle, but there was no noticeable change in the bleeding length.²
3. Compared to the vaccination of the lutein phase (after activation), it shows that obtaining vaccines during the follicle stage of the menstrual cycle (first half) are likely to increase the length of the cycle for a while. This means that the degree of menstruation can affect the immunization time in relation to the menstrual cycle.³

Studies in Pakistan

1. A study, including 154 women between 18 and 45 years of age, showed that 38.3% had irregular menstruation, including changes in the length of vaccination and the seriousness of bleeding. The results suggest that these

changes were observed, but much of the subjects did not prove them.⁴

2. Another study, which was attended by 1023 Pakistan women, was found to have experienced irregular menstruation after vaccination. Symptoms usually remain within three months. The biggest danger of menstruation was related to Pfizer-BionTech, but the incidence rate depends on the type of vaccination.⁵

Menstrual Symptoms

In addition to changes in the length of the period, some people report more serious periods, breakthrough bleeding or spots, especially those who use reverse contraception, hormones or menopause to identify gender. These symptoms are usually temporary and solved within the 1-2 cycle.⁶

Effects on Reproductive Health and Fertility

According to the CDC and WHO, there is no evidence of other medical institutions that the Covid-19 vaccine causes infertility. In general, temporary menstrual changes do not cause long-term problems in reproductive health. People can realize this change by reducing the uncertainty of vaccines and managing expectations.⁷

Conclusion

Most studies have shown that the Covid-19 vaccine can cause a brief change in the menstrual cycle, but these side effects are generally temporary and are not related to reproductive health and long-term problems. More research is needed for those who fully understand the basic mechanism of these changes and suffer from irregular menstruation after vaccination.

References

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