Abnormal Uterine Bleeding Resources for Your Patients

General Information

- American College of Obstetricians & Gynecologists: Abnormal Uterine Bleeding FAQs.
- Cleveland Clinic. Abnormal Uterine Bleeding.
- Mayo Clinic: Comprehensive overview of abnormal uterine bleeding, including causes, symptoms, diagnosis, and treatment.

Patient Advocacy and Support Groups

Facebook communities:

- Period Problem: A community where individuals share experiences about menstruation challenges and gain support.
- Uterine Polyp Support Group: For anyone suffering with polyps.
- Women's Health and Wellness: Focuses on common women's health issues, including AUB.

Instagram:

- @periodtalks: Raises awareness of menstruation, calling out common challenges with humor.

Podcasts

- Period Podcast with Dr. Kathryn BH Clancy a biological anthropologist

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AUB Resources

Films | Documentaries

- *Period. End of Sentence.* (2018): An Oscar-winning short documentary highlighting menstrual health issues in rural India, raising awareness about menstrual stigma. (Netflix)
- *Endo What?* (2016): A documentary about endometriosis, which can sometimes cause symptoms similar to AUB.

Blogs

- Hormones Matter: Articles and personal stories related to various menstrual health issues.

Music and Art

- The Period Project: An art initiative that uses art to raise awareness about menstrual health issues.

- Rupi Kaur: A poet and artist whose work often addresses themes of menstruation and women's health.

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