

# Menstrual Disorder in Adolescence

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**Abstract:** *Menstrual irregularities are quite common in teenage girls, especially in the early years after menarche, during which periods may be irregular, heavy, or painful. While serious underlying conditions are rare, disruptions in menstruation can significantly impact daily activities and lead to school absences. Although most treatment evidence is derived from adult studies, there are many safe therapeutic options available for adolescents. This article presents a clinical review of current practices, focusing on the management of girls with additional medical conditions and learning disabilities.*

**Keywords:** Menstruation, menstrual disorder, Dysmenorrhea, symptoms of menstrual Disorder, medicinal plan