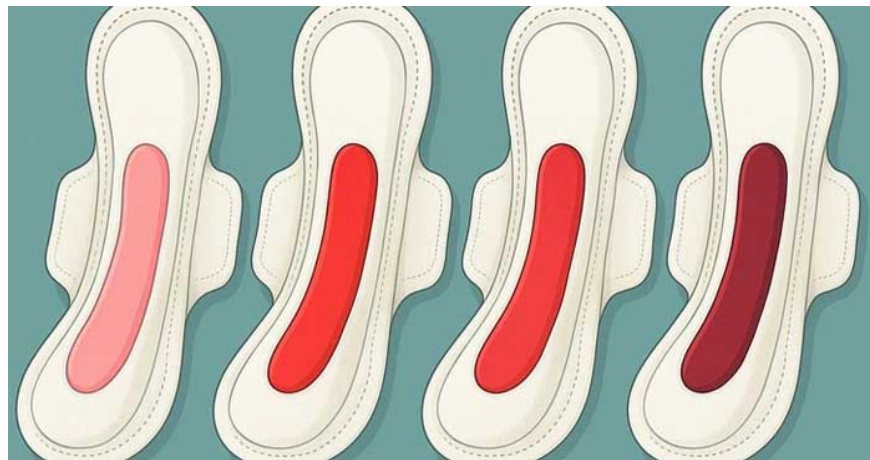


What does the color of your menstrual blood tell you about your health?

Knowing what your menstrual blood looks like can help you avoid some very dangerous health conditions. Here's what each color of menstrual blood means for your health.

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Light pink

Light pink period blood can be a sign of low estrogen levels. If you regularly run or do strenuous activities, this may be the reason your period blood is lighter in color—studies show that high-intensity physical activity, especially running, can lead to a decrease in estrogen.

This is noteworthy, as low estrogen levels are associated with a higher risk of osteoporosis in older age.

Very light pink

Thin, pale, or very light pink menstrual blood can be a sign of a nutritional deficiency—or in rare cases, a more serious condition like ovarian or fallopian tube cancer.

While it's important to be aware of changes in your menstrual cycle, don't panic: Fallopian tube cancer is extremely rare, accounting for less than 2% of all gynecological cancers.

If this bleeding persists, you should see your doctor.

Dusky



Dark brown or dark red menstrual blood usually means that old menstrual blood is taking longer to leave the uterus.

Although the exact reason is not well understood, this is generally considered normal and nothing to worry about — especially if it occurs at the beginning or end of your period.

Thick and clotted

Thick, clot-like menstrual blood with a dark red color can be a sign of low progesterone levels and high estrogen levels.

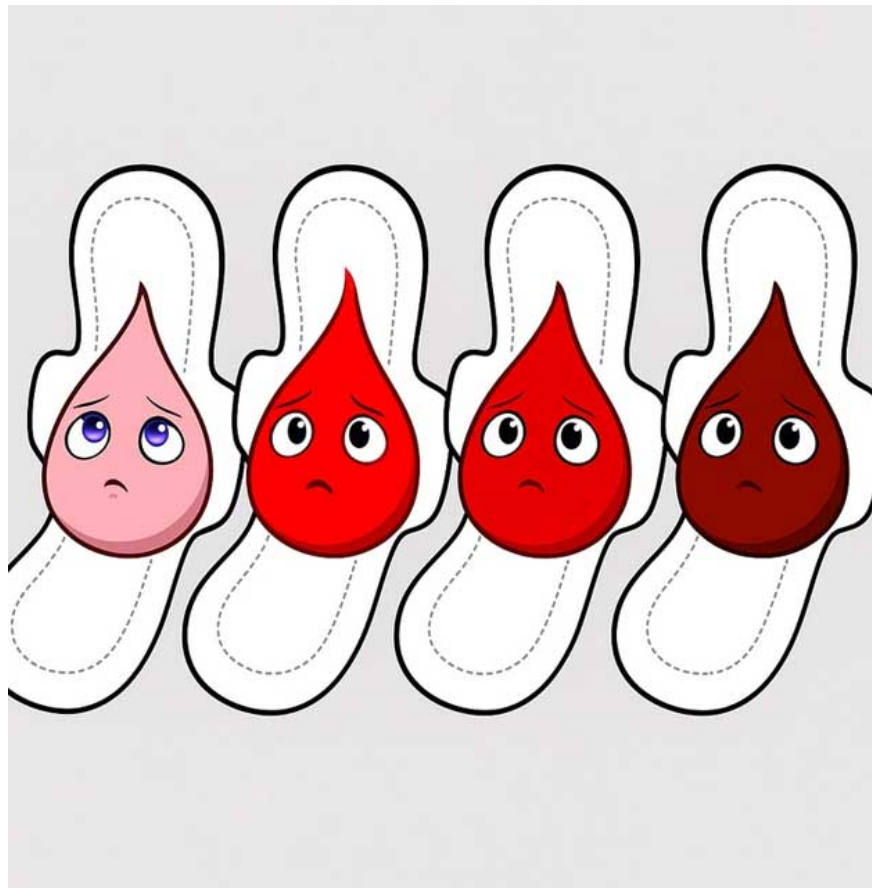
In most cases, this condition is completely harmless. However, if you see large clots or large numbers, it could indicate a hormonal imbalance — or, in some cases, uterine fibroids.

While this may sound alarming, these conditions are common and can often be managed. It's best to consult your doctor if you're unsure.

Red gray mixture

Gray or gray-red discharge can be a warning sign, and what it means depends on your situation. If you're not pregnant, it could be a sign of a sexually transmitted infection (STI) and should be checked by a doctor.

If you have missed your period or suspect you are pregnant, this type of discharge could be a sign of an early miscarriage. In either case, it is important to see your doctor to understand your condition and get the proper care.



Cranberry Red

Cranberry-colored menstrual blood is generally considered healthy and normal. However, what is normal can vary from person to person. That's why it's important to see your doctor regularly to make sure everything is in balance and to catch any potential problems early.

Orange

Orange menstrual blood—especially when mixed with gray—can be a sign of infection. If it's related to a sexually transmitted infection (STI) or other serious infection, it's often accompanied by other

symptoms like a strong odor, itching, or severe pelvic pain.

If you notice this combination, it is best to consult your doctor for appropriate treatment.

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