

# 10 SYMPTOMS WOMEN SHOULD NEVER IGNORE

It can be tempting to ignore unusual gynecological symptoms — but doing so can pose risks to your long-term health, and even affect your fertility.

Being smart about your health starts with just paying attention. That's because many issues can be effectively treated with a trip to your provider. Here are 10 symptoms you should never ignore:



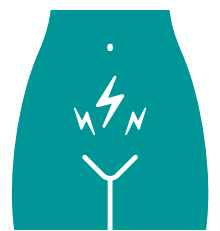
## **Painful intercourse**

Pain that occurs during or after sex



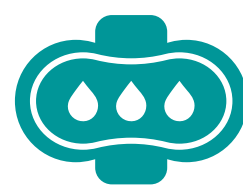
## **Spotting**

Any bleeding between cycles



## **Painful or excessive urination**

Discomfort when urinating, or urinating more than usual



## **Heavy menstrual bleeding**

Abnormally heavy or severe bleeding during or between your normal cycle



## **Irregular periods**

Periods that do not arrive about every 28 days, or are shorter / longer than average



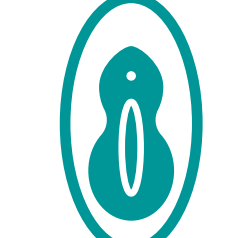
## **Breast changes**

Any lumps, bumps or changes in color and / or texture



## **Missed period**

A missed period not due to pregnancy



## **Vaginal changes**

Any lumps, bumps or rashes



## **Discharge**

Unusual discharge that is yellow, green, brown or has a strong scent



## **Excessive bloating**

Unusual bloating that is painful or causes clothes not to fit

If you're experiencing any of these symptoms, don't delay seeking care. Call your OB/GYN's office today to schedule an appointment.

**Don't have an OB/GYN? Call 704-468-8884, and we'll help connect you with one.**



## **About COVID-Safe Care**

Atrium Health's offices are open and ready to care for you in the safest environment possible. See the extra steps Atrium Health is taking to keep you safe and healthy at [AtriumHealth.org/Safe](https://www.AtriumHealth.org/Safe).

