



Nala has menorrhagia—excessive or prolonged menstrual fluid loss. There are a number of potential causes—polyps, uterine fibroids, a hormone imbalances, a dysfunction of the ovaries where they don't release an egg, complications with pregnancy, intrauterine device (IUD), cancer, and other medical problems—and all resources only available at a hospital or clinic. Since each regular-sized tampon can hold up to 5 ml of fluid and Nala has used 18 tampons during the past eight days, her estimated fluid loss is less than 90 ml ($18 \text{ ml} \times 5 \text{ ml} = 90 \text{ ml}$) thus far. While her menstrual fluid loss *is* greater than normal and her period *is* longer than normal, she is *not* hemorrhaging and does *not* require an urgent, Level 1, evacuation. That said, she should see a physician sooner rather than later. If available, administer an oral iron supplement, begin a non-urgent, Level 3 evacuation, and continue to monitor any further fluid loss. If you have an early pregnancy test in your first aid kit, consider using it to rule out a miscarriage or ectopic pregnancy; both men and women have been known to bend the truth when speaking about their sexual history, even when an inaccurate response could lead to mis-assessing a medical problem.