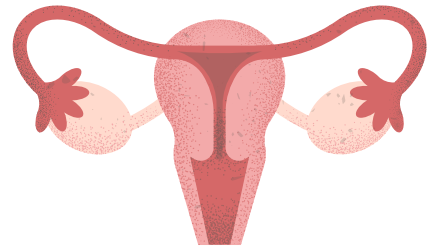


PERIODS. PERIOD.

Hello There! Yes, you.



WHAT IS THE MENSTRUAL CYCLE?

The menstrual cycle is a monthly process your body goes through to prepare for pregnancy. It starts on the first day of your period and lasts until the first day of your next period. An average cycle is 28 days, but between 21 and 35 days is still normal.

HOW LONG DOES A PERIOD LAST?

On average, you may bleed between 3-7 days.

HOW DO I KNOW IF MY PERIOD IS LATE?

If your period is more than 7 days late.

WHAT SHOULD I DO IF MY PERIOD IS LATE?

Take a pregnancy test.



WHAT CAN I USE TO COLLECT MENSTRUAL BLOOD?

You can use any method you want – only you know what's right for you. You should change your period product every 4-8 hours or when it is soaked.

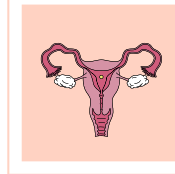
- **Pads:** you will see the blood; there are different kinds for different flows, and overnight
- **Tampons:** you will have to insert something in your vagina; there are different absorbances. Choosing which one to use would be best based on how heavy your flow is.
- **Menstrual Cups & Discs:** you will have to insert something in your vagina; there are different sizes & fit matters.
- **Period Underwear:** you will have to do more laundry; it can be expensive

ARE PERIODS DIRTY? NO!

Did you know period blood is sterile?! AND Your vagina is self-cleaning!
You only need to wash your vulva, which is the part of your genitals on the outside you see. Only use water and unscented soap to clean your genital area.

THE MENSTRUAL CYCLE

LUTEAL



The lining of the uterus thickens as the egg starts traveling down the fallopian tube. This phase ends when your next period begins. It lasts 14 days.

OVULATION



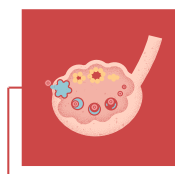
Happens around day 14 of your cycle. Your ovary releases an egg. This lasts 24 hours. You are most likely to get pregnant in the days leading up to this phase.

MENSES



The first day of your period when you bleed. The lining of your uterus sheds and comes out as period blood.

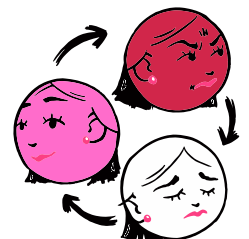
FOLLICULAR



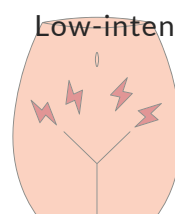
Starts with your period. One follicle grows in preparation to release an egg. Highly variable and lasts between 11-27 days. 16 days is average.

SIGNS YOUR PERIOD IS ON THE WAY

- Cramping
- Mood changes
- Trouble sleeping
- Headache
- Food cravings
- Bloating
- Breast tenderness
- Acne



WHAT CAN I DO TO RELIEVE MENSTRUAL CRAMPS?



Low-intensity activity can help lessen pain (stretching, walking, yoga)
Rest; don't over-exert yourself
Try to eat regularly timed meals
Heating pad
Ibuprofen or Acetaminophen

Is this normal...

MENSTRUAL HEALTH



WHEN SHOULD I SEE A DOCTOR?

You should talk to your doctor if you:



- Change your period product every 1-2 hours because it's soaked
- Use two collection methods at the same time
- Pass blood lumps larger than a quarter
- Have excessive pain/cramps
- Have a period more or less than once a month

CYCLE TRACKING

You should track your menstrual cycle to know when to expect your period & so you know what's normal for you. Mark the first day of your period on a calendar. Mark each day until your period ends.

MENSTRUAL DISORDERS

DYSMENORRHEA

Painful cramps during your period

AMENORRHEA

Not getting a period

MENORRHAGIA

Heavy bleeding during your period

COULD I BE PREGNANT?

You can get pregnant at any time of the month.

DID I MISS A PERIOD?

You should have a period once every 28 days on average. If your period is late or does not come within 7 days, you should take a pregnancy test.

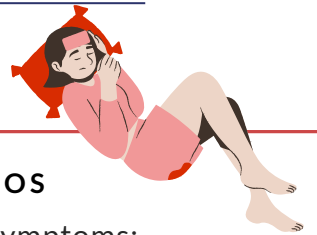
WHAT SHOULD I DO?

- If the test is positive, talk to your doctor about pregnancy options.
- If you want to be pregnant, you need additional medical care.



PAINFUL PERIODS? HEAVY PERIODS? PAIN DURING SEX?

ASK YOUR DOCTOR ABOUT THESE CONDITIONS



ENDOMETRIOSIS

Common Symptoms:

- Painful periods
- Pain during sex
- Pain when you poop
- Heavy or irregular periods
- Bleeding between periods
- Low energy
- Diarrhea or constipation

UTERINE FIBROIDS

Common Symptoms:

- Heavy bleeding and painful periods
- Longer or more frequent periods
- Having to pee often
- Constipation
- Stomach getting bigger
- Pain during sex

PCOS

Common Symptoms:

- Irregular, absent or very light periods
- Extra body hair on the chest back and stomach
- Weight gain
- Acne
- Thinning hair
- Infertility
- Dark or thick patches of skin in the armpits or near the breasts

PREMENSTRUAL SYNDROME [PMS]

- | | | | | |
|----------------|-------------------|-----------------------|----------------------|-----------------------|
| • bloating | • headaches | • food cravings | • anxiety | • constipation |
| • irritability | • breast soreness | • excessive tiredness | • feelings of stress | • diarrhea |
| • backaches | • acne | • depression | • insomnia | • mild stomach cramps |

Is it time?

MENOPAUSE AND PERIMENOPAUSE

HOW DO I KNOW I AM IN MENOPAUSE?

YOU ARE IN MENOPAUSE WHEN YOU HAVE NOT HAD A PERIOD FOR 12 MONTHS IN A ROW

MENOPAUSE NORMALLY STARTS IN YOUR 40'S - 50'S. THE AVERAGE AGE IN THE US IS 51.

Common Symptoms

- Irregular periods
- Vaginal dryness
- Hot flashes
- Chills
- Night sweats
- Mood changes
- Weight gain and slower metabolism
- Thinning hair and dry skin
- Loss of breast fullness

WHAT IS PERIMENOPAUSE?

THE TRANSITIONARY PERIOD WHEN YOUR OVARIES BEGIN TO STOP WORKING.

Common Symptoms

- Mood changes
- Changes in sexual desire
- Trouble concentrating
- Headaches
- Night sweats
- Hot flashes
- Vaginal dryness
- Trouble sleeping
- Joint and muscle soreness
- Heaving sweating
- Having to pee often

WHEN DO I? ...

GET A PAP SMEAR?

- Women ages 21-29 should get a Pap test every 3 years. Those 25-29 can choose HPV testing alone, but Pap tests are better.
- Women ages 30-65 have three choices:
- Pap and HPV tests together every 5 years.
- Pap test alone every 3 years.
- HPV test alone every 5 years.

START GETTING MAMMOGRAMS?

- Women aged 40 and above should get a mammogram every year.

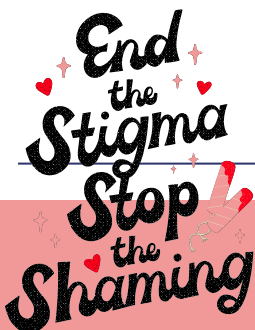
Did you know?!

1 IN 10 WOMEN BETWEEN 15-49 WILL BE AFFECTED BY ENDOMETRIOSIS. THE ONLY SURE WAY TO DIAGNOSE ENDOMETRIOSIS IS SURGICALLY.

WOMEN WERE NOT REQUIRED TO BE INCLUDED IN MEDICAL TRIALS UNTIL 1993. (NIH)

20 - 80 PERCENT OF WOMEN WILL DEVELOP UTERINE FIBROIDS BY THE TIME THEY ARE 50.

SPERM CAN LIVE IN THE BODY UP TO FIVE-SEVEN DAYS.



Period Tracker

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31							

DATE	YEAR
------	------

KEY			
SPOTTING			
LIGHT			
MEDIUM			
HEAVY			
HEADACHE			
CRAMPS			
ACNE			

CYCLE LENGTH	
JAN	
FEB	
MAR	
APR	
MAY	
JUN	
JUL	
AUG	
SEP	
OCT	
NOV	
DEC	

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