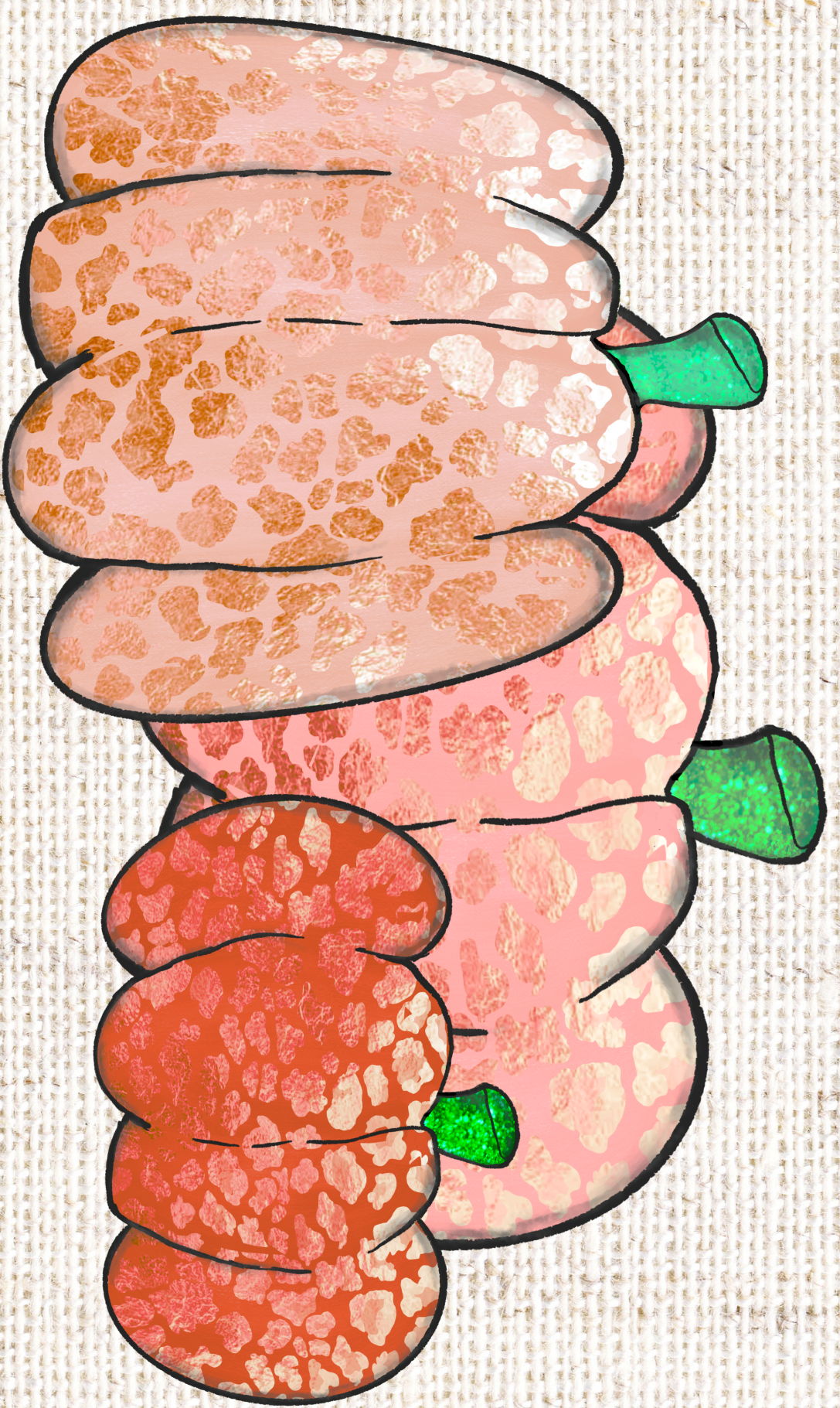


MENSTRUATION



THE MENSTRUAL CYCLE

THERE ARE FOUR STAGES OF THE MENSTRUAL CYCLE. ONE IS MENTRUATION,

WHEN THE LINING OF THE UTERUS IS EXPELLED THROUGH THE VAGINA. THE FOLLICULAR PHASE STARTS ON THE FIRST DAY OF MENTRUATION AND LASTS UNTIL OVULATION. BASICALLY, THIS IS WHEN THE EGG IS MATURING. THEN COMES

OVULATION, WHEN THE EGG IS RELEASED AND TRAVELS THROUGH THE FALLOPIAN TUBES AND UTERUS. THE LAST PHASE IS THE LUTEAL PHASE, WHEN HORMONES THAT PROMOTE THE THICKENING OF THE LINING OF THE UTERUS ARE RELEASED. THE DROP IN THESE HORMONES AFTER THIS PHASE CAUSES THE UTERINE LINING TO FALL AWAY, LEADING TO MENTRUATION

WHEN SHOULD I TALK TO A DOCTOR?

YOU KNOW YOUR BODY! WHEN YOU FEEL LIKE SOMETHING IS WRONG, YOU SHOULD TALK TO A HEALTH PROFESSIONAL. SOME CLUES THAT SOMETHING MIGHT BE WRONG ARE IF YOU ARE IN CONSTANT AND DEBILITATING PAIN WHILE ON YOUR PERIOD, OR IF YOU START SPOTTING, (BLEEDING OUTSIDE OF YOUR PERIOD) FOR ANY UNEXPLAINED REASON. SPOTTING CAN BE CAUSED BY BIRTH CONTROL OR DURING OVULATION, OR CAN BE A SIGN OF PREGNANCY. IT CAN ALSO BE A SIGN OF MULTIPLE MEDICAL CONDITIONS.

MENSTRUAL SUPPLIES

- **SANITARY PADS:
DISPOSABLE.**
- **TAMPONS: DISPOSABLE,
POSSIBILITY OF TSS.**
- **MENSTRUAL CUPS:
REUSABLE, POSSIBILITY OF
TSS.**
- **MENSTRUAL DISCS:
DISPOSABLE, CAN STAY ON
DURING PENIS/VAGINA
SEX, CAN ALLEVIATE
CRAMPS.**
- **PERIOD UNDERWEAR:
REUSABLE, SOMETIMES
USED WITH OTHER PERIOD
PRODUCTS**
- **PLEASE ASK ME FOR MORE
INFO ON THESE!**

OPTIONS FOR CRAMPING

- PAIN RELIEVERS LIKE IBUPROFEN, ADIVIL, MIDOL,
- HEATING PAD (I LOVE THIS)
- HORMONAL BIRTH CONTROL
- VITAMIN E, OMEGA-3 FATTY ACIDS, VITAMIN B-1, AND B-6, AND/OR MAGNESIUM SUPPLEMENTS
- REGULAR EXCERSIZE
- REDUCE STRESS
- SURGERY IF THERE IS AN UNDERLYING CONDITION

PMS

**PMS STANDS FOR
PREMENSTRUAL SYNDROME.
OFTEN USED TO REFER TO
ANY PREMENSTRUAL
SYMPTOMS, IT IS ACUTALLY
A DIAGNOSABLE MEDICAL
DISORDER MARKED BY
MULTIPLE PHYSICAL AND
EMOTIONAL SYMPTOMS. THE
SEVERITY OF THE
SYMPTOMS VARY PERSON-
BY-PERSON AND EVEN
MONTH-BY MONTH. THERE IS
ALSO PREMENSTRUAL
DISPHORIC DISORDER
(PMDD), WHICH IS A
PSYCHIATRIC (VS.
GYNEOLOGICAL) DISORDER,
AND IS MARKED BY SEVER
PREMENSTRUAL SYMPTOMS**

HORMONES

PEOPLE WITH A UTERUS WHO TAKE TESTOSTERONE WILL EVENTUALLY STOP MENSTRUATING, BUT IT MIGHT TAKE A LITTLE WHILE. INDIVIDUALS WITHOUT A UTERUS WHO TAKE ESTROGEN OFTEN EXPERIENCE HORMONE FLUCTUATIONS SIMILAR TO A MENSTRUAL CYCLE BUT WITHOUT ANY BLEEDING.

HORMONAL BIRTH CONTROL CAN STOP OR LESSEN THE EFFECTS OF MENSTRUATION DEPENDING ON THE METHOD. SOME HORMONAL BIRTH CONTROLS ALSO STOP BLEEDING.

WHAT IS MENSTRUATION?

MENSTRUATION
TYPICALLY OCCURS
MONTHLY IN PEOPLE
WITH UTERUSES. EVERY
MONTH A PERSON WITH

A UTERUS' BODY
RELEASES A MATURE
EGG AND A LINING OF
BLOOD AND TISSUE
BUILDS UP IN THE
UTERUS TO SUPPORT
THE EGG. IF THE EGG IT
DOES NOT GET
FERTILIZED IT DOES
NOT NEEDED THAT LINING,
SO IT IS DISCARDED IN
THE FORM OF A PERIOD!

USUALLY
MENSTRUATION WILL
START BETWEEN THE
AGES OF 9-15 AND END
BETWEEN THE AGES OF
40-60. SOME REASONS
SOMEONE MIGHT NOT
MENSTRUATE ARE
STRESS, MEDICAL
CONDITIONS, OR HAVING
A HYSTERECTOMY, AND
HORMONES AND
HORMONAL BIRTH
CONTROL ALSO CAN
AFFECT SOMEONE'S
PERIOD.