

Introduction to Menstrual Hygiene



Your body is an amazing organ. As women, we are designed to create life and every month millions of women menstruate.

DID YOU KNOW THAT..

- Periods last around 2 to 7 days, and women lose about 3 to 5 tablespoons of blood during one period in a period cycle.
- You can still get pregnant if you're on your period. Although it is not common, it is not impossible at all.
- Your period can get worse when it is cold outside, making it heavier and longer than normal.
- The average woman has more than 400 periods in her lifetime.

It is normal to experience any of the following symptoms just before, during, or after your period:

Abdominal Cramps | Tender Breasts | Fatigue | Facial Breakouts (Acne) | Bloating | Headaches | Mood Swings | Back Pain (that may or may not radiate down the thighs)

LEARNING THE BASICS OF MENSTRUAL HYGIENE IS ALSO VERY IMPORTANT!

Menstruation is a time of heightened risk of certain infections, including some sexually transmitted infections. This occurs because the mucus that usually blocks your cervix opens during menstruation to allow blood to pass out of the body. This makes it possible for bacteria to travel up into your uterus & pelvic cavity. Changes in vaginal pH also make yeast infections more likely.

To Avoid Infections:

- Avoid clothing that is tight between your legs, or fabrics that don't breathe well.
- Change your sanitary pad or tampon every 3-4 hours. Continual use of the same sanitary pad or tampon increases your risk of infection and toxic shock syndrome.
- Bathe or shower at least once a day to keep your body clean and avoid odor.