

What is menstruation?

Menstruation is the process in which the uterus sheds blood and tissue through the vagina. This is a natural and healthy process for girls and women of reproductive age.

What is a period and why do we have them?

A period is when a woman's body releases tissue it no longer needs. This tissue comes from the uterus, which is where a baby (Fetus) can develop in the female body. Every month or so, the uterus lining gets thicker to prepare for a fertilized egg if the woman becomes pregnant. If the egg doesn't get fertilized, that lining is released from the body as blood through the vagina. This monthly process is called menstruation or a period.

What are symptoms or disorders related to menstruation?

One common menstruation-related complaint is dysmenorrhea, also known as menstrual cramps or painful periods. It often presents as pelvic, abdominal or back pain.

What is period poverty?

Period poverty describes the struggle many low-income women and girls face while trying to afford menstrual products. The term also refers to the increased economic vulnerability women and girls face due the financial burden posed by menstrual supplies. These include not only menstrual pads and tampons, but also related costs such as pain medication and underwear.

Can a person get pregnant during menstruation?

Yes. It is widely believed that intercourse during menstruation cannot result in pregnancy. However, this is not true for women and girls with shorter or irregular menstrual cycles.

Is menstruation bad for the environment?

No, menstruation in itself is not bad for the environment. However, products used to manage menstruation can have a negative impact on the environment, depending on the product and the way it is disposed.

Are menstrual products bad for your health?

In general, no. However, there are possible health impacts to consider.

Use of highly absorbent tampons has been associated with [toxic shock syndrome \(TSS\)](#), a life-threatening condition, but these cases are rare. Frequently changing tampons greatly lowers the risk of TSS.

How long is the average period length?

The time from the first sign of blood to the last is usually in the **3-to-5-day** range. It's common for cycles to be a little irregular for a few years after your first period. This means your periods may not always come at the same time every cycle, and they may be a bit different from one month to the next. Don't worry, as you progress through adolescence, your cycles will become more regular and start to reflect adult cycle ranges, but they may still be a bit variable.

Why do we get periods every month?

Periods, or menstruation, are the cyclical bleeding from the uterus that occurs about every month or so, and are a part of the normal menstrual cycle. The changes in hormone levels, as well as in the ovaries and uterus, that happen during a menstrual cycle are all aimed at achieving [pregnancy](#).

How long without a period is normal?

Menstrual cycles that are 21–35 days long are considered normal. A [period is considered late](#) if it's more than five days past its expected start date.

If your periods are late for several months, make sure to consult a health care provider to figure out possible underlying reasons.

Is it normal to have periods twice a month?

For menstrual cycles that are 21 days long, it's possible to have a period twice during one calendar month. However, bleeding twice or more during one menstrual cycle, blood after sex, or bleeding that stops and then starts again after several days could indicate a health issue.

When is a menstrual cycle too short?

The length of the menstrual cycle is the number of days between the first day of one period and the first day of the next period. Cycles between 21 and 35 days are considered normal.

If menstruation starts more frequently than every 21 days, it may be considered too short.

What are some reasons for a period delay?

There are many possible reasons for a late period. For people who are [trying to conceive](#) or had unprotected sex, pregnancy is the most

likely reason. Late periods can also be caused by medical conditions such as PCOS, high levels of prolactin, or thyroid issues. Sometimes using hormonal [birth control methods](#) can also cause late periods.

What causes irregular periods?

There are also many possible reasons for [irregular periods](#). The most likely are excessive stress, extreme exercising, or extreme weight fluctuations. Just like with late periods, irregular periods can also be caused by PCOS, high levels of prolactin, or thyroid issues.

How long will I have irregular periods after a miscarriage?

It usually takes four to six weeks for periods to start again [after a miscarriage](#). Sometimes it can take up to three months for periods to become regular.

Should I worry if my period is late by one day?

There is usually nothing to worry about if a period is a day late. Taking a pregnancy test can help confirm if pregnancy may be the cause.

Can adapting to new birth control pills cause a period delay?

Adapting to new [birth control pills](#) can cause a period delay. A pregnancy test can confirm if a period is late due to pregnancy. It may take around three months for the body to adapt to new birth control.

I have a big increase in hunger before my period. Is that normal?

Increased hunger, anxiety, mood fluctuations, headache, and weight gain are all common premenstrual symptoms. Premenstrual symptoms are the result of cyclic changes in progesterone and estrogen, and fluctuations in serotonin.

Why is my period blood black?

It is absolutely normal for [period blood to be black](#) or dark brown at the very beginning or at the end of a period. At the beginning and end of menstruation, the flow is usually slow, and blood on the pad or tampon is old blood that has been exposed to oxygen.

Can antibiotics affect your period?

Antibiotics do not cause late, early, or absent periods or heavy and prolonged menstruation. The most likely cause for an irregular period on antibiotics is usually the infection for which an antibiotic was prescribed.

What should I put in a period kit?

Period kits are great to have on hand during menstruation. They can contain three to four pads or tampons. Pads should be changed at least every four hours, tampons every four to eight hours, and [menstrual cups](#) (changed and washed) every 10 to 12 hours.

Painkillers such as non-steroidal anti-inflammatory drugs are a great option for managing [menstrual cramps](#) and make a good addition to a period kit.

How to treat irregular periods?

For irregular periods there usually is no immediate reason to consult your doctor. But if you are concerned, please do so. If you need contraception your doctor can help you with that by prescribing you hormonal contraceptives which do not only reliably prevent unintended pregnancies but can also stabilize your [menstrual cycle](#) so that you can better plan for your periods.

How to reduce period cramps?

To reduce period cramps and pain you can try the following things:


- Over-the-counter pain medicine
- Putting a heating pad on your belly or lower back
- Having a hot bath
- Hormonal birth control (like the [pill](#), [patch](#), [ring](#), [implant](#), and [hormonal IUS](#))
- Acupuncture and acupressure

Cramps are a pretty standard part of having your period. But if your period pain is so painful that you can't take part in everyday life, please talk to your doctor.

What is premenstrual syndrome (PMS)?

PMS is a group of symptoms that are linked to the menstrual cycle. Symptoms usually begin before menstrual bleeding starts and then stop once menstrual bleeding begins. For some women, PMS symptoms include mild cramps or some bloating. For other women, PMS symptoms include severe pelvic pain, headaches, and fatigue.

For more detailed information about PMS, its symptoms, and its treatments, visit:

- <https://www.womenshealth.gov/menstrual-cycle/premenstrual-syndrome>
- <http://www.acog.org/Patients/FAQs/Premenstrual-Syndrome-PMS> 

I got my period and I haven't told my mom yet. It's really hard for me to talk about things like this. I have a lot of questions. What should I do?

Lots of girls have the same concern. Your mom will be one of your best resources when you have questions about your period, so try to start the conversation yourself! Know that she will be understanding and helpful. Actually, she may be your best friend during this time in your life. Still don't feel like you can talk to your mom? An aunt, friend's mom or older sister are also great women to ask.

What Are the Menstrual Cycle's Four Phases?

Period symptoms don't occur throughout the entire menstrual cycle, or else you would be bloated and grumpy every day. In fact, they can occur at various points to varying degrees, depending on the woman. Here are the four major stages in the menstrual cycle, which can last between 21 and 35 days according to the [National Institute of Health](#) :

1. **Follicular Phase:** The ovaries produce follicles to safeguard the eggs while the uterine lining thickens.
2. **Ovulation Phase:** The mature egg travels from the ovaries through the fallopian tube, ending up in the uterus.
3. **Luteal Phase:** The body releases extra estrogen and progesterone to prepare for possible fertilization
4. **Menstruation Phase:** Your period begins, releasing tissue, blood, and eggs. Typically, a woman menstruates between 4 and 8 days.

What Are the Most Common Period Symptoms?

Here are a few of the most common:

1. Abdominal cramps
2. Acne
3. Anxiety
4. Bloating
5. Changes in appetite
6. Constipation
7. Depression
8. Digestive troubles
9. Drowsiness
10. Cravings
11. Irritability
12. Insomnia
13. Tender Breasts

Keep in mind that every woman's body is different. If you are concerned about the period symptoms you're experiencing, please contact a licensed medical professional.

When do girls get their first period?

Your period can start anywhere between the ages of 9 and 16 but it often happens between ages 12 and 13. It just depends on you. The cycle continues throughout your lifetime until you reach the age of menopause, sometime in your late 40's or your 50's – when your body decides it's done with preparing for a potential pregnancy. So yes, there is an end to it all.

Precautions to be taken during menstruation period?

- 1) **Hygiene:** Do not use sanitary napkin for more than four hours, even if it is not full. Build up of moisture on the pad can lead to bacterial and fungal growth that can lead to local irritation, rashes and infection. If you are using a tampon make sure you change it every five hours.
- 2) **Washing:** Menstrual blood tends to stick to the folds around vaginal opening and labia (skin folds that protect vagina). Wash using just warm water after urination or between pad changing. This helps to maintain cleanliness and prevents bad odour. Do not use soap or intimate washes as vagina has its own cleaning mechanism. Soaps and washes disturb the pH of vagina leading to irritation and infection. If you want to use soap or intimate washes, use them in only externally and never inside the vagina.
- 3) **Clothes:** Do not wear tight fitting clothes during menstruation. if you suffer from fungal infection, itching, irritation and bad odour during menstruation, it is very important to wear loose fitting and breathable material like cotton during menstruation. Loose fitting cotton clothes help prevent dampness and moisture build up thus help in reducing vaginal itching and irritation during menses.