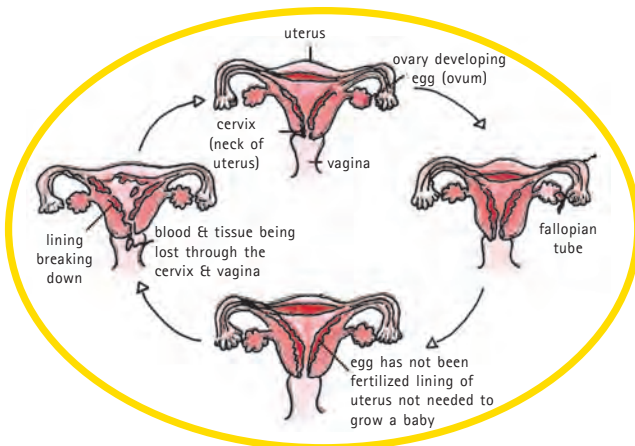


2

Menstruation and Fertility



Normal Menstrual Cycle

- Duration of bleeding : three-five days
- Bleeding recurs after : 25-35 days
- Flow : without clots

It is very important for women to know about how their body functions especially in relation to reproductive health because they are uniquely gifted with the capacity to give birth to a baby. You know that by the time a girl reaches the age of 10-13 years, a number of changes occur in her body preparing her to meet the complex child birth process. The normal menstrual cycle has the following characteristics:

In a regular 28-day menstrual cycle the mid 10 days (10th-20th day) of the cycle are fertile period during which pregnancy can occur, the first day being the day when the bleeding starts.