MENSTRUATION

**1.Can you get pregnant during your period?**

During monthly bleeding the chances of pregnancy are low but not zero. Bleeding itself does not prevent pregnancy, and it does not promote pregnancy, either. In the first several days of monthly bleeding, the chances of pregnancy are lowest. As the days pass, the chances of pregnancy increase, whether or not she is still bleeding. The risk of pregnancy rises until ovulation. The day after ovulation the chances of pregnancy begin to drop steadily.

#### 2.Why is my period late?

There are several reasons why your period might be late.  
First of all: you might be pregnant. If you think this could be the case, you can take a home pregnancy test or see your doctor to check.  
However, several other factors can cause late or even missed periods, for example medication, stress, diet or exercise.  
  
In particular, young women, whose cycles are not yet so well established, often have hormonal fluctuations that can cause late or even missed periods.

## 3.Why do women have periods?

Menstruation is the body’s way of getting rid of some tissues that it no longer needs. These tissues are from the uterus where every month, it thickens its walls to prepare for pregnancy.

If pregnancy does not happen, the tissue lining sheds off and comes out through the vagina. The process is called [menstruation or period](https://www.plannedparenthood.org/learn/health-and-wellness/menstruation).

## 4. How does it feel?

A woman may never feel the actual flow of blood unless there is dampness when the underwear is spotted with blood.

## 5. Should a period smell?

No, it shouldn’t. The odor you smell occurs when the blood becomes in contact with air. Frequently changing pads or tampons should deter the odor.

## 6. Does it hurt?

Although the process itself does not hurt, there are women who experience[menstrual cramps](https://www.mayoclinic.org/diseases-conditions/menstrual-cramps/basics/causes/con-20025447) during their period. This is caused by the hormones that are released by the body in order to make the uterus contract so that it can push the lining out.

 7. How much blood is lost during a period?

Typically, about ¼ cup of menstrual fluid goes out of the body in the first few days of the period.

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## 8. How long does it last?

The length of a period depends from woman to woman. There are many factors that can influence how long a cycle is like medications, physical activities, and even stress. To most women, a period averages between 2-8 days wiith the heavier flow on the first 2 days.

## 9. Why does it seem like a woman has cravings during a period?

The [hormonal changes](https://www.webmd.com/women/features/escape-hormone-horrors-what-you-can-do#1) are to blame when it comes to menstrual cravings. Typically, a woman want to eat carbohydrate- rich foods as well as salty, sugary, and even greasy foods that makes a woman feel better during an uncomfortable period.

## 10. Is taking a bath or having a shower okay during a period?

Of course! It is vital that the body is clean and smelling fresh during a period. Aside from keeping the feminine area hygienic, having a shower or taking a bath will take away the uncomfortable feeling and will help keep the confidence up even with other people.

## 11. Are there activities that should not be done during a period?

All the things you normally do can be done during a period as long as you are not experiencing cramps which may be uncomfortable when playing sports and other physically straining activities.

12. What can help to make an uncomfortable period better?

For those who experience menstrual cramps during periods, warm compress or pressure over the tummy area can help. There are also pain medications that you can ask from the OB if the pain is intolerable. Some women also find doing light exercises helps but most prefer to have plenty of rest and sleep.

## 14. Is it true that pregnancy is possible before a period?

It depends on a woman’s cycle but a woman is normally ovulating about 2 weeks before a menstrual flow so if there is intercourse during that time then pregnancy is a possibility.

This is why preventing pregnancy by timing the ovulation is risky since there are factors that changes a [woman’s cycle](http://americanpregnancy.org/getting-pregnant/understanding-ovulation/) and makes it unpredictable to tell when she is ovulating or not.

## 15. When will a woman stop having her period?

Menstruation temporarily stops during pregnancy and resumes after birth. A period stops for good when a woman goes through the menopausal stage in their 40s or 50s.

ANXIETY

**1>**

**Do I have an anxiety disorder?**

Anxiety is a normal part of living. if your anxiety becomes overwhelming and persistent, or if it interferes with your regular daily activities, or even makes them impossible, you may have an [anxiety disorder](https://adaa.org/understanding-anxiety)

* 2>
* **How effective are treatments? How long do they take?**

Success of treatment varies, but most people with an anxiety disorder can be helped with professional care. Benefits of [CBT](https://adaa.org/finding-help/treatment/therapy) are usually seen in 12 to 16 weeks. [Medication](https://adaa.org/finding-help/treatment/medication) may be a short-term or long-term treatment option, depending on severity of symptoms, other medical conditions and individual circumstances.

* **3>**
* **What is the best way to treat children with anxiety disorders?**

Cognitive-behavioral therapy (CBT) and medication are effective in treating children with anxiety disorders. Recent research found that a combination of CBT and an antidepressant worked better for children ages 7-17 than either treatment alone.

4>

Can lifestyle have an effect on anxiety disorder?

Research **has** found that one's diet, fitness level, and amount of stress **can affect** their experience with panic **disorder**, panic attacks, and agoraphobia. If you are struggling with the symptoms of panic **disorder**, consider making some **lifestyle** changes as a way to help manage your **anxiety.**

**5>**

**How Alcohol interactions** with **anxiety drugs?**

**Alcohol can** also increase **the** nervous system side effects of antidepressant **medications** or **other** miscellaneous **drugs** used for **anxiety**. Side effects may include dizziness, drowsiness, trouble concentrating, impairment in thinking, slowed reflexes, and poor judgment.

6>

Are stress and anxiety the same thing?

In short, **stress** is your body's reaction to a trigger and is generally a short-term experience. **Stress** can be positive or negative. ... **Stress** is a response to a threat in any given situation. **Anxiety**, on the other hand, is a sustained mental health disorder that can be triggered by **stress**.

7>

What are the symptoms of anxiety disorder?

**Anxiety** disorders are characterized by a variety of **symptoms**. One of the most common is excessive and intrusive worrying that disrupts daily functioning. Other signs include agitation, restlessness, fatigue, difficulty concentrating, irritability, tense muscles and trouble sleeping.

8>

Can anxiety kill anybody?

Even though panic attacks **can** feel like a heart attack or other serious condition, it will not cause **you** to die. However, panic attacks are serious and need to be treated. If **you** find yourself experiencing any of these symptoms on a regular basis, it's essential that **you** contact your physician for further help.

9>

Is anxiety a mental illness?

**Anxiety disorders** are different, though. They are a group of **mental illnesses**, and the distress they cause can keep you from carrying on with your life normally. For people who have one, worry and fear are constant and overwhelming, and can be disabling

10>

What are the 6 types of anxiety disorders?

**The five major types of anxiety disorders are:**

* Generalized Anxiety Disorder. ...
* Obsessive-Compulsive Disorder (OCD) ...
* Panic Disorder. ...
* Post-Traumatic Stress Disorder (PTSD) ...
* Social Phobia (or Social Anxiety Disorder)

DEPRESSION

1>

WHAT IS DEPRESSION?

Depression is more than being sad or feeling grief after a loss. Depression is a medical condition, just like diabetes or heart disease. Day after day, depression affects your thoughts, feelings, physical health and behaviours. It affects normal day-to-day activities. For diagnostic purposes, a depressive episode must be experienced at a certain level of severity for a minimum duration of two weeks.

2>How prevalent is depression?

Almost 3 million Canadians have serious depression. It accounts for 30% of all disability recorded at three of Canada’s best known companies. Depression affects 10 to 15% of men and 15 to 25% of women

3>Who is at risk of developing depession?

These factors can increase the risk of developing or triggering depression:

* Having relatives with depression
* Being a woman
* Having traumatic experiences as a child
* Having family members who have committed suicide
* Experiencing stressful life events
* Having few friends or other personal relationships
* Recently having given birth (postpartum depression)
* Having a serious illness
* Abusing alcohol or drugs
* Taking certain medications (consult a doctor)

4>

What are the risk factors/triggers for depression?

It’s unknown exactly what causes depression. There are a variety of potential factors:

* Family history and genetics — inherited traits, including psychological vulnerability, and relatives with depression
* Life events, such as a loss of a loved one, financial problems, medical illness or high stress
* Biological factors unique to the individual, as well as hormonal changes due to physical conditions
* Early childhood trauma

5>

What are the symptoms of depression?

* Sad mood
* Preoccupation with past failures or inadequacies
* Loss of self-esteem
* Feelings of uselessness, hopelessness, excessive guilt
* Slowed thinking, forgetfulness, difficulty  
  concentrating, difficulty in making decisions
* Loss of interest in work, hobbies, people
* Lethargy and fatigue
* Agitation or restlessness
* Changes in weight and appetite — eating too little or too much
* Oversleeping or insomnia
* Decreased sexual drive
* Thoughts of death, dying or suicide

5>

What do I need to tell my doctor?

* Write down any symptoms you’ve had
* Write down key personal information
* Make a list of all medications you are taking
* Write down questions to ask your doctor
* Take a family member or friend along

Discuss all of your symptoms with your doctor and describe how they are affecting your  
life (e.g. inability to get out of bed and get to work/school). Your doctor can suggest or provide appropriate therapy. Make sure to discuss all of the available treatments and medications and their benefits and side effects before making any decisions.

6>

What are the treatment options for depression?

The most common forms of treatment for depression are antidepressant medication and psychotherapy. The most effective treatment is generally a combination of both. Some individuals suffering from depression may need a hospital stay or an outpatient treatment program until symptoms improve.

Complementary treatment, such as peer support groups or other support programs, may be helpful.

Finally, additional treatments such as massage, mindfulness meditation, shiatsu, therapeutic touch, aromatherapy, tai chi, Pilates and yoga can also help to improve wellness.

7>

What are the things I need to do to get well?

* Stick to your treatment plan**.**Don’t skip psychotherapy sessions. Even if you’re feeling well, continue to take medication as prescribed.
* Learn about depressionEmpower yourself by learning about your condition.
* Pay attention to the warning signs**.**Find out what triggers your depression. Make a plan so that you know what to do if your symptoms get worse. Contact your doctor or therapist if you notice any changes. Ask friends or family to watch out for warning signs.
* Get exercise**.**Physical activity may help reduce the symptoms of  
  depression. Consider walking, jogging, swimming, gardening, or any other physical activity.
* Maintain  
  an adequate diet**.** The Canada Food Guide is a useful reference in helping you choose how to eat well. Choose more protein and Omega 3, and fewer simple carbohydrates.
* Avoid alcohol and illicit drugs**.**It may seem like they lessen your problems, but in the long run, they generally worsen symptoms and make the depression harder to treat.
* Get adequate sleep**.**This is especially important. If you’re having trouble sleeping, talk to your doctor about what you can do.

## 8>

## Why are women more likely to get depression?

Women develop depression twice as often as men. One reason may be the various changes in hormone levels that women experience. For example, depression is common during [pregnancy](https://www.webmd.com/baby/default.htm) and [menopause](https://www.webmd.com/menopause/default.htm), as well as after [giving birth](https://www.webmd.com/baby/guide/delivery-methods), suffering a [miscarriage](https://www.webmd.com/baby/guide/pregnancy-miscarriage), or having a [hysterectomy](https://www.webmd.com/women/guide/hysterectomy) -- these are all times when women experience huge fluctuations in hormones. [Premenstrual syndrome](https://www.webmd.com/women/pms/default.htm) ([PMS](https://www.webmd.com/women/pms/ss/slideshow-premenstrual-syndrome-pms)) and premenstrual dysphoric disorder (PMDD), an extreme form of PMS, may also cause depression.

## 9>

## Do most people with depression attempt to commit suicide?

No. Most people who suffer from depression do not attempt [suicide](https://www.webmd.com/webmd/consumer_assets/controlled_content/healthwise/symptom/suicidal_thoughts_or_threats-topic_overview_symptom_hw111106.xml), but according to Mental Health America, 30%-70% of [suicide](https://www.webmd.com/help/crisis-resources-old) victims have suffered from some form of depression. This figure demonstrates the importance of seeking professional treatment for yourself or someone you love if you suspect depression.

## 10>

## Will someone who has had depression get it again?

Having experienced an episode of major depression does put a person at greater risk for future episodes, but not everyone who has recovered from depression will experience it again. Sometimes depression is triggered by a major life event, illness, or a combination of factors particular to a certain place and time. Depression can also occur for no obvious ''reason."

ABORTION

1. **Is abortion safe?**

Abortion is an extremely safe procedure when performed under proper medical conditions. Fewer than 1% of all U.S. abortion patients experience a major complication.[[1]](https://providecare.org/2018/02/23/17-common-questions-about-abortion/" \l "_ftn1)

1. **Who has abortions?**

Women who have abortions come from all racial, ethnic, socioeconomic, and religious backgrounds. Most abortions occur among women who are 20-24, low-income, have at least one child, have some college education, and report a religious affiliation.

1. **Who provides abortions?**

Most abortions are provided by clinics that specialize in abortion and reproductive healthcare. Abortions are also provided in private physician offices, hospitals, and non-specialized (primary care) clinics. Doctors, nurses, midwives, and medical support staff all play a role in providing abortion care.[[3]](https://providecare.org/2018/02/23/17-common-questions-about-abortion/" \l "_ftn3)

 4.

**Isn't abortion murder?**

“Many women acknowledge ending a pregnancy is a form of killing that is justified by the circumstances or by the kind of life they could offer that child. Some women find ways to grieve that loss. Many do not see it as killing."

"Murder is an illegal act and clearly abortion is legal, so no, it isn't."

**5.What is medication abortion?**

Medication abortion involves the administration of drugs to terminate a pregnancy. Typically, two drugs – mifepristone and misoprostol – are used. Medication abortion is generally an option only in the first 10 weeks of pregnancy.[[6]](https://providecare.org/2018/02/23/17-common-questions-about-abortion/" \l "_ftn6)

**5.What’s the difference between**[**emergency contraception**](https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception)**(EC) and**[**medication abortion**](https://www.plannedparenthood.org/learn/abortion/the-abortion-pill)**?**

EC is a form of birth control that prevents pregnancy after unprotected sex. It can be taken up to five days after unprotected sex. EC doesn’t end a pregnancy and won’t work if you’re pregnant. EC can be purchased over the counter. Medication abortion ends a pregnancy. It can be prescribed up to 10 weeks into pregnancy. Unlike EC, medication abortion can’t be obtained over the counter and can only be dispensed by a clinician.[[7]](https://providecare.org/2018/02/23/17-common-questions-about-abortion/" \l "_ftn7)

 6.**Why do women have abortions?**

The most common reasons people obtaining abortions in the U.S. give for having an abortion are the need to care for existing children, financial concerns about having a child, work or school commitments, concerns about their relationship, or becoming a single parent.[[8]](https://providecare.org/2018/02/23/17-common-questions-about-abortion/" \l "_ftn8)

**7.Why do women have abortions later in pregnancy?**

Almost 90% of abortions occur in the first 12 weeks of pregnancy. Women obtain abortions later in pregnancy for reasons that include delayed knowledge of the pregnancy, changed life circumstances, fetal anomaly, and delays in finding an appropriate service provider.[[9]](https://providecare.org/2018/02/23/17-common-questions-about-abortion/" \l "_ftn9)

**8.Does abortion lead to depression, cancer, and infertility?**

Medical research shows that abortion does not increase a woman’s chance of depression or cancer, or impact future fertility.[[15]](https://providecare.org/2018/02/23/17-common-questions-about-abortion/" \l "_ftn15)

**9.Are women living with HIV/AIDS more vulnerable to complications from unsafe abortions?**

Women living with HIV/AIDS are particularly susceptible to infection and complications that could result from unsafe abortion procedures. Many people living with HIV experience co-infections resulting from a weakened immune system. “Ensuring that safe abortion is available and accessible to the full extent allowed by law to women living with HIV/AIDS who do not want to carry a pregnancy to term is essential to preserving their reproductive health” (WHO, 2006).[[17]](https://providecare.org/2018/02/23/17-common-questions-about-abortion/" \l "_ftn17)

# 10. **Is an abortion with pills dangerous?**

**No. A medical abortions performed in the first 10 weeks of pregnancy have a very low risk of complications. This risk is the same as when a woman has a natural miscarriage. These problems can easily be treated by a doctor.**

**SEXUALLY TRANSMITTED DISEASES**

**1>What is an STD?**

STD stands for Sexually Transmitted Disease, which is a disease that is spread through sexual behavior like vaginal intercourse, oral sex, anal sex or sometimes intimate skin-to-skin contact. Some types of STDs are Chlamydia, Gonorrhea, Syphilis, Herpes, HPV and HIV.

**2>How do I know if I have an STD?**

There is no way to know for sure without being tested. Many STDs don’t have obvious symptoms. Being sexually active can include vaginal intercourse, anal and/or oral sex. When doctors or nurses ask this question, they are really asking if you've done anything since your last check up that might have exposed you to an STD or pregnancy. STD tests should be part of your regular check-up. But, if you have any concerns at all that you may have been exposed to an STD, see a doctor and ask to be tested.

**3>What are the symptoms of STDs?**

Many STDs may have no symptoms at all or the signs are so mild that you may not notice. However, if you have any of the symptoms described below, you should seek care right away because they may be signs that you have an STD.

* None
* Discharge or unusual fluid that may be white or yellow that comes out of the vagina or penis (not semen).
* An unexplained rash
* A burning sensation when urinating (peeing), going to the bathroom.
* Bumps, sores, blisters, or warts on the genital area - in women this includes the outer and inner lips, vagina and clitoris. In men this includes the penis and testicles.

**4>Is there a cure for STDs?**

Some STDs are curable while others have no cure and if you get one of those, it may stay with you for the rest of your life.

**5>How many people have STDs?**

The easiest answer is about 1 in 4 young adults have an STD. It could be even more because many people who are infected don’t realize it.

**6>How can I avoid getting an STD?**

There are many things you can do to reduce your chances of getting an STD.

* Be faithful. Have sex with only one other person whom you trust. Having sexual contact only with someone who is not infected means that you won’t get an STD from them and they won’t get one from you.
* Use condoms. Used correctly every time you have sex, latex or polyurethane condoms can be very good protection against many STDs.
* Have fewer partners. The more people you have sex with, the greater your chances of getting an STD. Go with new partners to get tested.
* Don’t mix drugs and alcohol with sex. Getting drunk or high can affect your ability to make smart decisions about sex.
* Don’t use IV street drugs and never share needles. Many STDs are transmitted through blood.
* Don’t have sex. Abstinence is the surest way to avoid getting an STD.

**7>Can I get an STD from oral sex?**

Yes. A common misconception is that you cannot get an STD from giving or receiving oral sex. This is not true. Gonorrhea and herpes are commonly transmitted through oral sex.

**8>Can I get an STD if I’m a virgin?**

It really depends on how you define being a virgin. As mentioned before, STDs can be transmitted through oral and anal sex, but many people believe that if they haven’t had vaginal intercourse they are still a virgin. Some STDs can be transmitted through intimate skin-to-skin contact even when there isn’t any penetration.

**9>Are condoms effective against all STDs?**

Not 100%, but if used correctly every time, condoms are a great way to protect yourself from STDs that are spread through body fluids, like semen or vaginal secretions. They don’t protect as well against STDs that are spread through skin-to-skin contact.

**10>Can I get an STD even though my partner has no symptoms?**

Yes, many people who are infected have no symptoms but are still very contagious.

**11>Are cold sores really herpes?**

Yes, cold sores on your mouth are a symptom of the Herpes Simplex Virus-1 and can be transmitted to the genitals as well as the mouth.

**12>Can I get an STD from kissing?**

It is possible to get Herpes through kissing, but with most STDs, the chances are pretty slim.

**13>Should I get tested for an STD?**

Anyone who has had vaginal, anal or oral sex with a new partner should be tested. Everyone who is sexually active should be tested during regular check-ups. Pregnant women should be tested. Find a clinic to get tested on our [Getting Tested webpage](https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/SexuallyTransmittedDisease/GettingTested).

**14>Can I get an STD more than once?**

Yes. You can get bacterial infections such chlamydia, gonorrhea and syphilis more than once, even if you’ve been treated before. That’s why it’s so important to make sure your partners are tested and treated.

**15>Can I get an STD from a public toilet?**

It’s very unlikely. There is no evidence STDs can be transmitted by contact with public toilets.

**16>Who is more at risk of becoming infected with an STI, men or women?**

If exposed to STIs, women are more likely to become infected than men due to biological factors. Women have a greater area of exposure than men (the cervix and the vagina), and small tears may occur in the vaginal tissue during sex, making an easy pathway for infection

**17>Is pregnancy especially risky for women with HIV and their infants?**

Pregnancy will not make the woman’s condition worse. HIV infection may increase some health risks of pregnancy, however, and may also affect the health of the infant. Women living with HIV are at greater risk of developing anemia and infection after vaginal delivery or caesarean section. The level of risk depends on such factors as a woman’s health during pregnancy, her nutrition, and the medical care she receives. Also, the risk of these health problems increases if HIV infection progresses. Further, women living with HIV are at greater risk of having preterm births, stillbirths, and low birthweight babies.

18> **How well do condoms help protect against HIV infection?**

On average, condoms are 80% to 95% effective in protecting people from HIV infection w1hen used correctly with every act of sex. This means that condom use prevents 80% to 95% of HIV transmissions that would have occurred without condoms. (It does not mean that 5% to 20% of condom users will become infected with HIV.) For example, among 10,000 uninfected

PREGNANCY

#### 1.Help! I’m feeling nervous about my pregnancy. What can I do?

Don’t be afraid to reach out to others and express your concerns. “Talk with your partner, family or friends about how you are feeling.

How many appointments will I need throughout my pregnancy?

Routine checkups usually occur:

* Once each month, from week four through week 28
* Twice a month, from week 28 through week 36
* Weekly from week 36 until you give birth.

Be sure to speak with you doctor for a complete schedule of your prenatal appointments.

2.When can I find out the gender of my baby?

During your second-trimester ultrasound appointment, you may be able to learn the gender of your baby; generally between 18 and 20 weeks.But it is illegal in India.

3.Can I still exercise during my pregnancy?

You can indeed exercise throughout your pregnancy. “Unless your doctor tells you not to, try to get at least two hours and 30 minutes of moderate-intensity aerobic activity a week,” the OWH advises.

To maximize the health benefits of working out during pregnancy, and to keep you and your baby safe, spread out your workouts throughout the week.

4.How much weight should I gain during pregnancy? When I am supposed to gain most of the weight?

“You should gain weight gradually during your pregnancy, with most of the weight gained in the last three months,” according to the USDA Center for Nutrition Policy and Promotion.

The government agency suggests women gain weight at the following rate:

* 1 to 4 pounds total during the first three months (first trimester)
* 2 to 4 pounds per month during the fourth to ninth months (second and third trimesters)

The total amount you gain during pregnancy depends on your weight at the time of conception. For women who maintained a healthy preconception weight, the USDA suggests gaining between 25 and 35 pounds..

5.How will I know when it's time to go to the hospital?

. “With true labor, contractions become regular, stronger and more frequent,” says the OWH. These contractions will also establish a regular pattern and not taper off or go away, even if you change position or alter your activity.Call your doctor.

## **6.CAN I EAT SPICY FOODS DURING PREGNANCY?**

However, some women are prone to heartburn when pregnant and[spicy foods](https://www.emmasdiary.co.uk/pregnancy-and-birth/1st-trimester-of-pregnancy/can-i-eat-spicy-food-during-pregnancy) can aggravate this. The key is to stick to a healthy and varied diet..

## **7.DO I HAVE TO GIVE UP SMOKING WHEN I'M PREGNANT?**

Smoking can seriously harm the health of your baby so it is strongly recommended that you give up completely when pregnant.

## **8.CAN I TAKE ANTIDEPRESSANTS DURING PREGNANCY?**

If [antidepressants](https://www.emmasdiary.co.uk/getting-pregnant/fertility/planning-a-pregnancy-with-a-mental-health-condition) are thought to be necessary during pregnancy you will be assessed by a healthcare professional who will make a decision based on the benefits of antidepressants against any potential harm.

## **9.CAN I GO DIVING WHEN I'M PREGNANT?**

The UK Sport Diving Medical Committee advises that [if you are pregnant](https://www.emmasdiary.co.uk/pregnancy-and-birth/), or are trying to conceive, you should not dive.

## **10.CAN I HAVE COFFEE/ CAFFEINE DURING PREGNANCY?**

Limit your caffeine intake to 200mg a day, because caffeine can cause babies to have a low birth weight and too much caffeine can even lead to miscarriage.

## **11.should one travel during pregnancy? ADVICE FOR TRAVELLING WHILST PREGNANT**

The second trimester is a great stage of pregnancy to go on holiday. You’ll likely to be feeling pretty good and it will still be safe to fly