**PERIODS /MENSTRUATION**

**PERIOD BASICS**

PHYSIOLOGY OF MENSTRUATION OVULATION PAIN

OVULATORY CYCLES ANOVULATORY CYCLES

TRACKING PERIODS WHY TRACK PERIODS?

FAQS

**FIRST PERIOD ( MENARCHE )**

**FOR TEENS FOR PARENTS**

FIRST PERIODS PREPARING YOUR DAUGHTER

FOR TEENS TALKING TO YOUR DAUGHTER

PERIODS PROBLEMS IN TEENS INFORMATION FOR MOTHERS

FEMALE ATHLETE TRIAD

**MENSTRUAL HYGEINE**

ABOUT SANITARY PRODUCTS SANITARY PADS

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MENSTRUAL CUP

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PERSONAL CARE DURING PERIODS

FAQS

**PERIODS & YOU**

SELF CARE DURING PERIODS YOUR CYCLES & YOUR HEALTH

DELAYING PERIODS WITH OCPS FAQS

**PREMENSTRUAL SYNDROME**

WHAT IS PMS? PREMENSTRUAL DYSPHORIC DISORDER(PMDD)

PMS VS PMDD PMS SELF CARE TIPS

**PERIOD PROBLEMS**

GENERAL INFORMATION AMENORREHEA (NO/MISSING PERIODS)

MENSTRUAL IRREGULARITIES LIGHT PERIODS (HYPOMENORRHEA)