

Topic # 1

What is a Regular Menstrual Cycle?

Menstrual cycle is considered to be a part of your body's way to prepare for the possibility of pregnancy each month. It is very important for every woman to understand how the process works. This info will help in getting pregnant and also to avoid it. This guidepost will guide you about the regular menstrual cycle and some other most important aspects.

What is Menstruation?

Menstruation is a technical term used for getting periods. Once in a month, every woman will experience menstrual bleeding who have gone through puberty. Menstruation occurs because the uterus lining prepares itself for possible pregnancy by going thicker & richer in blood vessels. In case, pregnancy doesn't occur then, this thick lining is shed with the bleeding. Bleeding usually lasts between 4 to 7 days.

Normal Menstrual Cycle:

Menstrual cycle is said to be a series of changes of a woman's body that goes through the process of preparation for the possibility of pregnancy. Usually, the menstrual cycle lasts between 21 & 35 days along with the average menstrual cycle lasting about 28 days. The length of the cycle might be different but there are some guidelines about what is considered to be a normal cycle.

Characteristic of Normal Menstrual Cycle:

The normal menstrual cycle has the following characteristics:

Bleeding: The bleeding that occurs in the menstrual cycle duration is known as menstruation, which typically lasts 4 to 7 days. The bleeding amount varies from woman to woman, but it is considered normal when it doesn't interfere with the routine activities or require the changing of pad more than w to 3 hours.

Length: The cycle length is calculated from the first day of one period to the first day of the next period. Normal menstrual cycle ranges from twenty one to thirty five days.

Pain: During menstruation some women might experience mild cramping and discomfort. But this pain is mild so you can do your daily activities. Severe pain might be related to a medical condition so go to your doctor as a first priority.