

# Flipbook on **Menstrual Hygiene**





## Growing Up

Every one grows up – from a baby to an adult. First the body grows in size but as one matures the body changes from a child to an adult. Some parts of the body mature and start functioning with time. This is a natural part of life and there is nothing to be scared about.

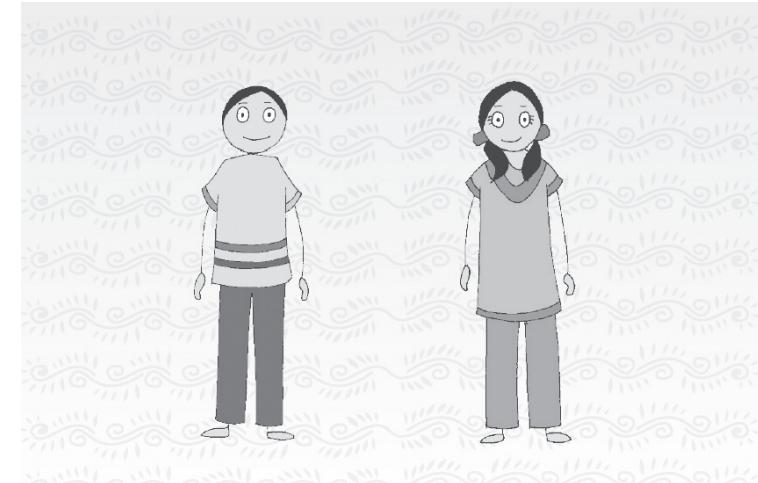




## Puberty

In girls the body changes shape by becoming more rounded – the breasts grow, the hips widen, hair grows in the armpits and crotch. This happens between 10-16 years of age. The body also matures to start producing eggs. The onset of menstruation is one of the most important changes occurring among girls during the adolescent years.

Boys also change - with the shoulders widening, height increasing suddenly, the voice changing and becoming deeper and hair growing in the armpits, crotch and the face.

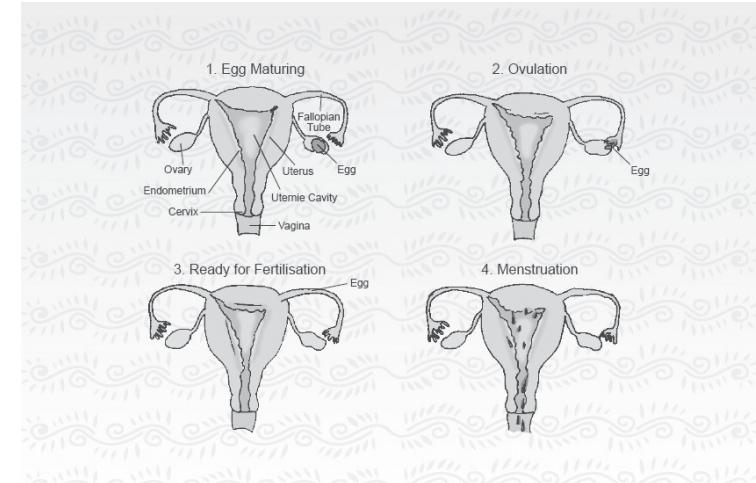




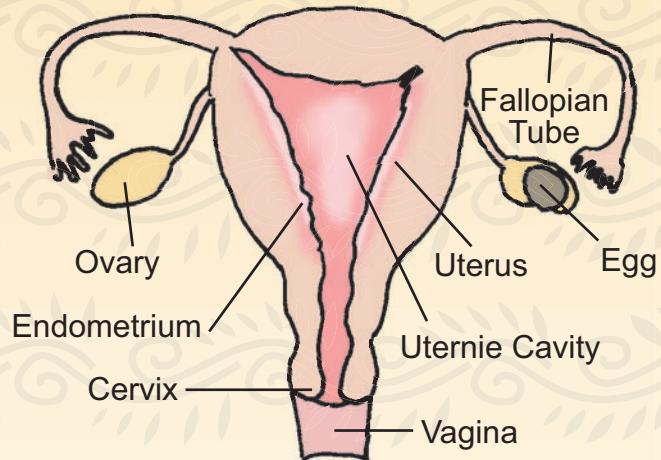
## First Menstruation

Females are born with a uterus. This gives them the special ability to produce children. The Ovaries produce eggs that start their journey through the fallopian tubes to reach the uterus, where they will meet the man's sperm to produce a baby. During this time the lining of the uterus increases in thickness making a place for the egg to connect with the mother, to grow.

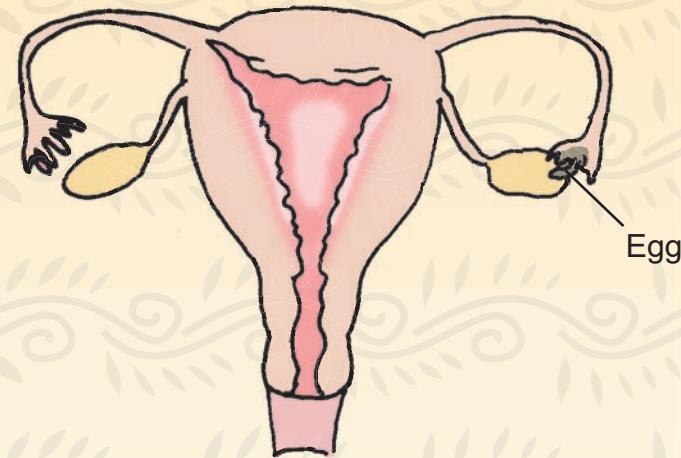
If the egg does not fertilise, it does not attach to the wall of the uterus. When this happens, the uterus sheds the extra tissue lining. The blood, tissue, and unfertilised egg leave the uterus, going through the vagina on the way out of the body. The first menstruation – **menarche** – occurs between 9 and 16 years.



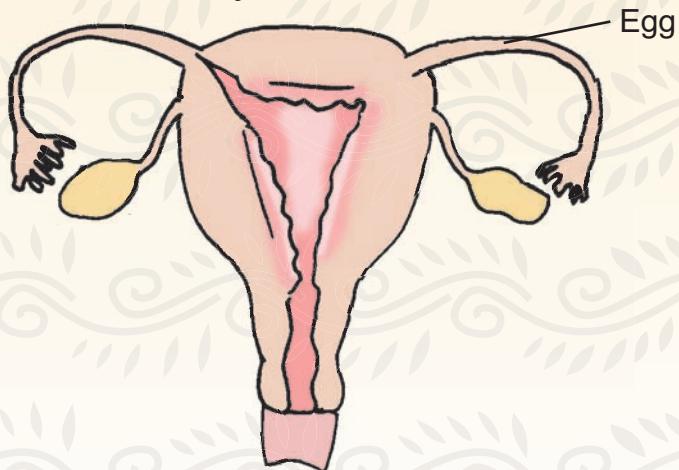
### 1. Egg Maturing



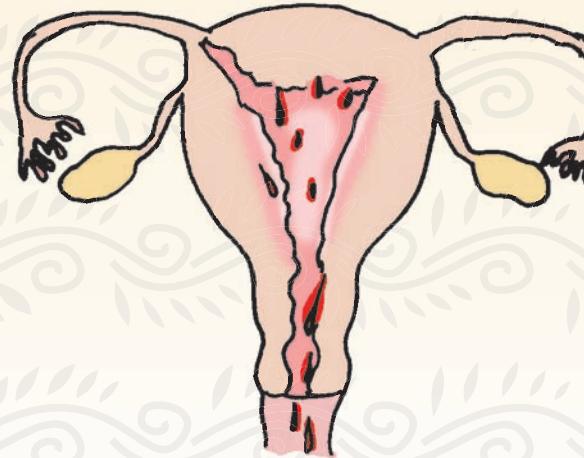
### 2. Ovulation



### 3. Ready for Fertilisation

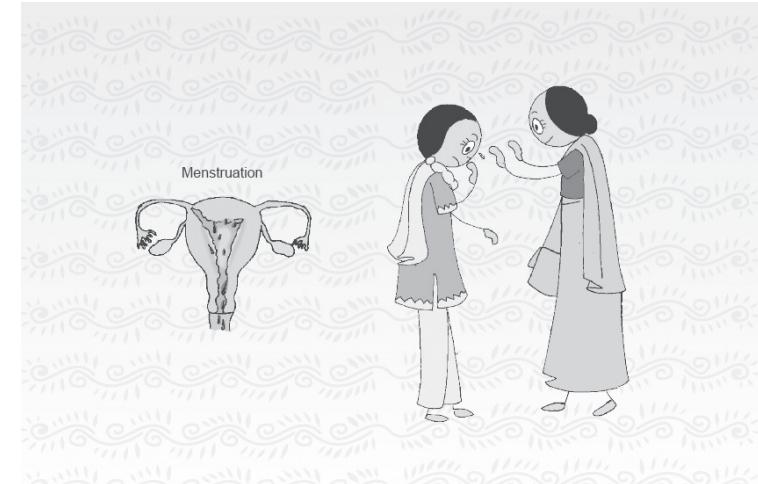


### 4. Menstruation

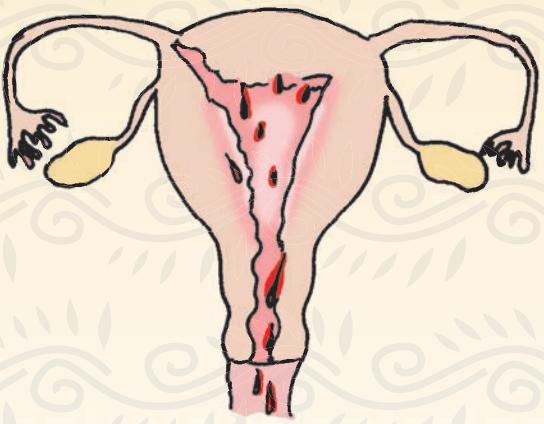


## Menstruation

Menstruation is a normal phenomenon in a girl's body and is an indication of normal growth. There is nothing to feel anxious, scared or embarrassed about it.



## Menstruation

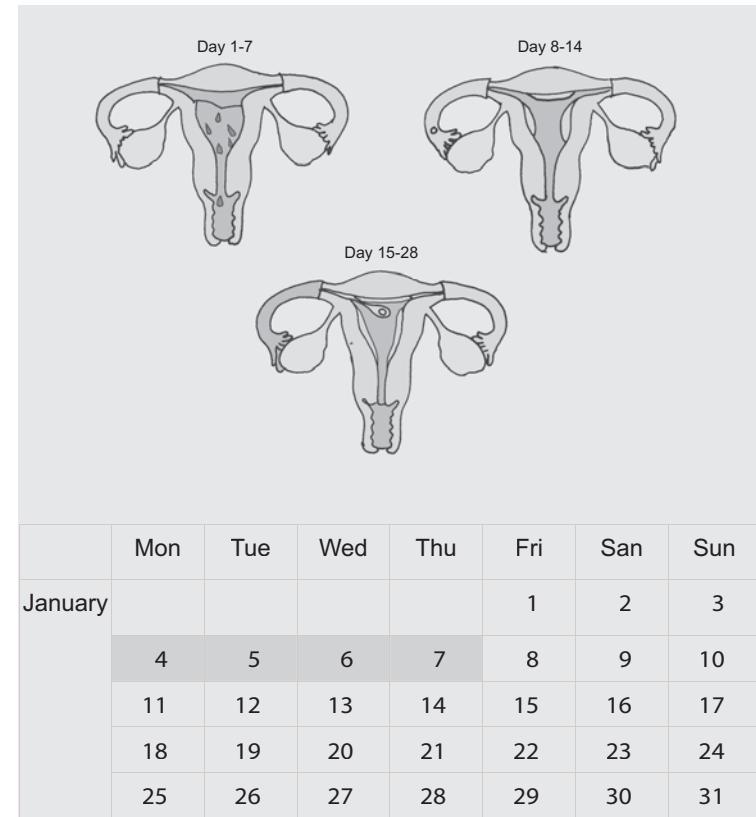


## Menstrual Cycle

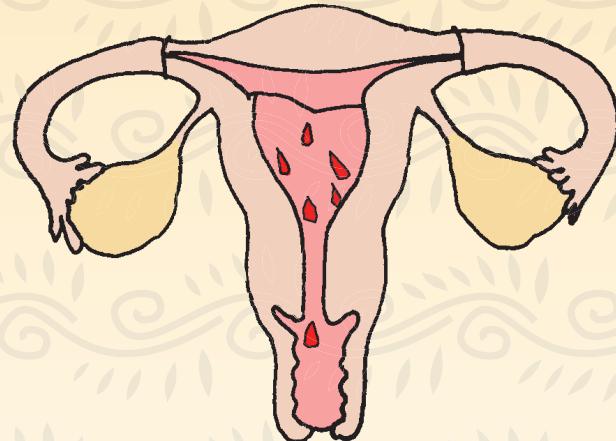
The monthly cycle is different for different individuals. It begins on the first day of the monthly bleeding. This cycle happens almost every month except when a female is pregnant.

The complete cycle takes about 28 days, but could be shorter or longer. Sometimes it takes 1-2 years for the pattern to settle down to a regular rhythm.

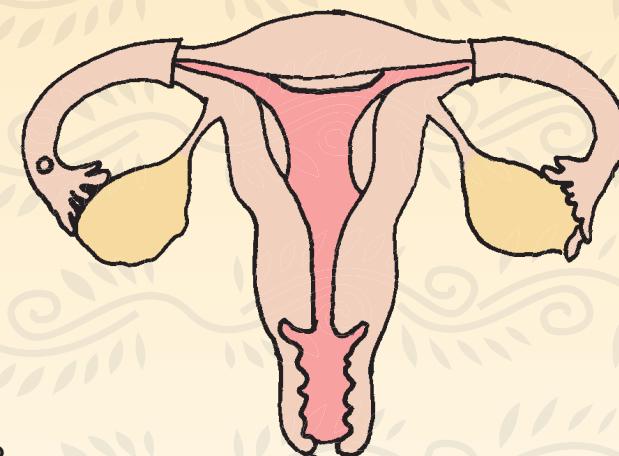
Irregular periods are common in girls who are just beginning to menstruate. It may take the body a while to sort out all the changes going on, so a girl may have a 28-day cycle for 2 months, then miss a month, for example. Usually, after a year or two, the menstrual cycle will become more regular.



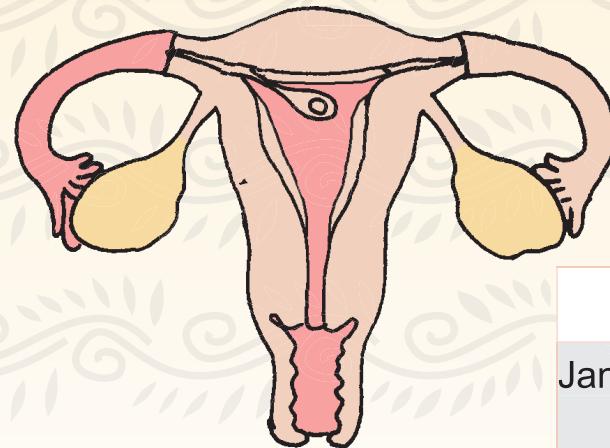
Day 1-7



Day 8-14



Day 15-28



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
January					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

## Protecting Yourself

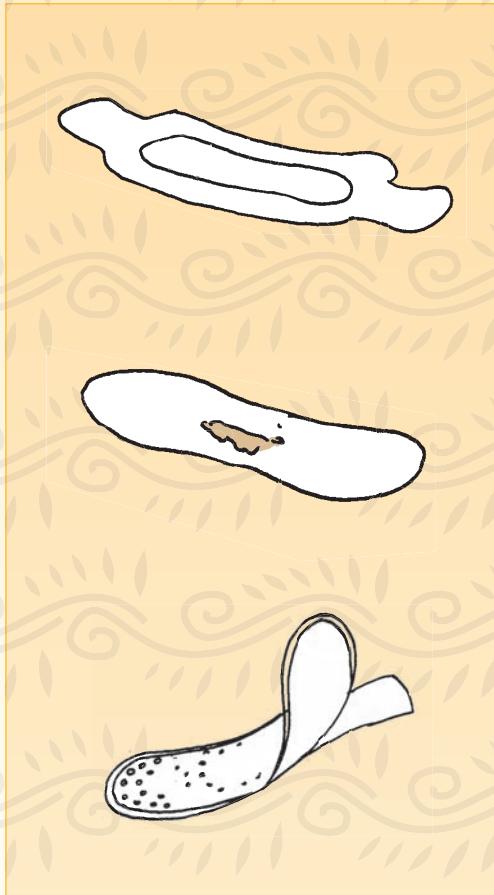
You can use sanitary napkins to absorb the flow of blood.

Sanitary napkins are specially made pads to absorb the flow. They are made with clean materials to make sure that you remain healthy. Make sure you change the napkin as soon as it becomes full. Once used, the napkin must be thrown away and disposed off properly.

Always store sanitary napkins in a clean, dry place.

Sanitary napkins are available with ASHA Didi, or with local SHGs or with AWW. Use sanitary napkins to ensure that you have a comfortable and clean period.



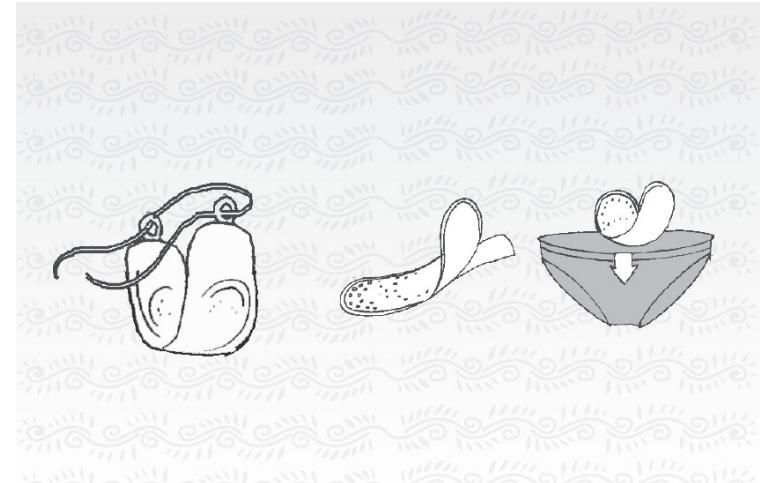


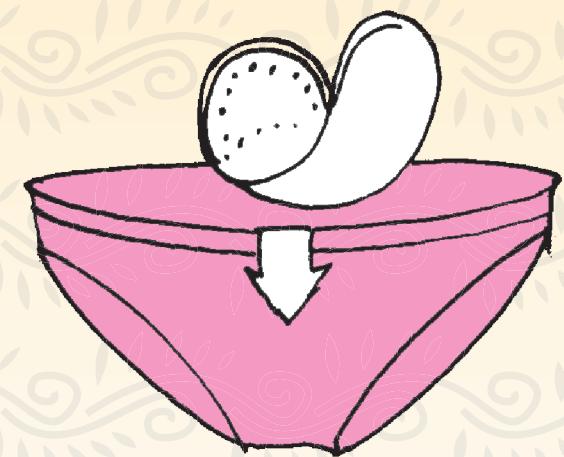
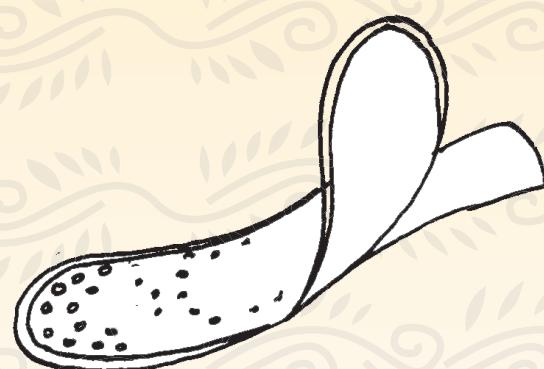
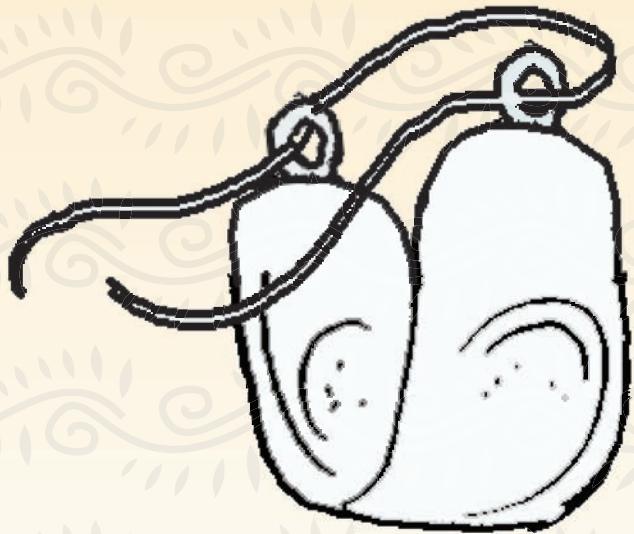
## Sanitary Napkins

Sanitary napkins are of two types:

Belted : The belt helps you secure the napkin between your legs, close to the body, to absorb the flow.

Sticking : These come with a sticky strip that can be stuck firmly onto your panty. The panty keeps it in place. It is important that the panty is one with a good fit – not too tight and not loose.





## How to Dispose Sanitary Napkins

Sanitary napkins must be disposed off correctly. They should be: **buried in a deep pit.** This will ensure that the napkins will be properly covered and not pose a hazard to your health by being centres for bacterial growth.

Or

**Incinerated.** Burning kills the germs completely. However, this must be done in a properly installed incinerator.





## Advantages of Sanitary Napkins

- Easily available.
- Easy to use.
- Disposable – no washing and drying.
- Comfortable.
- Non-restricting – you can be as active as you want – play run, ride a cycle.
- Easy to change in school.





## Staying Clean

To stay healthy, one should also keep oneself clean.

Always wash yourself thoroughly after going to the toilet – whether for passing urine, passing stool or changing your pad. Make sure you wash from the front towards the back. This will keep you safe from infections.

Always use clean and dry sanitary protection. It is also important that the pads are changed at least twice a day. This will keep infections away. Bacteria can grow on wet, warm pads very easily and these bacteria can be injurious to your health.

Make sure you take a bath every day, and wear clean clothes, especially during “those days”.





## How to Keep the Cloth Pad Clean

Make sure you use clean sanitary napkins to absorb the blood flow and always wash your hands with soap after going to the toilet, for changing your napkin. Try to maintain adequate supply of napkins.

If for some reason you run out of napkins and more are not available, you can use a clean, soft, cloth pad. After use, dispose it off properly.

If you want to reuse it, you must make sure to wash it very well between uses, and dry it well in the sun. When not used, it must be kept in a clean, dry place and not used for anything else.





## How to Handle Discomforts During Menstruation

If you feel cramps in the lower abdomen during periods, place a hot water bottle over the area (covered with towel or thick material).

Alternatively you can gently rub your stomach to relieve the pain or ask someone to rub your back.

It also helps to have ginger tea. Perhaps your mother knows some remedies that help in reducing the pain.





## **Points to Remember**

- Menstruation is a normal body process, there is no need to be ashamed of it or feel dirty.
- Stay clean, stay healthy
- Taking care of your body is your responsibility
- Eat well and exercise regularly. Playing, running, skipping should not be restricted during periods.
- Use clean sanitary protection. Always take care to store in a clean dry place.
- It is better to use sanitary napkins as they are assured to be clean and germ free.
- Dispose off sanitary products properly – in a deep pit, away from a water body OR burn completely in an incinerator.

