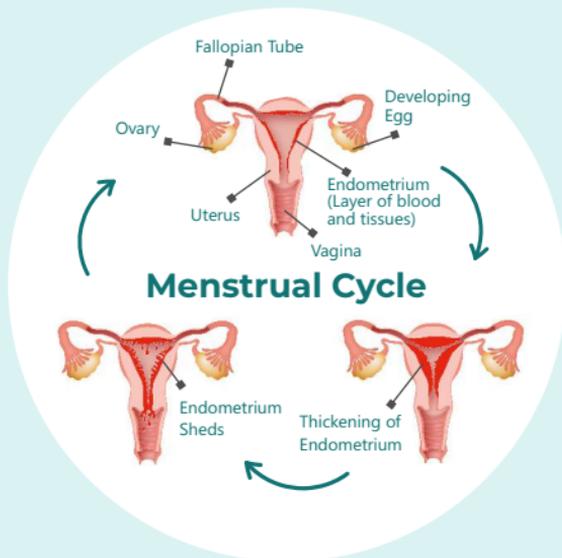


Modicare
FOUNDATION



LET US KNOW A FEW FACTS ABOUT MENSTRUATION (PERIODS)

- Menstruation is a normal physiological process that occurs in girls and women
- It usually starts anytime between 10 to 16 years of age
- A menstrual period typically lasts between 2 to 7 days
- The Menstrual cycle is the time from the first day of a period to the day before the next period starts
- A Menstrual cycle typically lasts between 21 to 35 days, with an average of 28 days for many people
- Irregularities in the menstrual cycle are quite common amongst young girls who have just begun to menstruate. These irregularities usually settle down in a few years
- Menopause is the end of a woman's menstrual cycle and can happen anytime between 45-55 years of age



Remember - The time when menstruation starts or ends, its duration, menstrual cycle and menstrual flow are different for everyone.

WHICH PRODUCTS CAN BE USED DURING MENSTRUATION?



Sanitary Napkins



Tampons



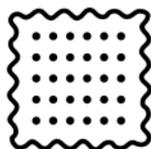
Disposable Menstrual Pants



Period Underwear



Menstrual Cup



Clean Cotton Cloth

KEEP THE FOLLOWING THINGS IN MIND TO MAINTAIN MENSTRUAL AND GENITAL HYGIENE

Do not use harsh soaps, creams, perfume in and around vaginal areas

Wash hands with soap before and after changing pad/cloth/cup



Bathe every day during periods



Carry extra pads prior and during menstruation days



Change sanitary pad/cloth/cup every 5 to 6 hours to avoid staining and odour



- Use only a clean cotton cloth for soaking blood. Reuse it only after washing it thoroughly and drying it in the sun. Do not use the same cloth for more than three months
- Wrap the used pad/cloth in a paper/plastic and throw it in the dustbin only
- Before using the menstrual cup every month, boil it in water for 5-7 minutes and reuse the used cup only after washing it thoroughly with water
- Empty the menstrual cup every 8-10 hours
- After defecation, clean that part (anus) from front to back to avoid any infection
- Wetness around the vagina can cause infection, so keep that area dry
- Wetness around the vagina can cause infection, so keep that area dry
- After urinating, clean the area with clean water
- Use cotton undergarments
- Change undergarments daily and dry them in open air and sunlight



Myth

Fact

Girls/women are impure when they are on their periods

Menstruation is a completely normal phenomenon and there is nothing dirty or impure about it

One should avoid taking a bath during their periods

Hygiene is important, more so during periods. Bathing has no effect on periods

One should avoid washing hair during their periods

Washing hair has nothing to do with periods and thus has no effect on periods

When a girl starts menstruating, her height ceases to increase

Height has nothing to do with menstruation; it depends on your growth hormone and normally, growth does not stop until the age of 18 years

One should avoid consuming certain kind of foods and physical activity during their periods

One can do anything that they normally do during periods. There is no reason to restrict any of the activities that girls normally do as long as they are comfortable. Doing exercise and continuing regular activities can be helpful. The food you eat does not decide the flow of periods

If a girl/woman on her periods touches pickles, it spoils

Pickle spoils only when touched with dirty/ wet hands. Periods has nothing to do with pickles spoiling

MENSTRUAL HEALTH



Balanced and Nutritious Diet



Regular Sleep



Regular Exercise

- More than 50% of women and girls in India suffer from anaemia i.e. iron deficiency (National Family Health Survey-5, 2019-2021). Fatigue, lethargy, shortness of breath, inability to concentrate can be a few symptoms of anaemia
- Consuming iron rich food which includes green leafy vegetables, gram, pulses, jaggery, banana, dates etc. is beneficial in preventing anaemia
- Regular exercise like walking, yoga, dancing, running etc and adequate sleep and rest are beneficial for menstrual health

CONSULT A DOCTOR IF YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS

- **Unusual White discharge -**

White discharge from the vagina is normal and protects the vagina from infection. However, having a large amount of discharge every day that is yellow, green or gray or has additional symptoms such as foul odor or discomfort is not normal. All these symptoms could be of infection and with timely treatment, serious illness can be avoided



Health Checkup

- **Irregular periods -** Occasional fluctuations in periods are normal, but if it happens frequently or the duration of periods is less than 2 days or more than 7 days, then a doctor should be consulted

- **UTI -** Urinary Tract Infection is an infection in any part of the urinary system (eg. urethra or the urinary bladder). Women are at a greater risk of developing a UTI and is mainly caused by bacteria. Its symptoms include*-

- ~ Pain or burning sensation while urinating
- ~ Sudden urge to urinate
- ~ Inability to empty the bladder completely
- ~ Pain in the lower abdomen
- ~ Urine that is cloudy, smelly, or contains blood
- ~ Feeling extremely tired (fatigue)

Timely treatment of UTI can prevent serious illness

*Source-Mayo Clinic



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