

MENSTRUATION 101



Getting to Know Your Flow

FPA WOMEN'S
HEALTH
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Since 1969

What to expect during puberty...

01

Body hair growth in the pubic and underarm areas

02

Breast development and widening of the hips

03

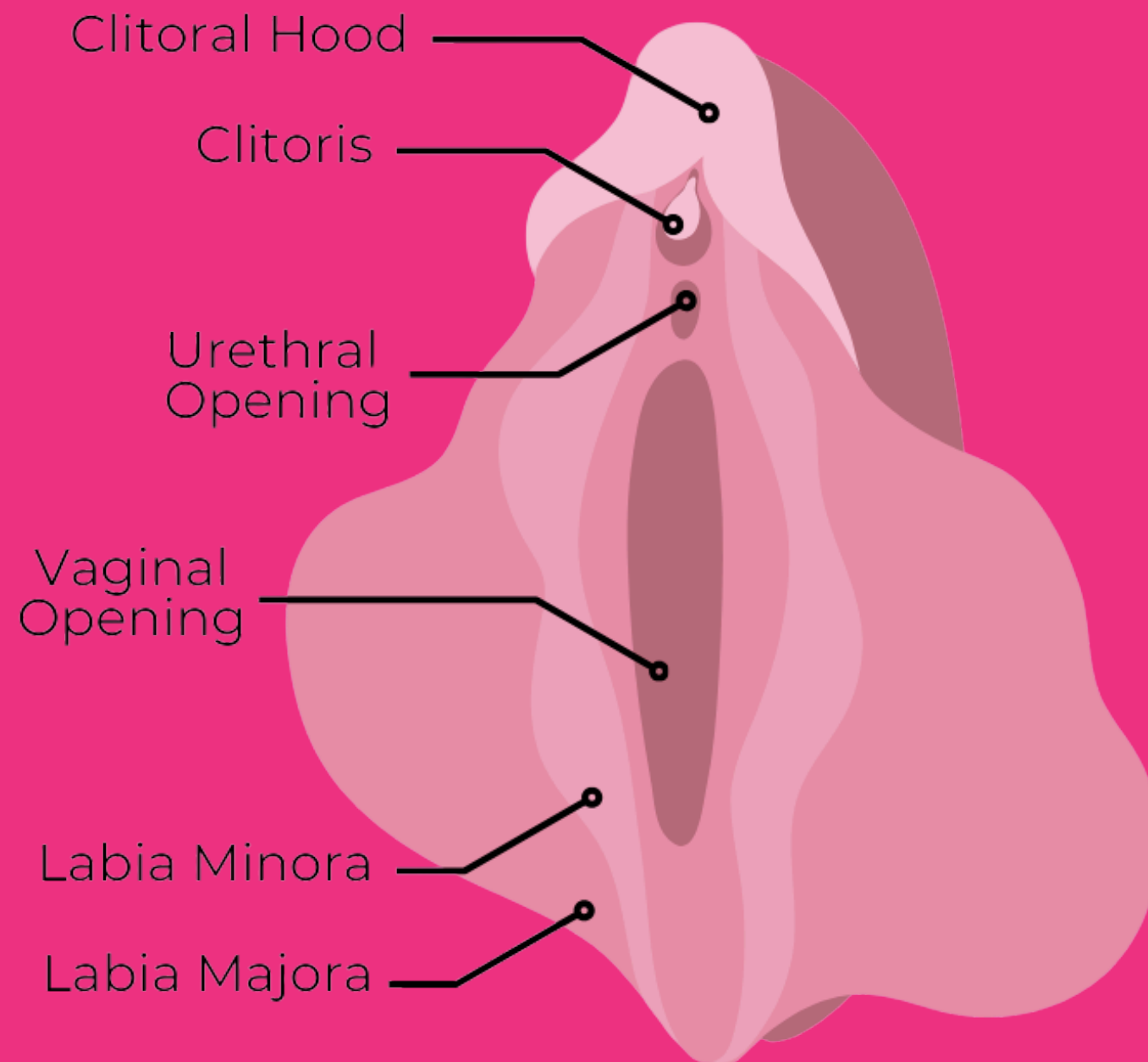
Changes in skin and body odor

04

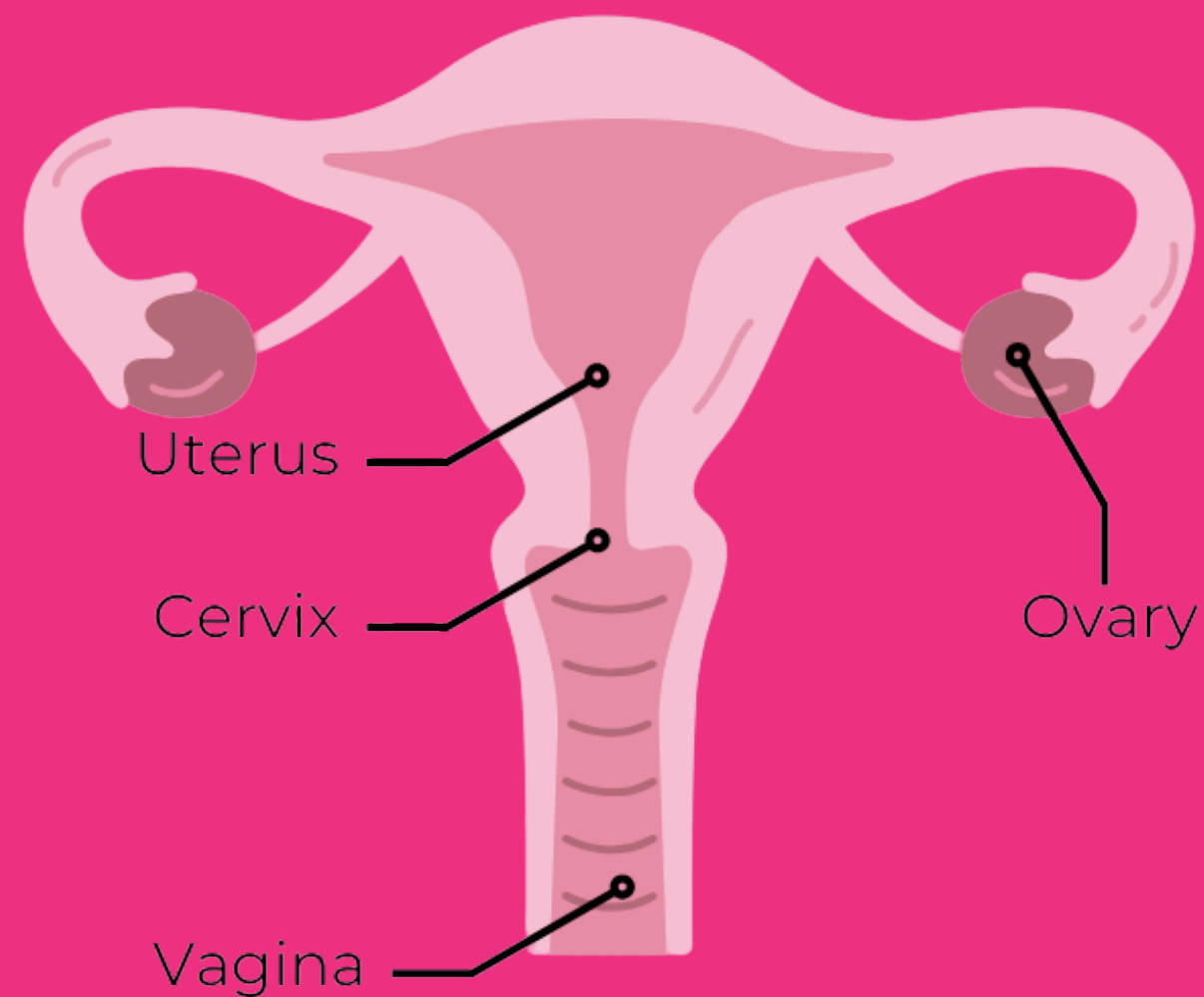
Menstruation (Cramps, PMS, Headaches, Bloating)

Anatomy 101

Vulva



Vagina

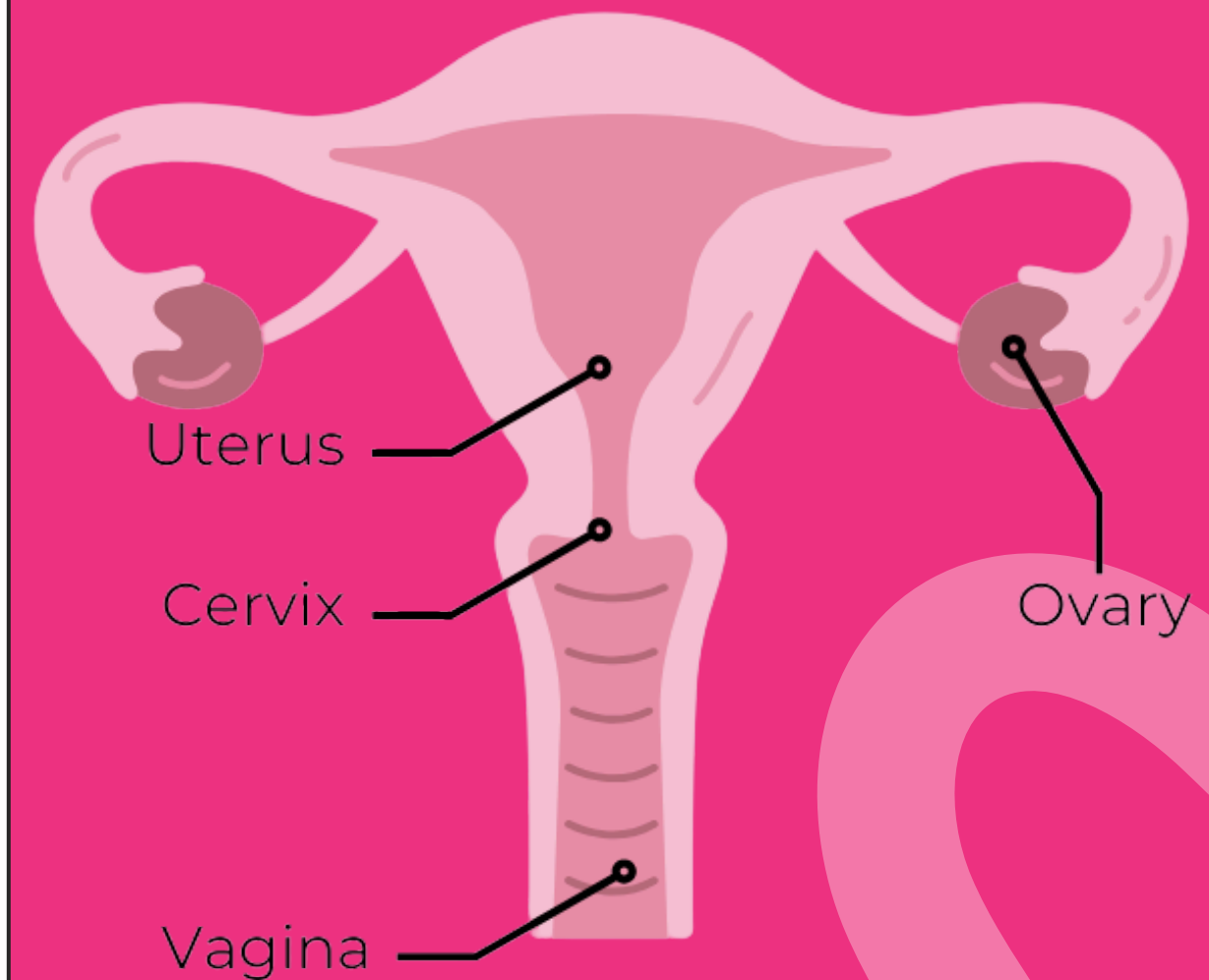


What is Menstruation?

- Menstruation (aka your period) is when your uterus (womb that holds a baby) releases blood from your vagina.
 - This occurs once a month for a few days (usually 5 days but can be shorter or longer).
- People will sometimes get their period around 12 yrs old.
 - Everyone is different! Some folks get it sooner and some get it later.

Why Does This Happen?

- As menstruators grow up, different parts of their body will change so they can have a baby.
 - Many changes happen in the **uterus** because that's **where a baby grows!**
- Menstruators will get their periods when their body experiences a change in hormones.
 - Hormones = chemical messengers that help control how your cells and organs work.



The 4 phases

Every month, the uterus gets ready to hold a baby. **This takes place over 4 phases:**

The Menses Phase

- If there is no baby, the uterine wall will come off and bleed out of the vagina. This is your **PERIOD!**

Follicular Phase

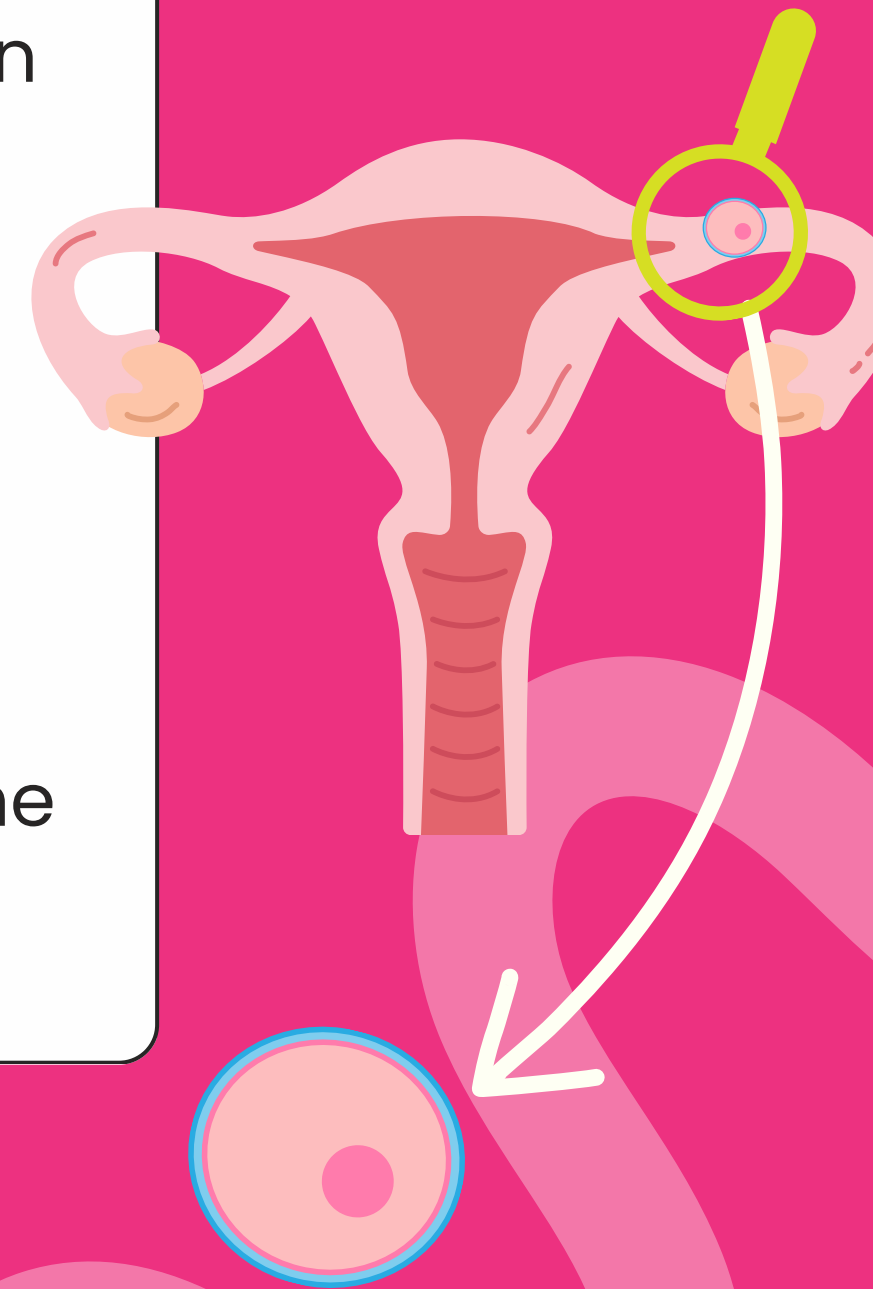
- Begins on the first day of your period, so there is some overlap with the menses phase.
- The pituitary gland, which is in charge of making many hormones in your body, releases **FSH (Follicle Stimulating Hormone)**, which causes some follicles in your ovaries to grow!
 - **One of these follicles matures into an egg.**

Ovulation

- An increase in another hormone- called the Luteinizing hormone- causes the ovary to release it's egg.

Luteal Phase

- After the egg is released, it begins to travel down the fallopian tube toward the uterus. In preparation for a possible pregnancy, your body produces the hormone **progesterone**, **which thickens the lining of the uterus to hold a fertilized egg.**
- If pregnancy doesn't occur, Progesterone and estrogen levels decrease, resulting in the shedding of the uterine lining. (Period)



I'm Angry and Craving Chocolate!

- Sometimes menstruators will experience emotional and physical symptoms before or during their period.
 - This is known as **PMS (premenstrual syndrome)**.
- PMS is completely normal & will typically go away within the first few days of your period.



PMS symptoms include:

- Sadness
- Moodiness
- Breast Tenderness
- Food Cravings
- Bloating
- Acne

Collection Methods!

Pads

- Pads are rectangular, absorbent material that you stick on your underwear.
- They come in different sizes depending on how much you bleed.

Tampons

- Tampons are small, cylinders of cotton that you put in your vagina to absorb blood.
- If the tampon feels uncomfortable, you probably inserted it incorrectly.
- **Should be changed every 4–8 hours**

Menstrual Cups

- Menstrual cups are small, flexible silicon cups you put in your vagina to catch blood.
- If the menstrual cup feels uncomfortable, you probably inserted it incorrectly.
- **Should not be worn for more than 12 hours**

Period Panties

- Fit like traditional underwear, but with anti-microbial layers sown in to absorb period blood.
- Most are reusable

! To dispose of pads and tampons, **wrap them in toilet paper and throw them away! Never flush a menstrual product down the toilet.** !

Is This Normal?

Completely Normal

- I'm 12 and I still don't have my period.
- I just started getting my period, but it skipped a month or two.
- I got my period before I turned 12.
- My lower stomach hurts when I'm on my period (cramps).



Not Typical

- If you turn 15 and still have not gotten your period.
- Have such bad cramps that not even over the counter pain relief medicine helps.
- You bleed so much that you need to change your pad frequently.
- Your PMS is so severe you cannot focus.

Healthy Habits

- **Unscented pads**

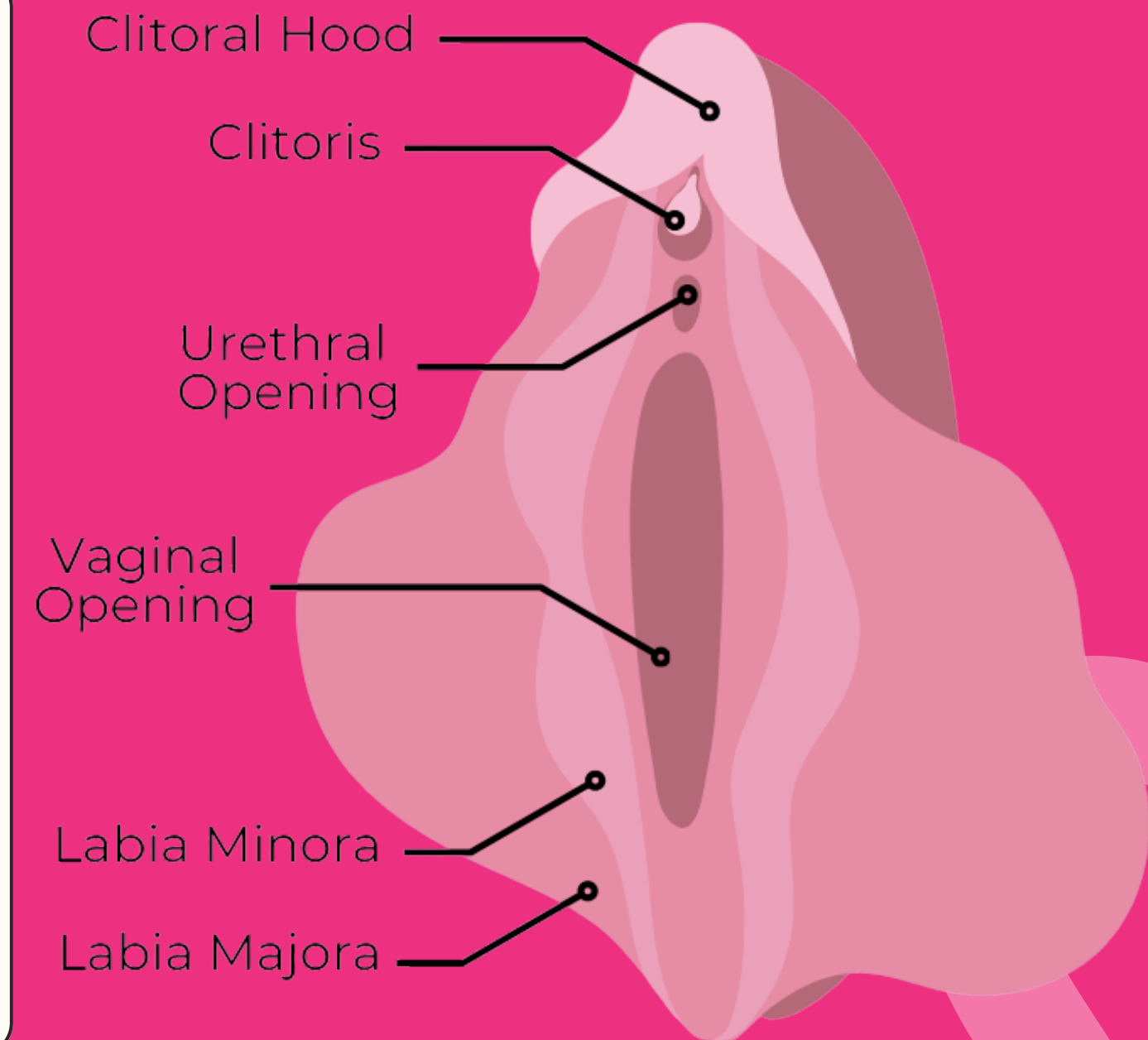
- It is important to use unscented menstrual products.
 - scented hygiene products can irritate your skin.

- **Change your menstrual products regularly**

- Wearing a pad for too long can lead to a rash or infection.

- **Propper Washing**

- Wash the outside of your vagina (vulva) with water.
- Wipe from front to back.



More Healthy Habits

- **Track and monitor your period**
 - Track your period with a calendar or app.
 - Can help you understand your body and give you an idea when your next period will be.
- **Hand hygiene**
 - Wash your hands before and after changing your menstrual product.
- **Throw away your menstrual products properly**
 - Do **NOT** flush your pads or any menstrual product down the toilet.
 - **Wrap it in toilet paper and throw it away in a trash can.**



Questions?

Have Additional Questions?

If you have any additional questions about this presentation or any reproductive health issues, please visit one of our **25** FPA clinic locations!

Our FPA team will take **AMAZING** care of you and will answer any question you might have.

THANK YOU

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