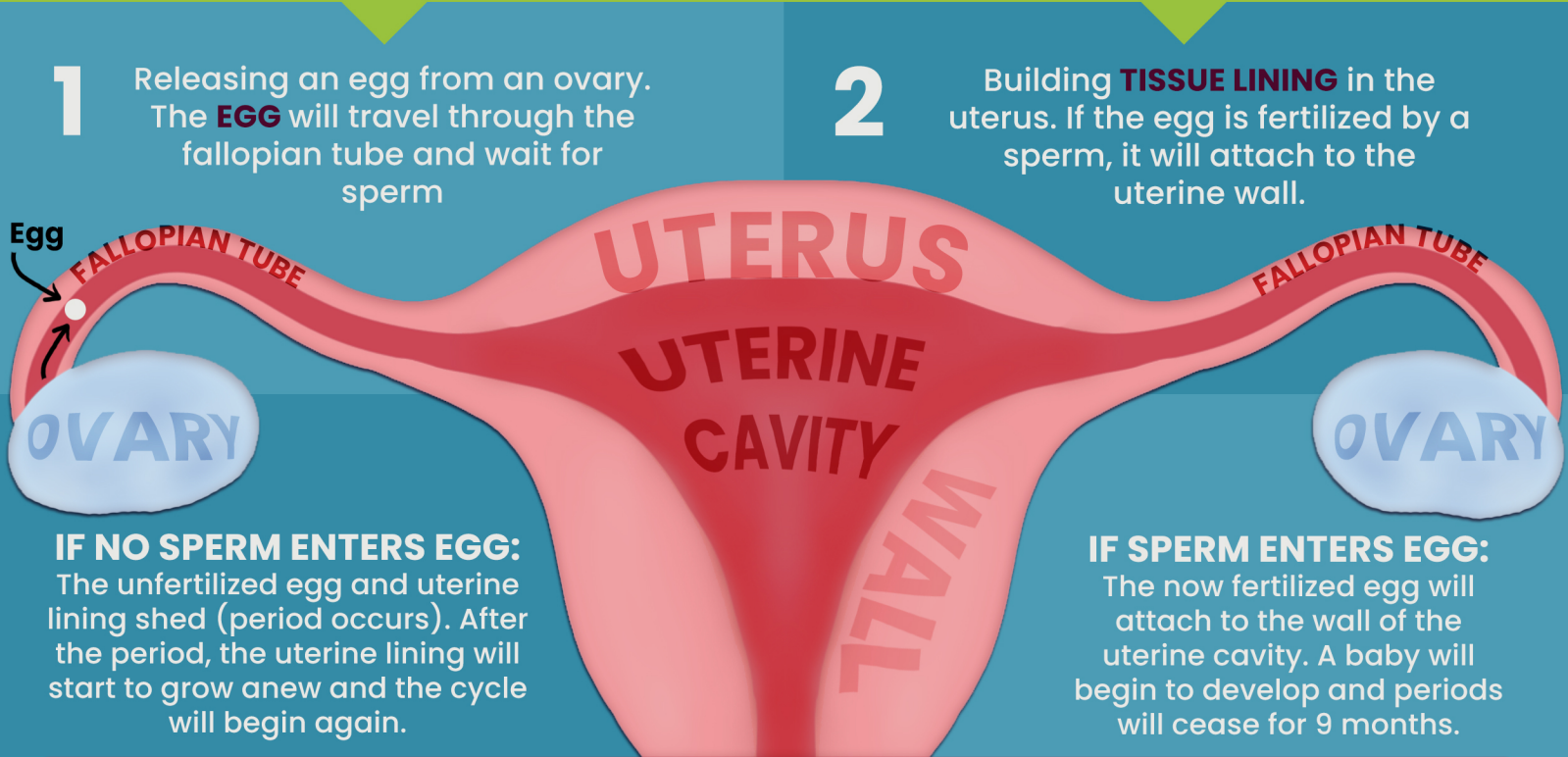


Let's talk

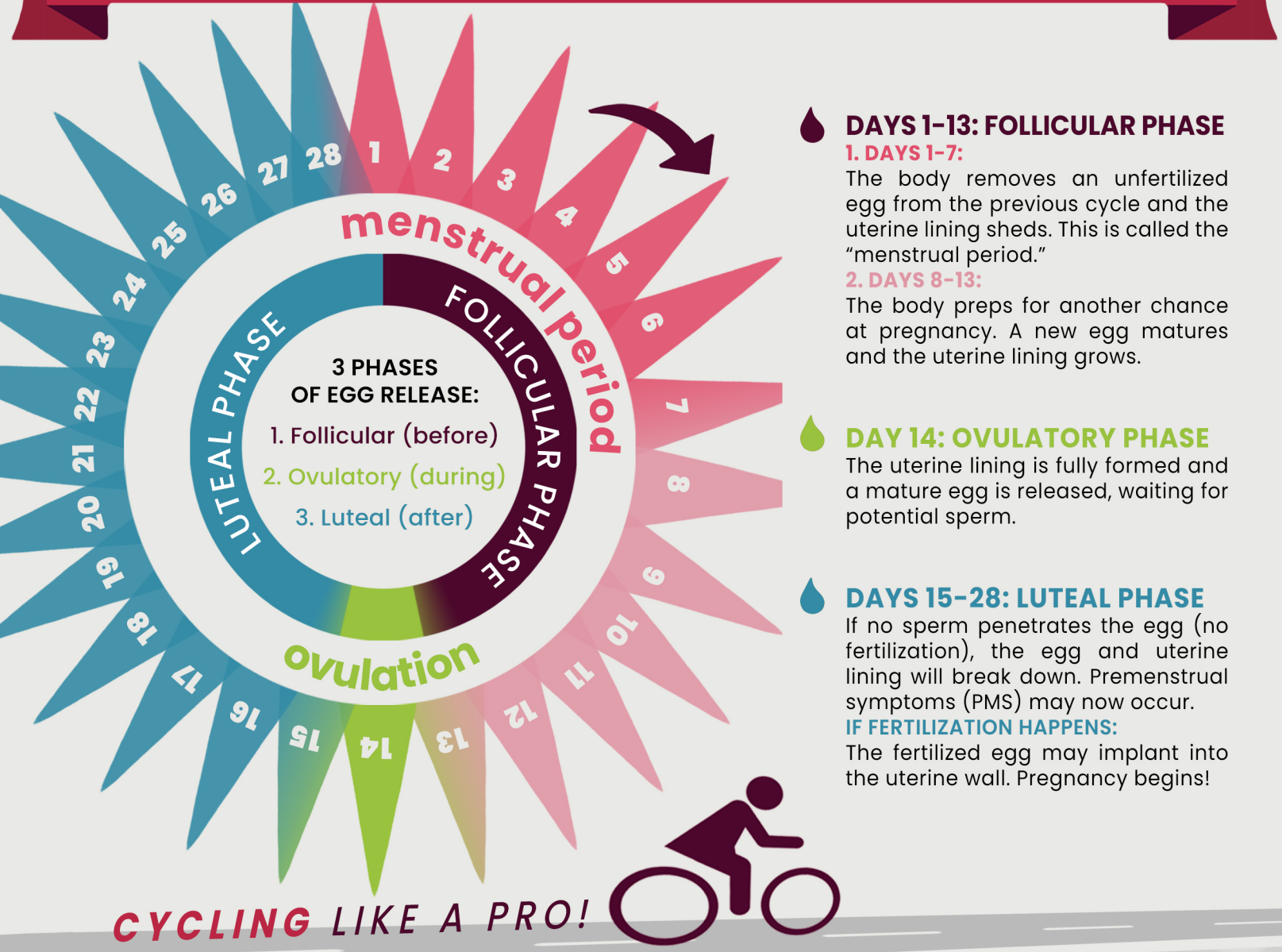
MENSTRUATION

The **MENSTRUAL CYCLE** occurs in women from puberty to menopause to prepare the body for a possible pregnancy. Every woman is different, but most women experience a cycle between **21–35 days**.

THE FEMALE BODY WILL PREP TO ACHIEVE PREGANCY IN 2 WAYS



Let's look at an example 28-day cycle!



YOUR QUESTIONS, answered!

- What does a period look like?**
As the egg and uterine lining leave the body, it will appear as a mixture of black tissue and blood.
- How long does it last?**
The average period is **2 to 7 days**. Flow is heaviest in the first 3 days and lighter towards the end.
- How much blood is lost?**
On average, **2–4 tablespoons** of blood are lost per cycle, though it depends on many factors. (Note: blood loss does NOT equal total fluid loss).
- Is the period painful?**
Pain and discomfort may manifest as cramps, joint or muscle pain, fatigue, and other symptoms.
- What causes cramps?**
Hormone-like molecules cause the uterine muscle to contract, producing cramps.
- What does it feel like?**
Before or during the period females may experience emotional, behavioral, or physical symptoms called **Premenstrual Syndrome (PMS)**.