

MENSTRUATION

- Menarch, the onset of menstruation signals the bodily changes that transform a female body
- Average age is 12.8
- Amount of bleeding varies from woman to woman
- Expulsion of blood clots

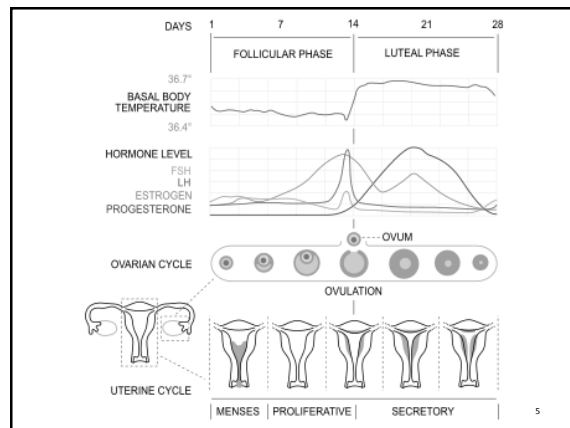
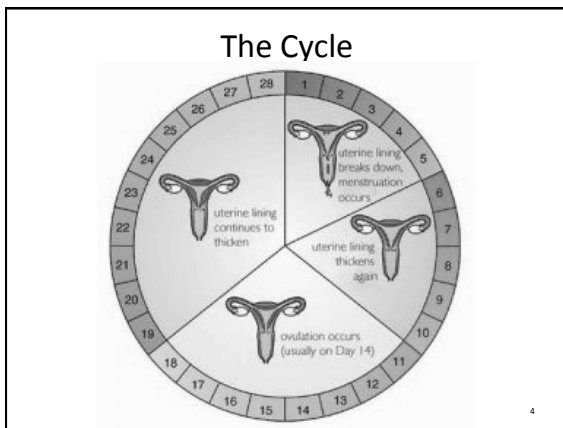
- Blood color can vary from bright red to dark maroon
- Usually occurs every 25 to 32 days (28 days average)
- Women can experience fluid retention, cramping, mood swings, weight gain, breast tenderness, diarrhea, and constipation

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How often periods come?

- Everyone thinks its once every 28 days (ish)
- Turns out:
 - When you are developing it can be super irregular!
 - Once ever 2 weeks, once every few months is super normal!
- Other reasons for changes in regularity:
 - Stress
 - Super weights loss

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Does this increase the risk of STD's?

- Yes
 - Blood borne disease transmission will spread more readily during sexual activity while a female is on her period
 - **Because a woman's cervix is more open, she may be more susceptible to upper cervical and uterine infections.**

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Can girls get pregnant on there period?

- Short answer is yes
 - It is unlikely, but **still possible**—especially if you're not using a condom or birth control. Some women have long periods that overlap with the beginning of ovulation, which means they can be fertile even though they're menstruating.

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If a girl is on her period and she exercises, can she loose more blood?

• Nope – it is a set amount of tissue that you loose. No more will leave your body overall because of activity. However, the flow can change with activity, even just standing up!

Menopause what happens?

- Ovaries stop producing eggs
- Declining levels of hormones
- Women can no longer have children
- Totally natural
- The average age of US women at the time of menopause is 51 years.
- The ovaries stop producing estrogen
 - This can be called a hormone imbalance.
 - Basically when the levels of estrogen/

