Menstrual Health

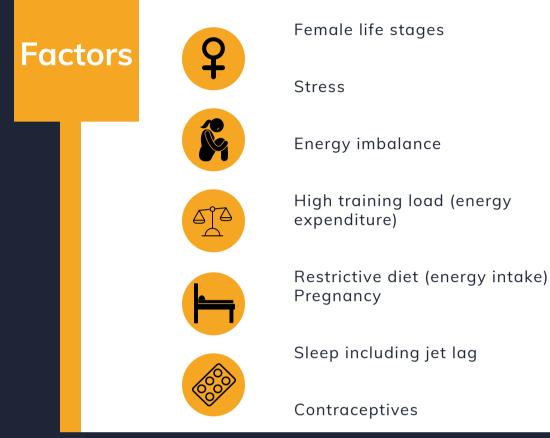
'Having a menstrual cycle is like having an extra vital sign like your pulse or body temperature'

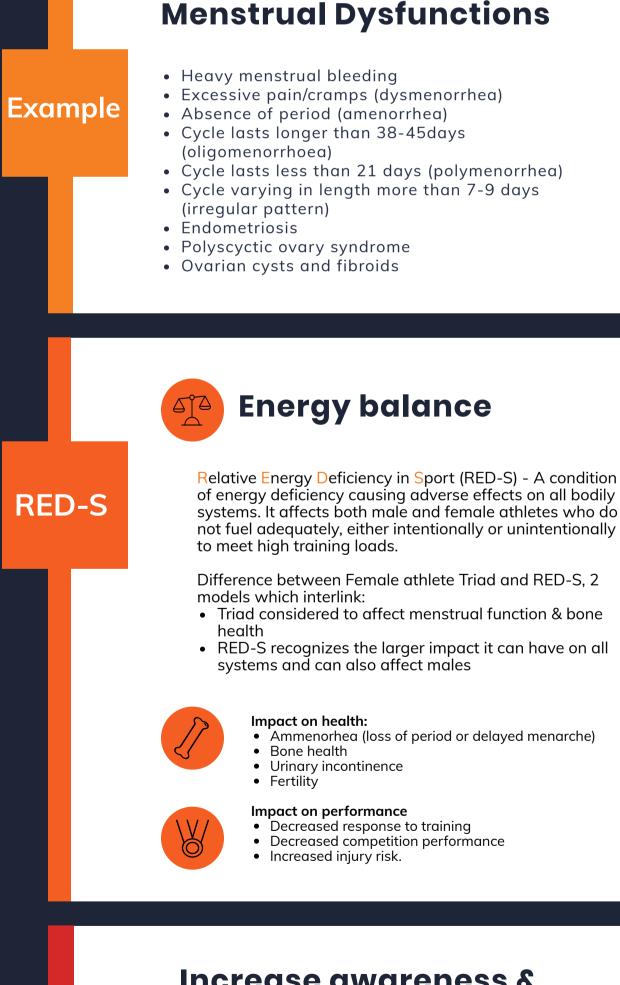
Causes

Reproductive hormones play a role beyond reproduction

They can affect: Sleep Mental health Weight Bone density Heart health

Factors influencing regularity





Increase awareness & support

Seek medical advice if:

Advice

- Periods have not started by 15-16yrs
- Started developing breasts more than 3yrs ago and does not have her period
- Has severe cramps not relieved by ibuprofen
- Has very heavy bleeding (goes through pad or tampon faster than 2hours)
- Has severe PMS affecting everyday activites
 - Has lost her period for >3months)

