

Girls' Talk about "Those days"

--DKU Campus Health clinic

What is Menstruation?

Menstruation, or period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. Every month, your body prepares for pregnancy.

If no pregnancy occurs, the uterus, or womb, sheds its lining. The menstrual blood is partly blood and partly tissue from inside the uterus. It passes out of the body through the vagina.

How to Keep yourself clean and comfortable during "those" days

Do not use pads or tampons for long. Keeping the used pad close to the vaginal area and skin for long periods of time exposes the area to bacterial infection and itching. Tampons, especially, should not be left inside the body for more than four hours to prevent toxic shock syndrome.

Keep the pubic area clean. Before your period begins, clip your pubic hair as close to the skin as possible. When your period starts, make sure to take a wash twice a day with antiseptic liquid mixed in warm water. Dry out the area with clean tissue paper, finishing off with absorbent talcum powder to prevent chafing and rashes.

Dispose used pads safely. Your used pads and tampons cannot be tossed into the trash at once. They must be wrapped in paper and put inside a plastic packet before being thrown away. Wash your hands with antibacterial soap after changing your pad.

Stay away from vaginal cleansers and douches. While most women balk at having sexual intercourse during their period, there are some who don't mind it. However, the male partner must use a condom so as to prevent infections to both partners. However, using vaginal washes and douches during your period is a strict 'No'.

Rest and catch up on sleep. You might get drowsy and feel dull during your period. Relax – this is just your body's way of telling you to rest as your period goes on.



What is the treatment for pain and other symptoms caused by menstruation?

Every Treatment for the causes of menstrual pain depends on what the cause is, may include birth control pills, heavy or prolonged periods, IUDs, noninflammatory steroid drugs (NSAIDs), For example, ibuprofen (Advil,), aspirin, naproxen (Aleve), and other-the-counter pain (OTC) medications to relive pain and cramping.

What is toxic shock syndrome?

Women should change the pad/tampon before it becomes soaked with blood (about every 4 to 8 hours); follow directions on the box to help avoid TSS (toxic shock syndrome), a potentially deadly disease.

Call your doctor or other health professional if you have any abnormalities in your period, for example, excessive bleeding, no periods, severe pain, fever with tampon use, sudden irregularities, and other problems.

What problems occur during menstruation?

Problems with periods can include heavy bleeding, period pain (also called dysmenorrhoea), unpredictable or irregular periods, and premenstrual syndrome, or PMS, which makes some women feel irritable and sad and can cause bloating, tender breasts and aching.

When should you call a doctor for problems with your period?

See your doctor about your period if:

- You have not started menstruating by the age of 15.
- You have not started menstruating within 3 years after breast growth began, or if breasts haven't started to grow by age 13.
- Your period suddenly stops for more than 90 days.
- Your periods become very irregular after having had regular, monthly cycles.
- Your period occurs more often than every 21 days or less often than every 35 days.
- You are bleeding for more than 7 days.
- You are bleeding more heavily than usual or using more than 1 pad or tampon every 1 to 2 hours.
- You bleed between periods.
- You have severe pain during your period.
- You suddenly get a fever and feel sick after using tampons.

