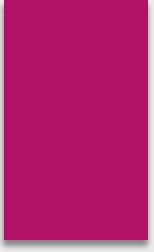


Period Education



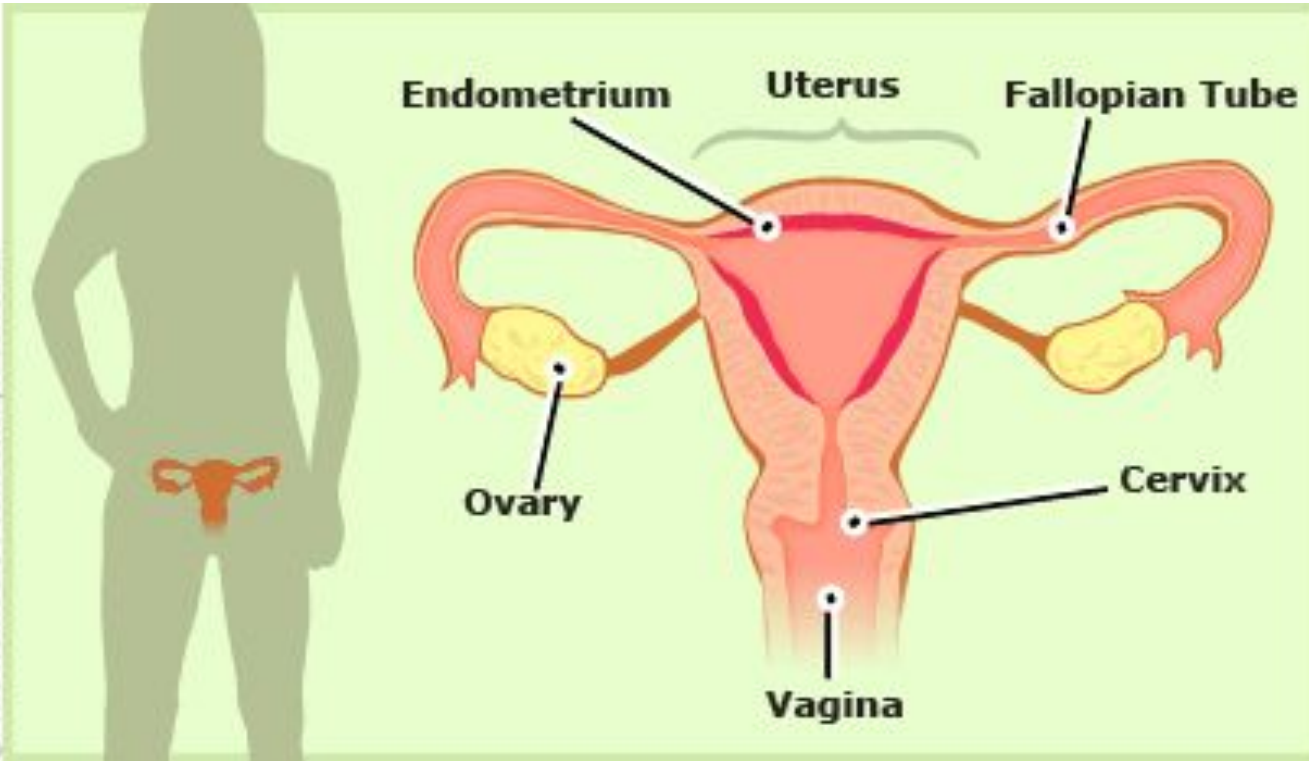


Menstruator:
A person
who can
have a
period.

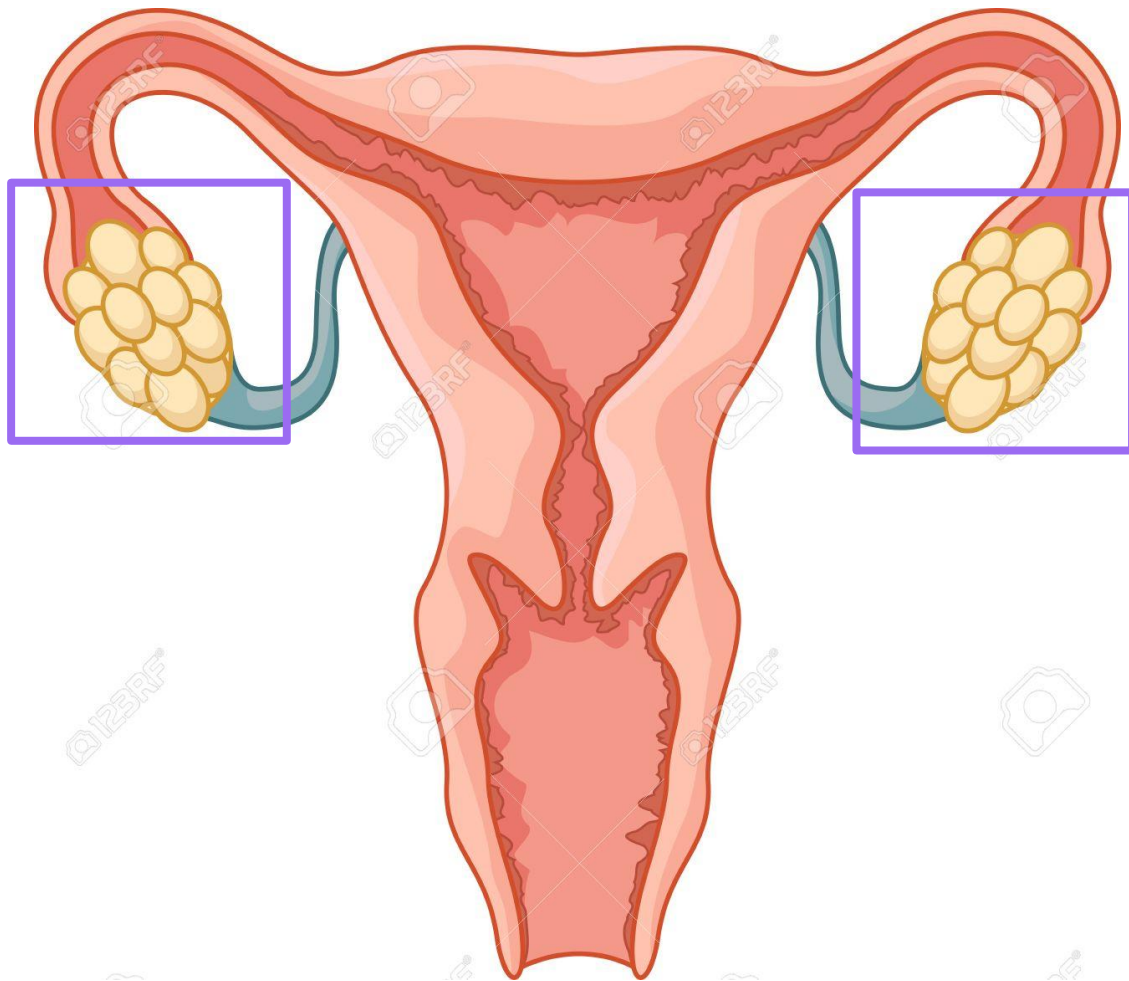
Non-
Menstruator:
A person
who cannot
have a
period.

What Will You Learn Today?

- ▶ What is a period?
- ▶ What happens during your menstrual cycle?
- ▶ Period-related conditions
- ▶ Stigma...
- ▶ There's an app for that!
- ▶ Menstrual product options



Female Reproductive Anatomy



Ovarian Cycle

Ovarian Cycle

Phase 1:
Before
Ovulation

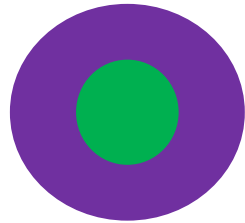
Phase 2:
Ovulation

Phase 3:
After
Ovulation

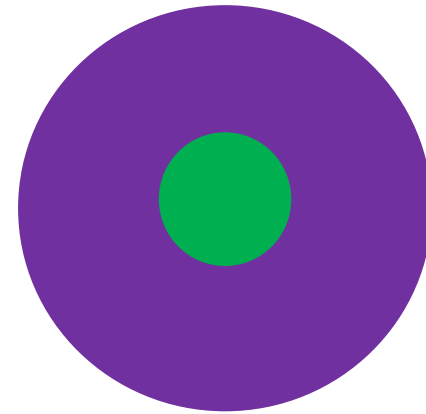
2021 JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Phase 1: Before Ovulation

- ▶ Ovaries contain follicles (a small sac of fluid)



Day 1: Follicle + Egg



Day 13: Follicle + Egg

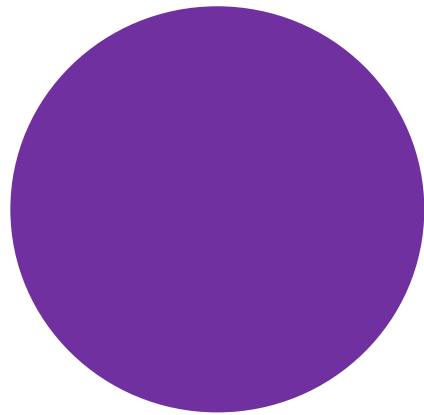


Phase 2: Ovulation



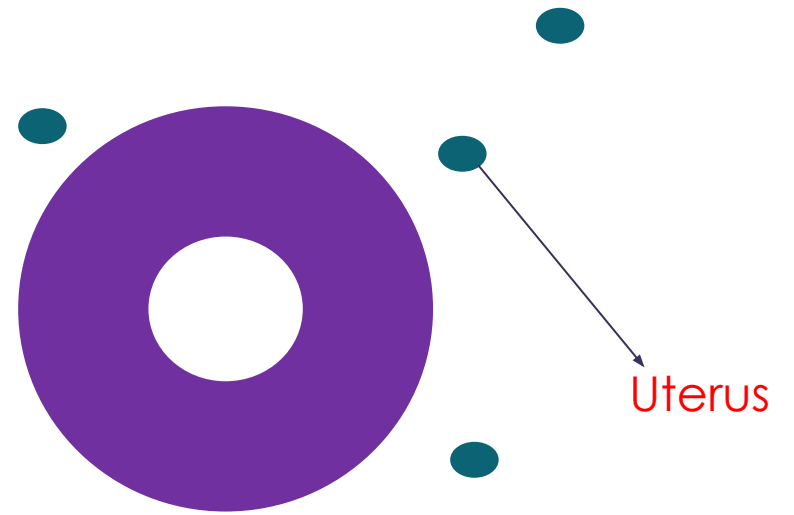
Day 14: Egg leaves Follicle and begins travel through Fallopian Tube

Phase 3: After Ovulation

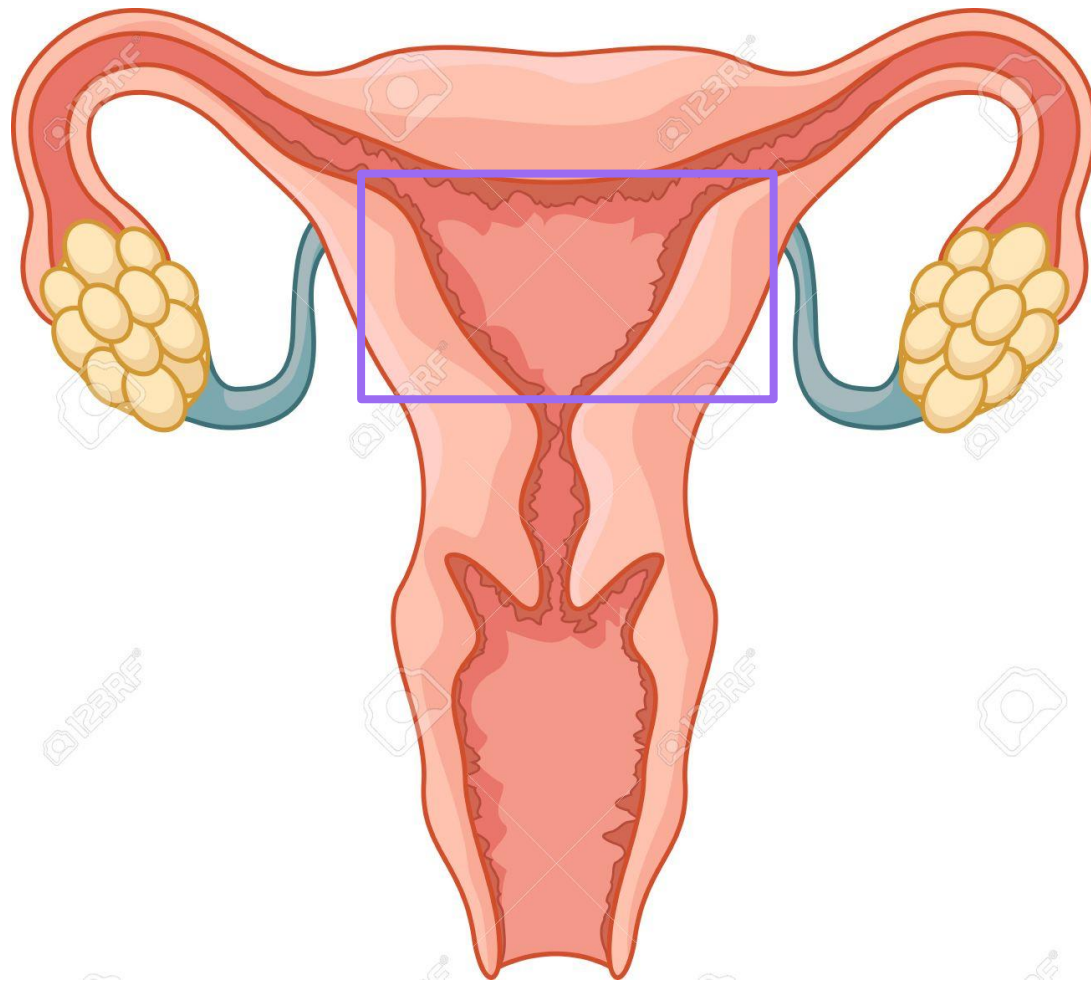


Day 15: Empty Follicle

Shape shifts!



Day 16-28: Releases Chemicals for Uterus to prepare for pregnancy



Uterine Cycle

Uterine Cycle

Phase 1:
Period

Phase 2:
Before
Ovulation

Phase 3:
Ovulation

Phase 4:
After
Ovulation

2021 JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Phase 1: Period (Menstruation)



Day 1: Thick **Uterine Lining** is shed, or removed, from **Uterus** because egg is not fertilized



Day 7: **Uterus** no longer has a thick **Uterine Lining**

Phase 2: Before Ovulation

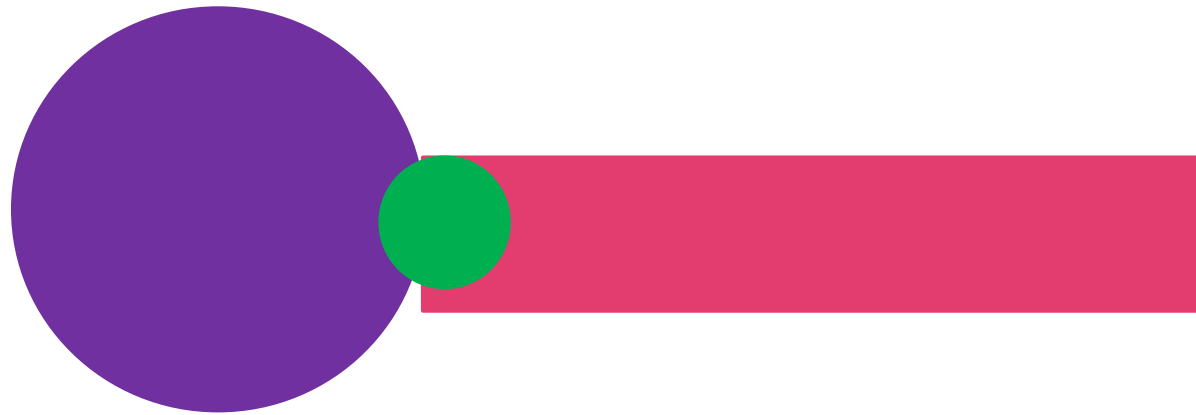


Day 8: Uterine Lining starts
to regrow on Uterus



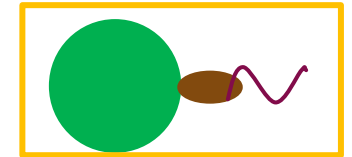
Day 13: Uterus has thick
Uterine Lining

Phase 3: Ovulation

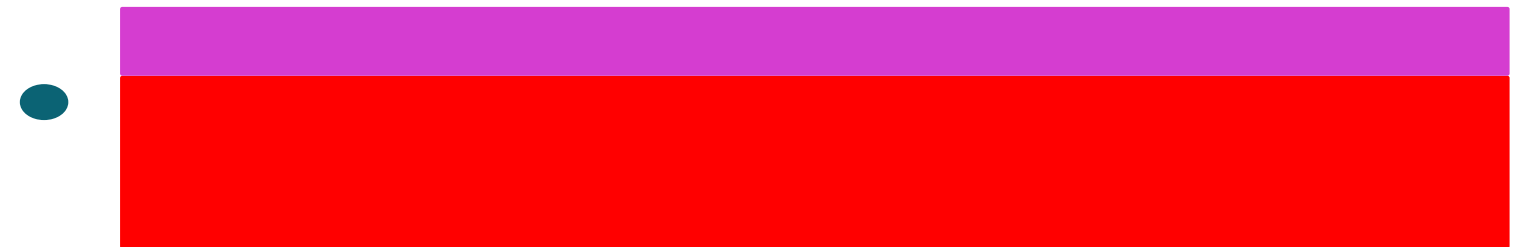


Day 14: Egg leaves Follicle and begins travel through Fallopian Tube

Phase 4: After Ovulation



Day 17:
Zygote
reaches
Uterus



- Day 15-28: Uterine Lining stops thickening. It starts to release Chemicals that will prepare Uterus for a Zygote, or a fertilized Egg, to attach for pregnancy.

Sperm, from a male, can fertilize an **Egg** and transform it into a **Zygote**

Every body is different



Period-Related Conditions

Only a doctor, or healthcare provider, can diagnose a period-related condition

If you are a non-menstruator and recognize mentioned symptoms in a menstruator, then encourage them to see a doctor

Anemia



ANEMIA



NORMAL

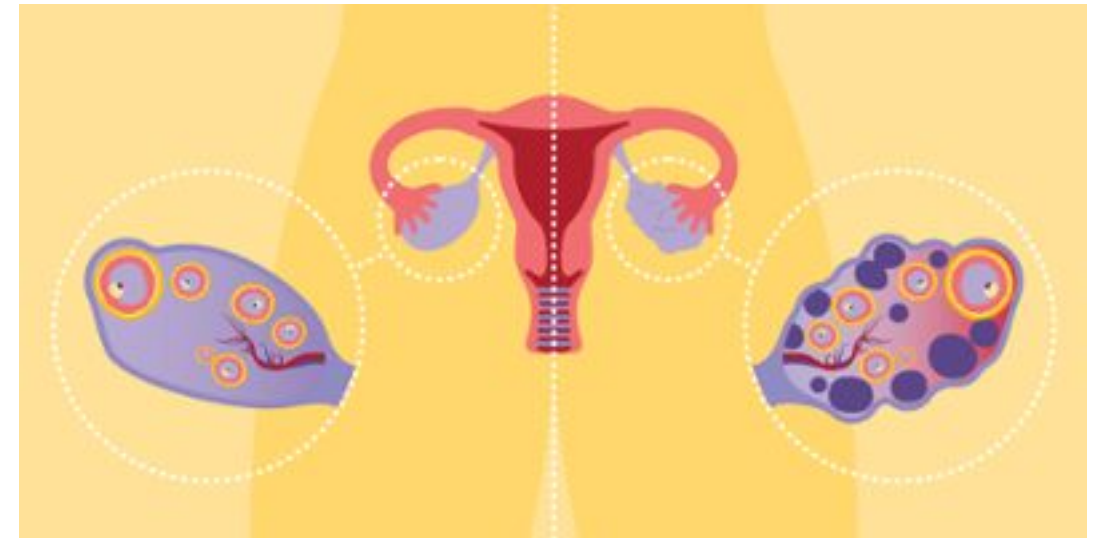
- ▶ Low amount of blood (or red blood cells) in body
- ▶ Possible symptoms
 - ▶ Feeling weak, tired, and dizzy

Polycystic Ovarian Syndrome (PCOS)



▶ Possible symptoms:

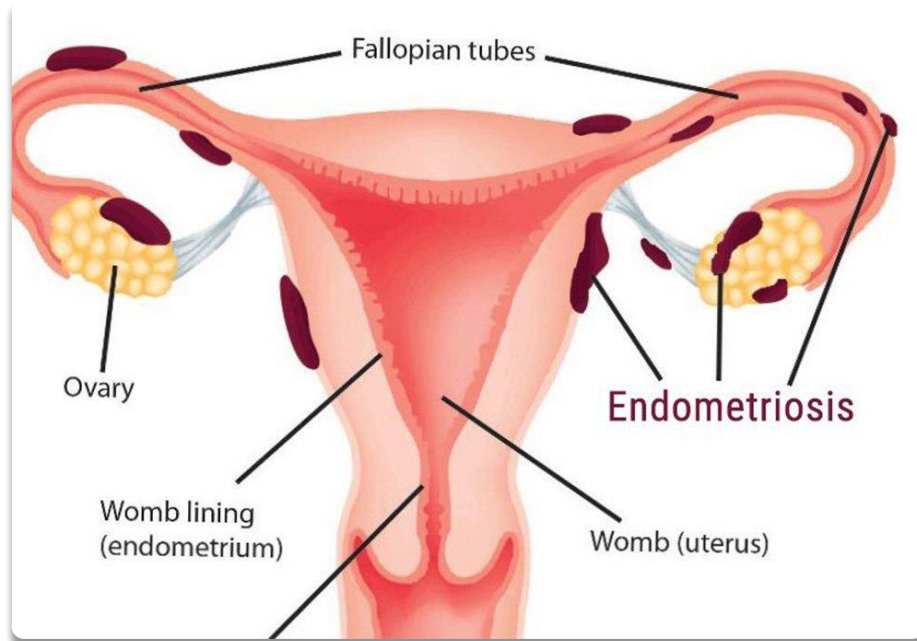
- ▶ Irregular periods occur after 2 years post-menarche
- ▶ Excess body hair



Ovary without PCOS

Ovary with PCOS

Endometriosis



- ▶ The endometrium (uterine lining) forms **outside** of uterus
- ▶ Possible symptoms:
 - ▶ Severe period cramps
 - ▶ Heavy period flow

When Should a Menstruator See a Doctor?

Menarche has not occurred by age 15

- Breast development has not occurred by age 13

Severe (very painful) Premenstrual Syndrome (PMS) or period cramps

Heavy flow requires usage of more than one pad or tampon every 1-2 hours

Feel ill after wearing a tampon for more than 8 hours

Once **regular** periods begin,

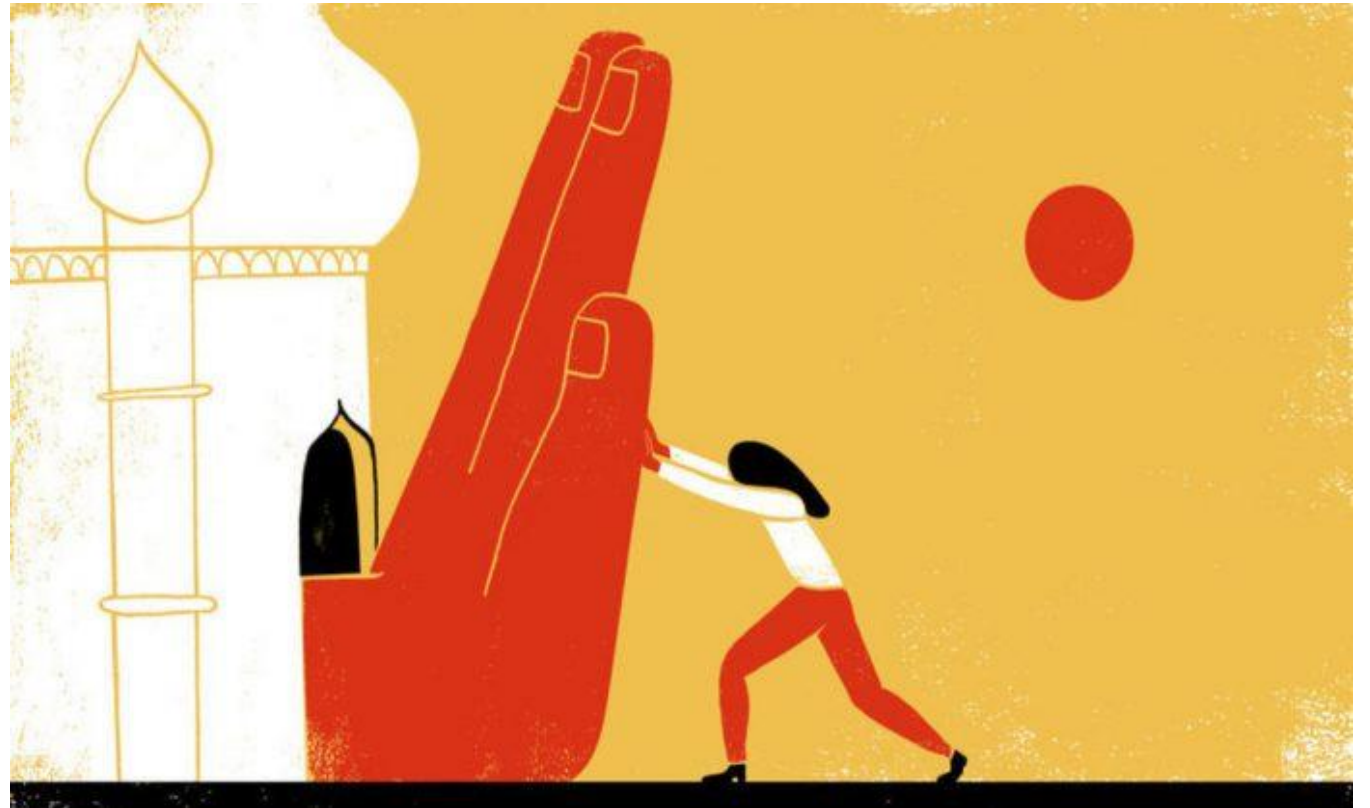
- Period does **not** come for 90 days
- Period repeatedly comes more often than 21 days or less often than 35 days
- Period lasts for more than 7 days

Period Stigma



Period Stigma

- ▶ Stigma
 - ▶ Disapproval of someone or something
- ▶ Period stigma
 - ▶ Shaming a menstruator for their period
 - ▶ A menstruator feeling embarrassed by their period



Period Poverty in the US

Period poverty
due to period
stigma



Cost of a
period:
\$7/month



~ 12M women
(age 12-52) in
the US live
below the
poverty line



In 27 states:
period
products are
taxed (as of
January 2022)



St Louis MO:
46% of
low-income
women had to
choose
between a
meal and
period
products

Tampon Tax

- ▶ Sales tax on period products
- ▶ 27 states still have taxes
- ▶ Discriminatory towards menstruators



Status of Tampon Tax in Michigan

- ▶ Repealed in November 2021!
- ▶ In addition, the City of Ann Arbor, City of Novi, the City of East Lansing, and Delta Township passed a resolution to provide free period products in public spaces

Ways to Manage your Menstruation

Period Tracker Mobile App

Why?

- Prepare for next period
- Know when ovulation occurs
- Keep track of your symptoms

Mobile application

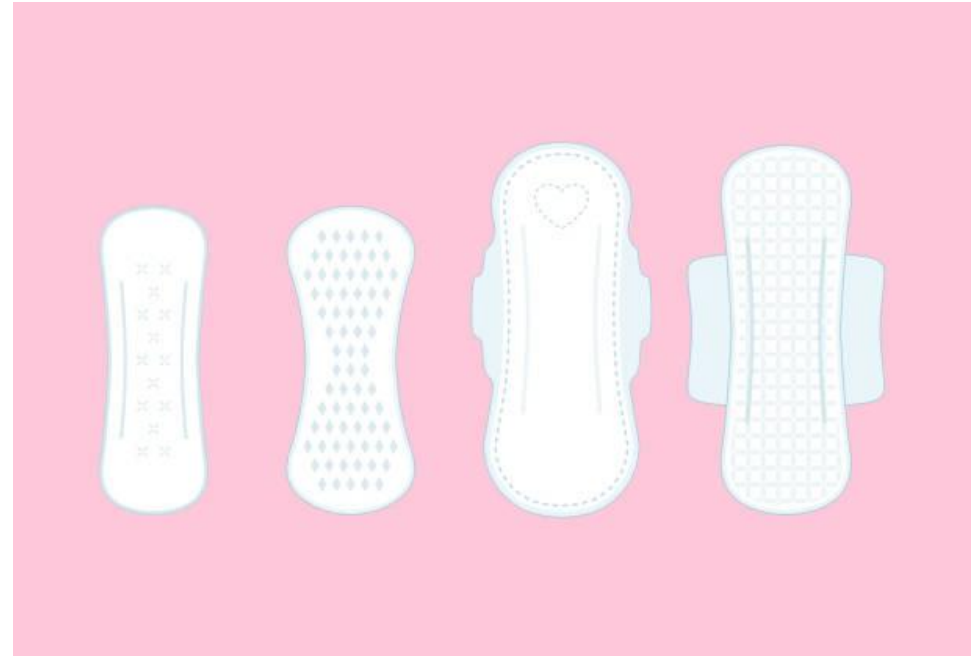
- Fitr Woman
- Clue
- Period Tracker

Planner

Pads

Pads, menstrual pads, sanitary napkins

- ▶ Disposable come in many forms: with wings, without, regular, heavy, overnight
- ▶ Reusable - with wings, wash after using.



Tampons

- ▶ Cotton pad that is inserted.
- ▶ With applicator: cardboard or plastic
- ▶ Without applicator
- ▶ Use while swimming, athletics



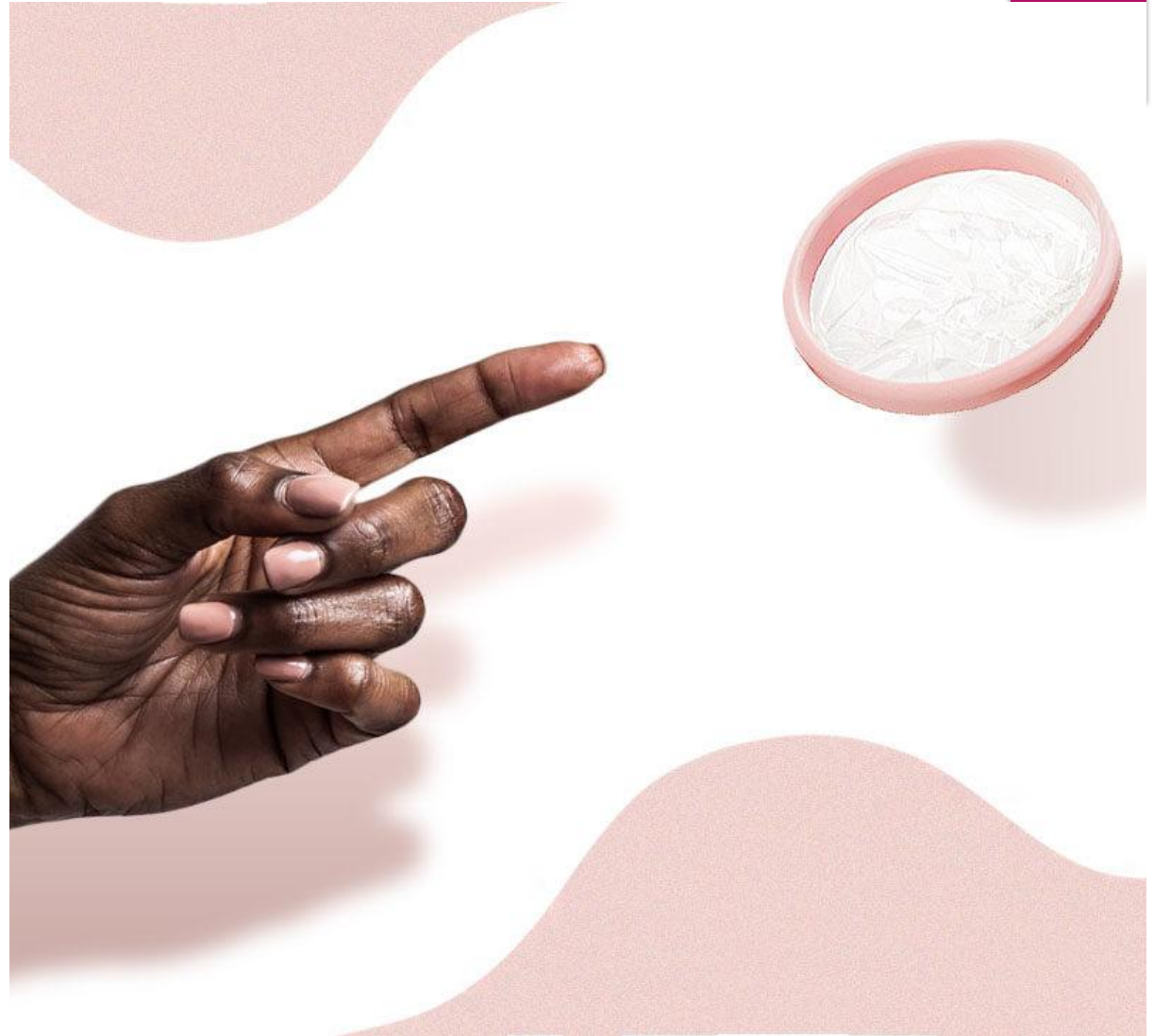
Menstrual Cup

- ▶ Reusable period product that is inserted like a tampon
- ▶ Most users only empty the cup once every 12 hours
- ▶ One menstrual cup can be used for several periods (up to 5 years!)



Menstrual Disc

- ▶ Reusable period product that is inserted like a tampon
- ▶ Change discs once every 12 hours.
- ▶ Discs are thrown away after each use.



Period Underwear

- ▶ Reusable
- ▶ More comfortable than a pad
- ▶ Change every 8 hours
- ▶ Certain ones can be used for swimming
- ▶ Doesn't feel wet, and has minimal odor
- ▶ Different styles (even boxers!)





Any
Questions?

Thank You for Listening Today!

- ▶ The Period Education Curriculum was developed by Nama Naseem with support from Health Educators at Honor Community Health and Lysne Tait from Helping Women Period.