

The Kotex logo is positioned at the top center of the page. It consists of the word "kotex" in a white, lowercase, sans-serif font, set against a dark red, horizontally-oriented oval background.

The ABCs^{of} woman hood

Let's talk
some more
about the
menstrual
cycle?

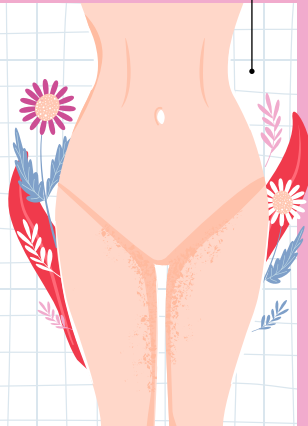
You probably already noticed your body is changing. You might also be feeling things differently, both emotionally and physically, right?

Whatever the case, remember that you are not alone – everyone you know (including the boys) will go through **puberty**. It's natural and perfectly OK! The more information you get on the subject, the more you will feel comfortable and self-confident!

To show you that getting your period isn't really that big a deal, we have prepared a primer that explains everything about the menstrual cycle, PMS, and what to expect during your period.

tell me more

PUBERTY IS A PERIOD WHEN YOUR BODY UNDERGOES **MANY CHANGES** THAT WILL PREPARE YOU TO BECOME AN ADULT. GIRLS PUBERTY NORMALLY HAPPENS BETWEEN THE AGE OF 10 TO 14 YEARS OLD. EACH GIRL IS DIFFERENT, AND NO TIMING IS BETTER OR WORSE.



many changes

THE PHYSICAL CHANGES YOU WILL NOTICE ARE TELLING YOU THAT PUBERTY HAS ARRIVED:

- ▶ YOUR BREASTS GROW;
- ▶ YOUR NIPPLES BECOME MORE PRONOUNCED;
- ▶ YOUR HIPS BECOME WIDER;
- ▶ HAIR BEGINS TO GROW IN YOUR ARMPITS AND PUBIC REGION;
- ▶ YOUR BODY GETS MORE CURVES;
- ▶ YOUR GENITALS GROW DARKER AND THICKER;
- ▶ YOU BEGIN NOTICING A VAGINAL DISCHARGE;
- ▶ OVULATION BEGINS;
- ▶ YOU GET YOUR PERIOD FOR THE FIRST TIME.

YOUR REPRODUCTIVE ORGANS ARE THERE SINCE YOU WERE BORN, BUT THEY ONLY MATURE DURING PUBERTY. THAT HAPPENS WHEN YOUR BODY PRODUCES A HORMONE CALLED ESTROGEN, WHICH REGULATES YOUR MENSTRUAL CYCLE.

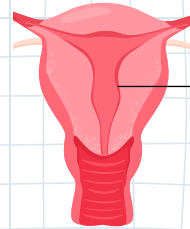
The menstruation

The vast majority of women get their period; it happens throughout all of the years a woman can become pregnant and conceive a new life. Also, getting your period is an indication that your body is functioning properly.

But menstrual bleeding is only one part of the menstrual cycle: first the egg grows, then the uterus forms a thick lining to prepare to receive an embryo; bleeding only happens when the uterus realizes there will be no pregnancy, so it contracts to eliminate the lining, which is comprised of blood and tissue. That's when your "period" begins.

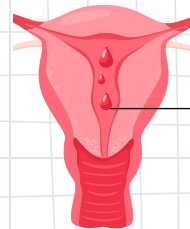
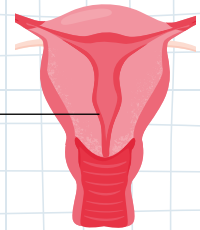
That is why pregnant women don't get their periods. Since the uterus will make use of that lining, it doesn't eliminate it.

how does it happen?



THE ENDOMETRIUM
LINES THE INSIDE OF
THE UTERUS

EVERY MONTH, THE
UTERUS PREPARES
FOR PREGNANCY, TO
RECEIVE AN EMBRYO



WHEN PREGNANCY
DOESN'T HAPPEN,
THE ENDOMETRIUM
BREAKS DOWN AND THE
WOMAN MENSTRUATES

MENSTRUAL flow

can last from 3 to 8 days. Bleeding starts with a darker color that grows increasingly red and, towards the end, becomes darker again.

DID YOU KNOW THAT THE VERY FIRST MENSTRUATION IS CALLED MENARCHE?

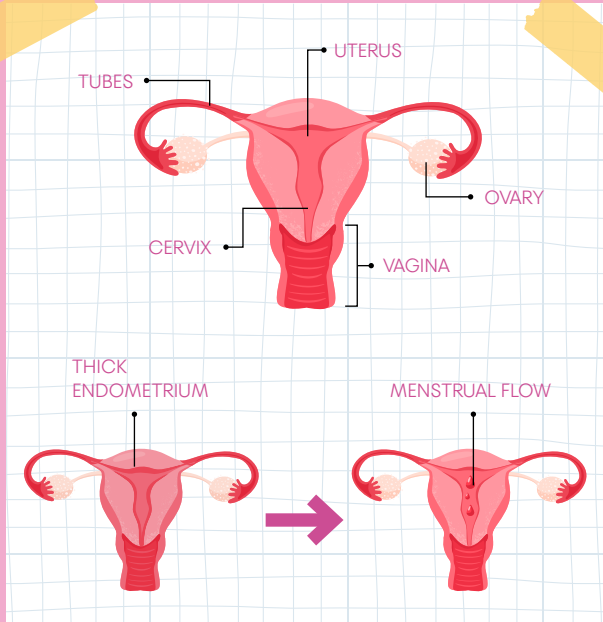
That's right! Once you get your period, you will continue to menstruate until you're around 50 years old, which is when menopause happens, and then you'll never menstruate again.

When you get your period for the first time, you realize how menstruation marks an important stage in your cycle - in your life. So it's worth learning about it, and learning to respect it.

From menarche to menopause, you will very likely have your period every month - unless you're pregnant or breastfeeding. If you don't menstruate and you can rule out those two reasons, it's very important that you consult a gynecologist: you may have some hormonal imbalance that is interfering with your period.

As a matter of fact, seeing a gynecologist regularly is very important to ensuring you stay healthy. If you have any questions about finding a medical specialist, ask an adult you trust, like your mother, father, teacher, etc.

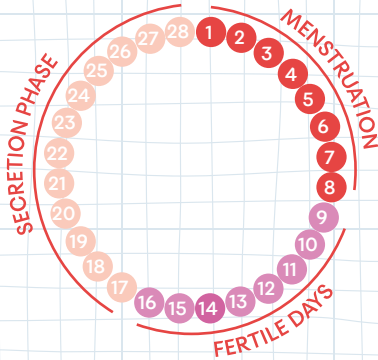
did you know?



HELLO,

I'M YOUR MENSTRUAL CYCLE

THE REGULAR MENSTRUAL CYCLE LASTS FROM 28 TO 30 DAYS, AND HAS THREE PHASES.



1. The first phase starts on the first day of the cycle and lasts from 5 to 8 days. This is when the endometrium and a new follicle start growing again.
2. In the next five days, the ovulation phase takes place; the egg becomes mature and the woman is more fertile.
3. The last phase is the secretion phase; it lasts about 14 days. The uterus prepares to receive a fertilized egg. If the egg is not fertilized, the woman will menstruate, and the cycle will start over.

SYMPTOMS

DURING THE MENSTRUAL CYCLE

A few days before the flow begins, hormonal changes may cause several symptoms, both physical and emotional. The most common are swollen and tender breasts and abdomen, heightened or diminished appetite, acne, and headaches. Also, it is common to have mood swings and become sad, upset, tired or anxious.

When your period finally comes, these symptoms disappear. But don't be surprised if you get cramps, feel a weight in your stomach and your back, feel tired, or pee more frequently. That is all caused by your menstrual flow.



THIS IS CALLED PRE-MENSTRUAL SYNDROME, THE FAMOUS PMS.

It also common to feel an abdominal pain during the ovulation phase, in the middle of the cycle. It's not a coincidence that this discomfort is called "middle pain."

But it's also normal to feel nothing – neither pain, nor discomfort, nor bodily changes. After all, every woman is unique and each body is different.



protected AND SELF-CONFIDENT DURING YOUR PERIOD

At each menstrual cycle, you lose between 30 and 50 ml of blood. It's really not all that much... you can keep going to school (including your PE classes), the gym, the movies, out for ice cream... Anywhere you like, even to the beach or the swimming pool.



THE BETTER YOU KNOW YOUR BODY AND PAY ATTENTION TO YOUR CYCLE, THE BETTER YOU WILL BE ABLE TO ADAPT YOUR ROUTINE TO THESE CHANGES. AND, ESPECIALLY, YOU WON'T BE SO UPSET ABOUT THE DISCOMFORTS, AS YOU WILL KNOW WHY THEY ARE HAPPENING AND THAT THEY WILL GO AWAY SOON. DON'T KEEP YOUR QUESTIONS TO YOURSELF.

talk

ABOUT YOUR PERIOD WITH YOUR FRIENDS AND FAMILY, AND SEEK INFORMATION ABOUT THIS VERY NATURAL FUNCTION.

WHAT'S IMPORTANT IS TO TAKE GOOD CARE OF YOUR PERSONAL HYGIENE, BY USING A PRODUCT THAT WILL ABSORB OR COLLECT THAT BLOOD.



You have many different options:

The best-known alternative is the sanitary napkin (a.k.a. menstrual pad), which adapts easily to different body types and sizes, and is easy to use.

Another option is the tampon, which is inserted into the vaginal canal, and protects you just as well. Both the sanitary napkin and the tampon can easily be used during all your everyday activities.



Reusable pads (cloth), absorbent panties, and menstrual cups are also available.

Ah, there are also daily pads called pantyliners, which are a great option for when the menstrual flow is weaker, towards the end of your period. Also, they can be a good alternative for everyday use, to keep you feeling fresh and clean throughout the day.

Each woman may prefer a different type of product. Or use different products, according to what she finds best suited for the occasion. It's your decision, as long as you feel comfortable, protected and confident with the product of your choice.



Take care of yourself
and know that you can
always count on us!

SHARE THIS MATERIAL, ONLY BY WORKING
TOGETHER WILL WE BE ABLE TO REACH
EVEN MORE PEOPLE WITH INFORMATION
ABOUT THE MENSTRUATION!

SUPPORT:

