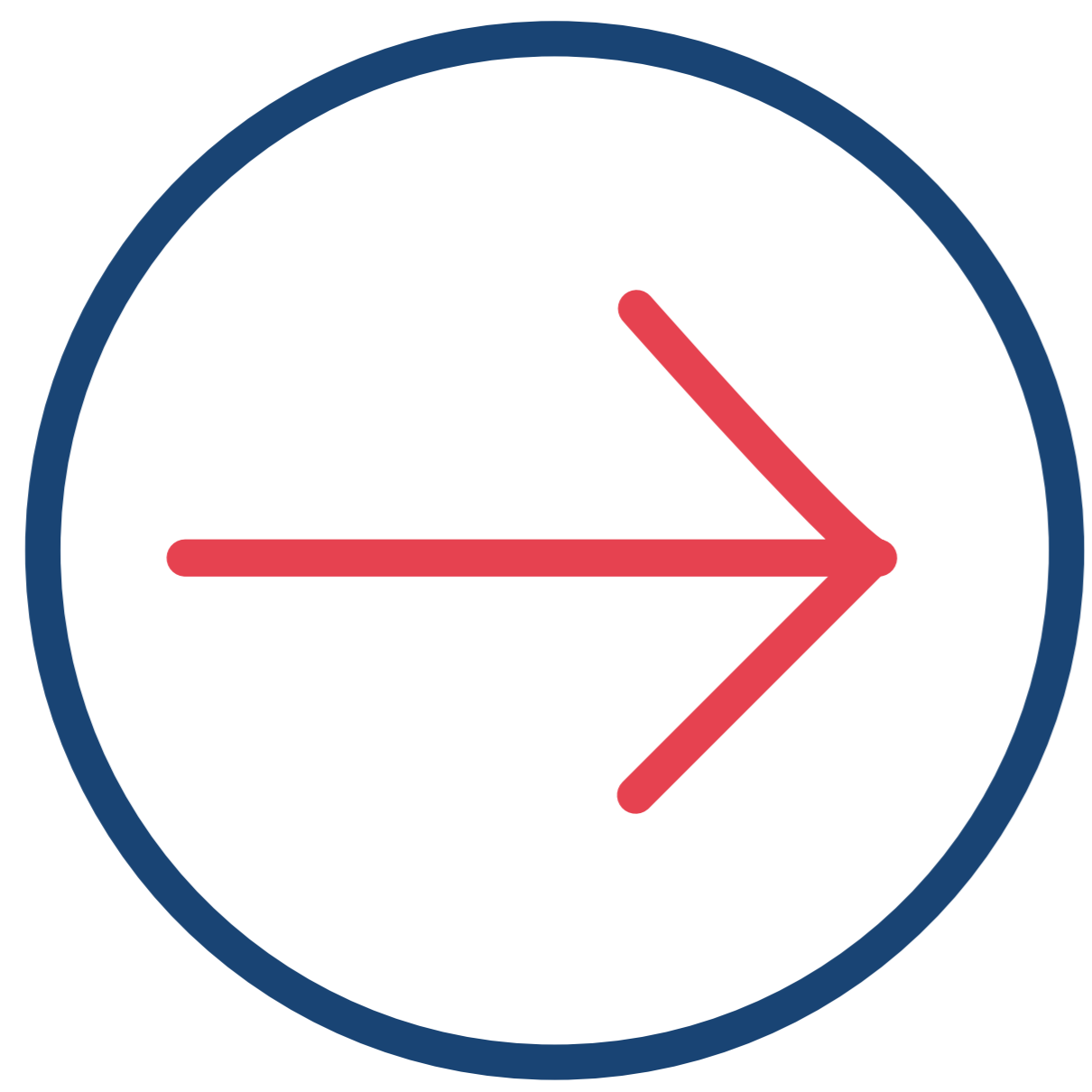


Menstrual Cycle 101

10 Quick facts



1 **When do periods start?**
Average age 12, range 8-15yrs old



2 **How long should a period last?**
Average 5-7 days, range 3-8 days



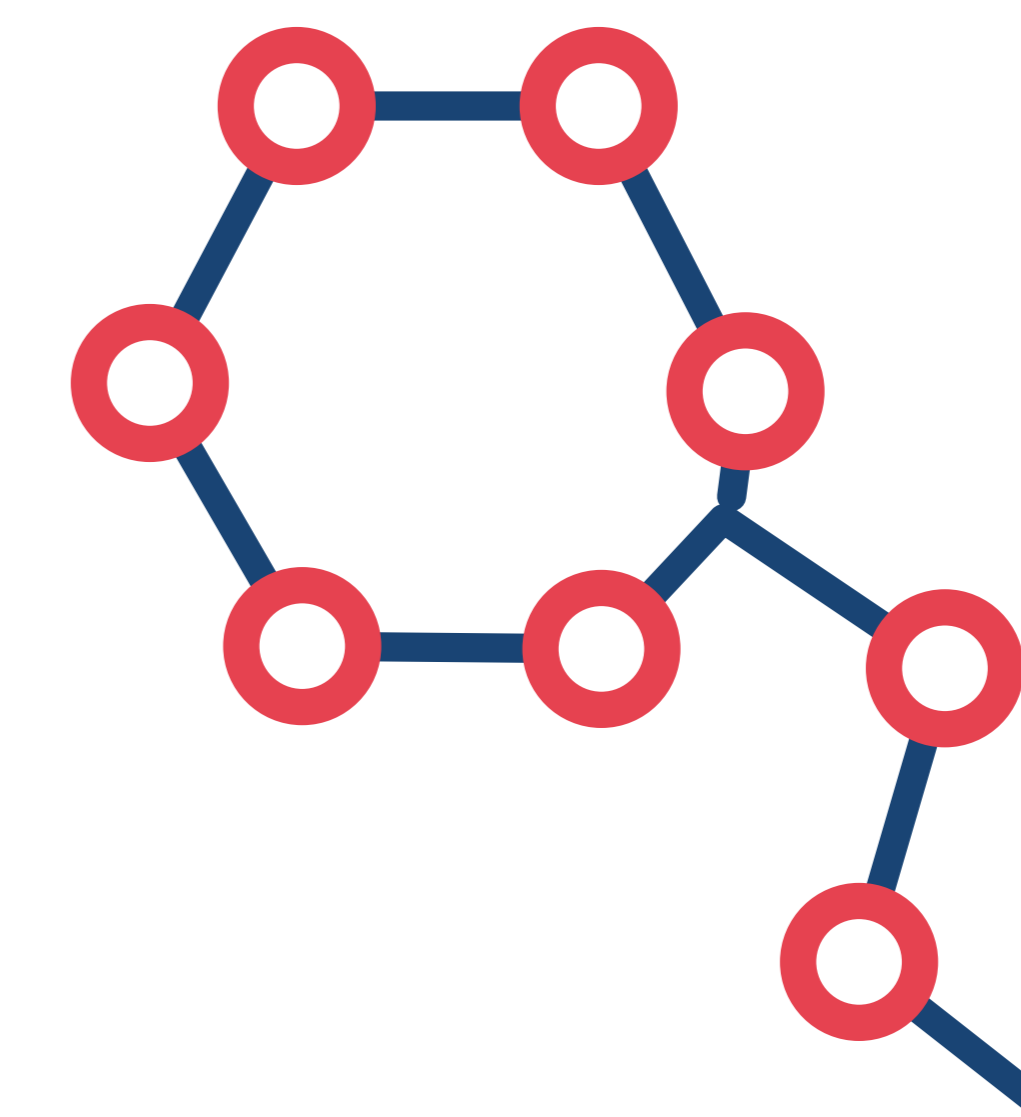
3 **Length of cycle**
Average 28 days, normal range is 21-35days (up to 45 days for the first 2 years of starting the menstrual cycle)



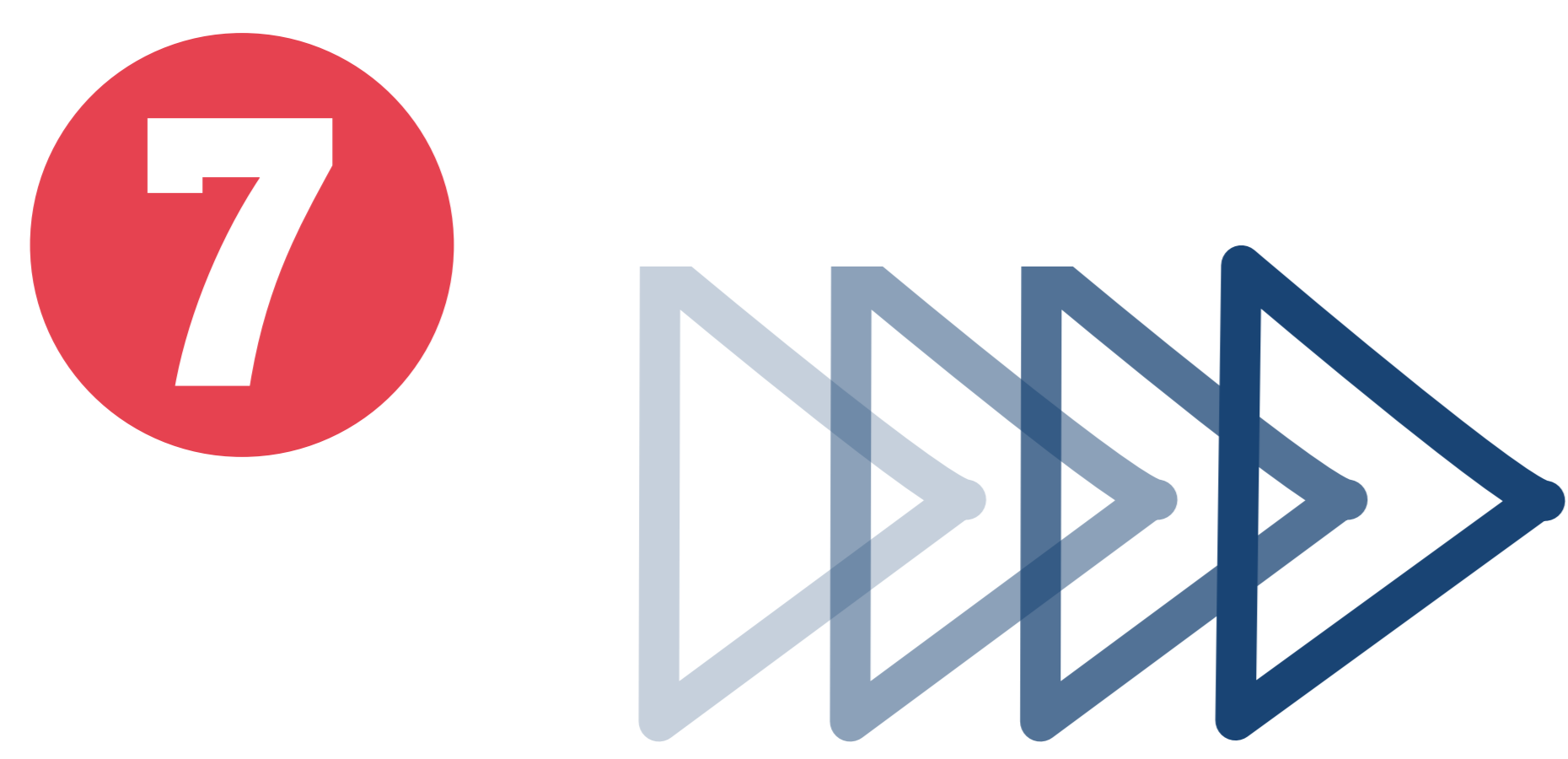
4 **Regular or Irregular?**
It's normal for the first 2-3 years after first starting a period to experience irregular cycles and heavy bleeding



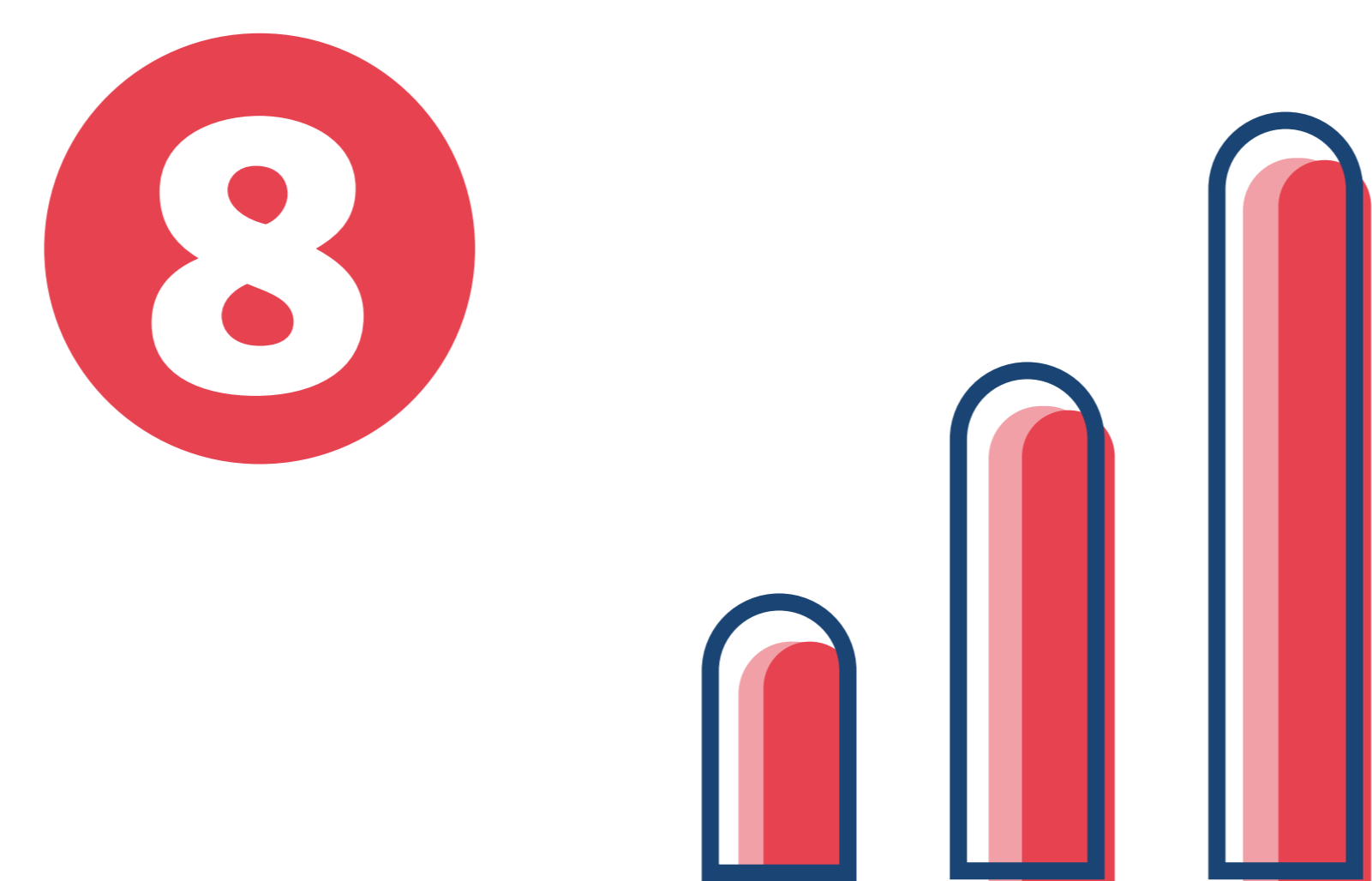
5 **How much blood is lost**
3-5 tablespoons is average



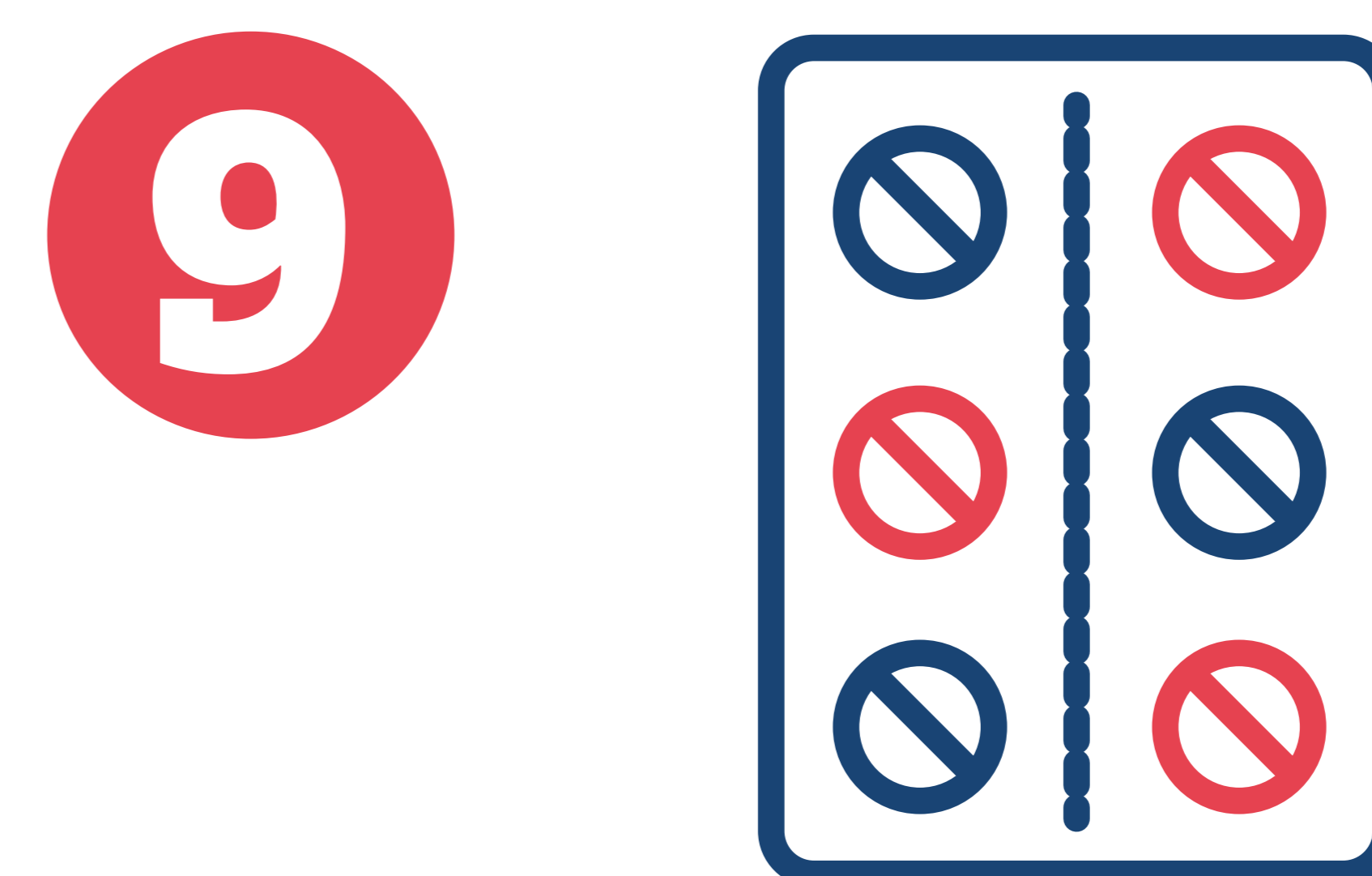
6 **4 hormones fluctuate throughout a menstrual cycle**



7 **The menstrual cycle can be divided into 4 phases:**
The period (early follicular), late follicular, mid luteal phase and late luteal phase.



8 **Changes in hormone levels can cause physical and emotional changes**



9 **Contraceptives**
a withdraw bleed is experienced; this is not the same as having a natural period

10 **Seek medical advice if:**

- ✓ periods haven't started by age 15,
- ✓ started developing breasts more than 3yrs ago and yet to have a period,
- ✓ have severe cramps not relieved by over the counter pain killers,
- ✓ heavy bleeding (bleeds through a menstrual product more than every 2h), have severe PMS interrupting daily activities,
- ✓ if periods stop for 3 months.