



# SELF CARE TIPS

## On How To Manage Menstrual Cycle

### 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 2-8 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**

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- 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.