

TOP 20
PERIOD
MYTHS
BUSTED



did you
know?

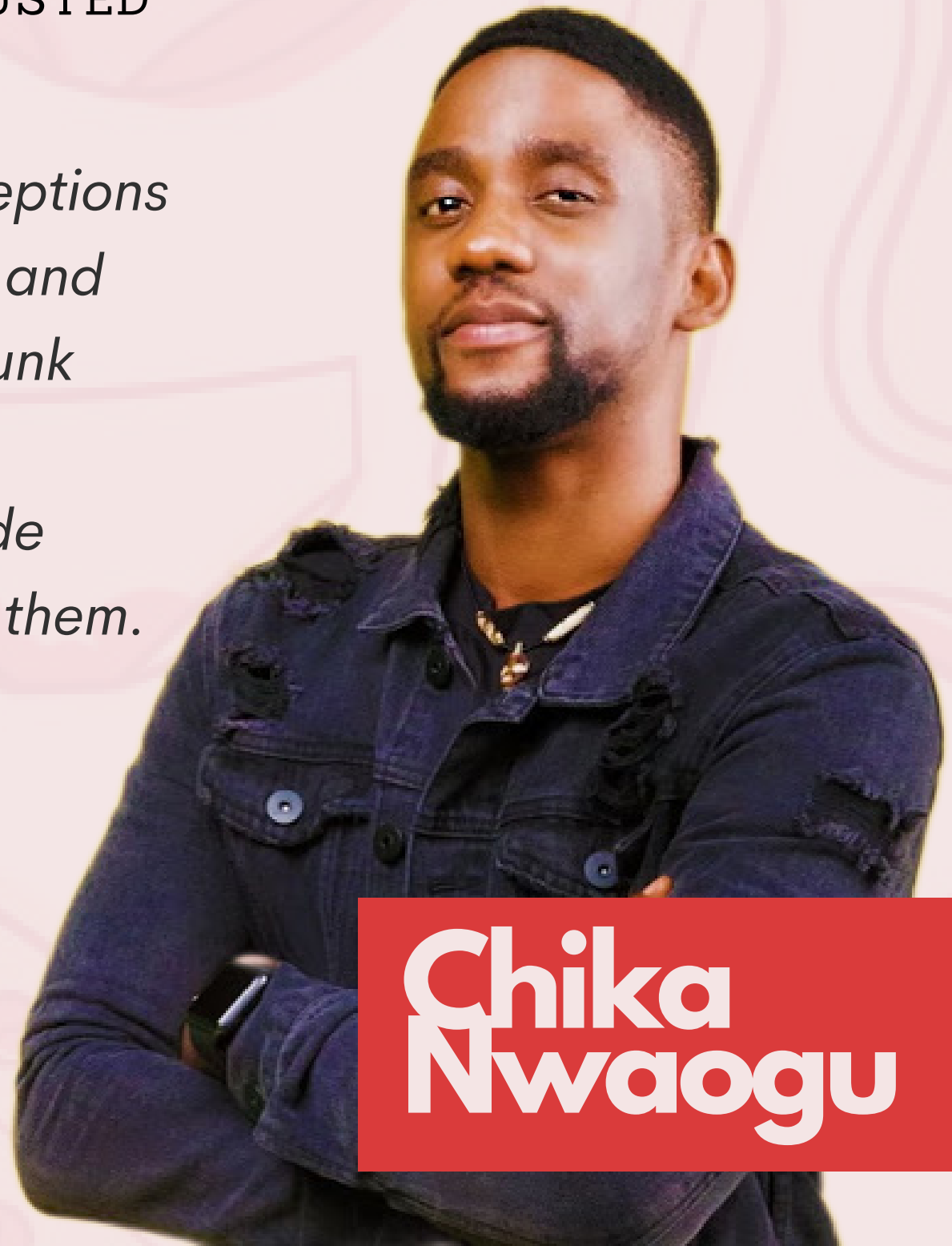
did you know?

TOP 20 PERIOD MYTHS BUSTED

There are a lot of misconceptions surrounding menstruation, and this booklet is here to debunk some of these common misconceptions and provide accurate answers to all of them.



founder, PadHer



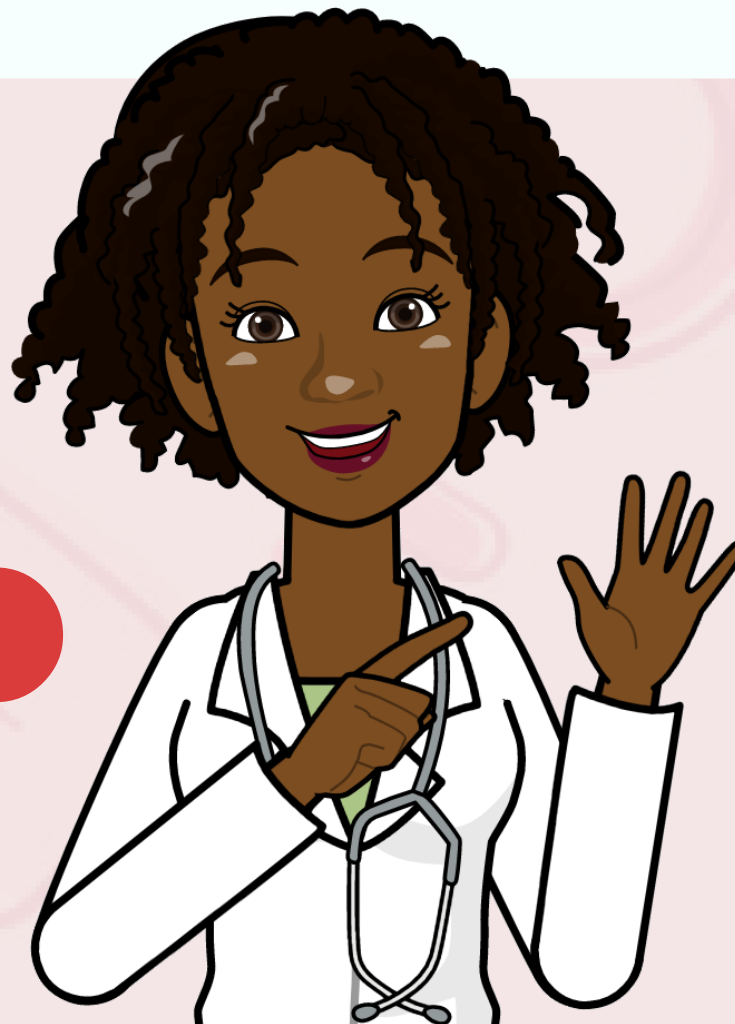
**Chika
Nwaogwu**

DID YOU KNOW?

Myth: You cannot get pregnant during your period.

Contrary to popular belief, this is not true. Yes, you cannot ovulate while on your period, but because sperm can remain in the body for up to 3 days following sex, pregnancy can occur from intercourse that occurs during your period. If you don't want to get pregnant, don't have sex.

1.

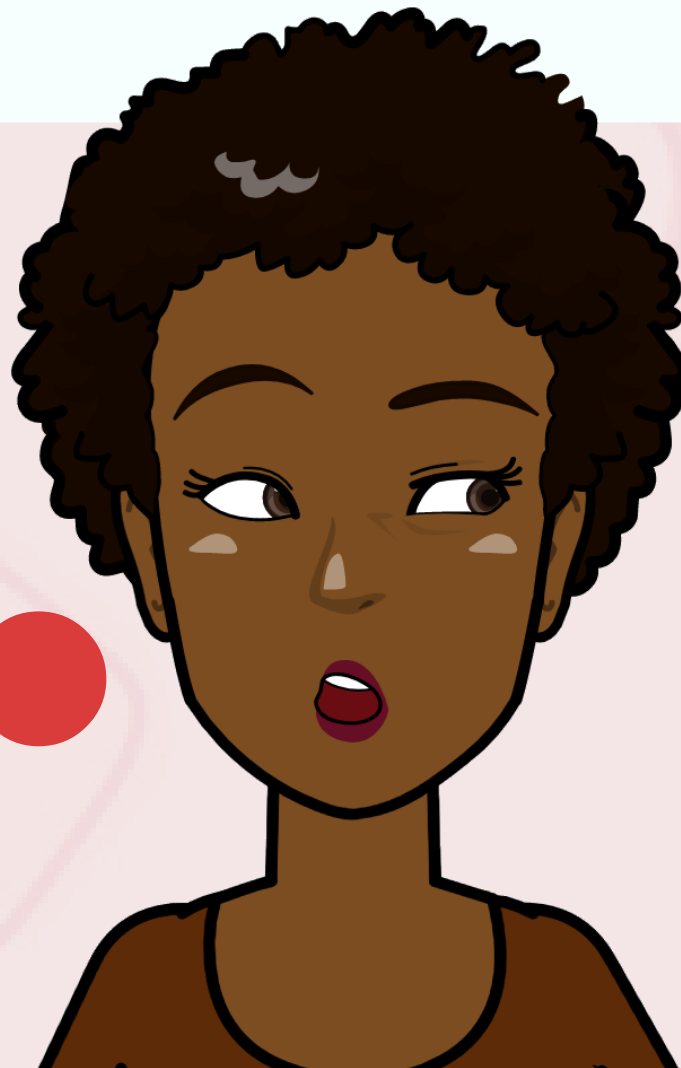


DID YOU KNOW?

Myth: Menstrual cycles are 28 days.

That is simply an average. The days of the menstrual cycle differ from one girl to the next. Your body will tell you when your cycle begins and ends. It can be as short as 21 days for some girls and as long as 35 days for others. Every girl is different.

2.



DID YOU KNOW?

Myth: Menstrual blood is different from regular blood.

This myth is likely to have become popular because menstrual blood flows from the vagina, but be rest assured that menstrual blood is the same as regular blood. Menstrual blood is neither unusual nor abnormal. That is a fact!

3

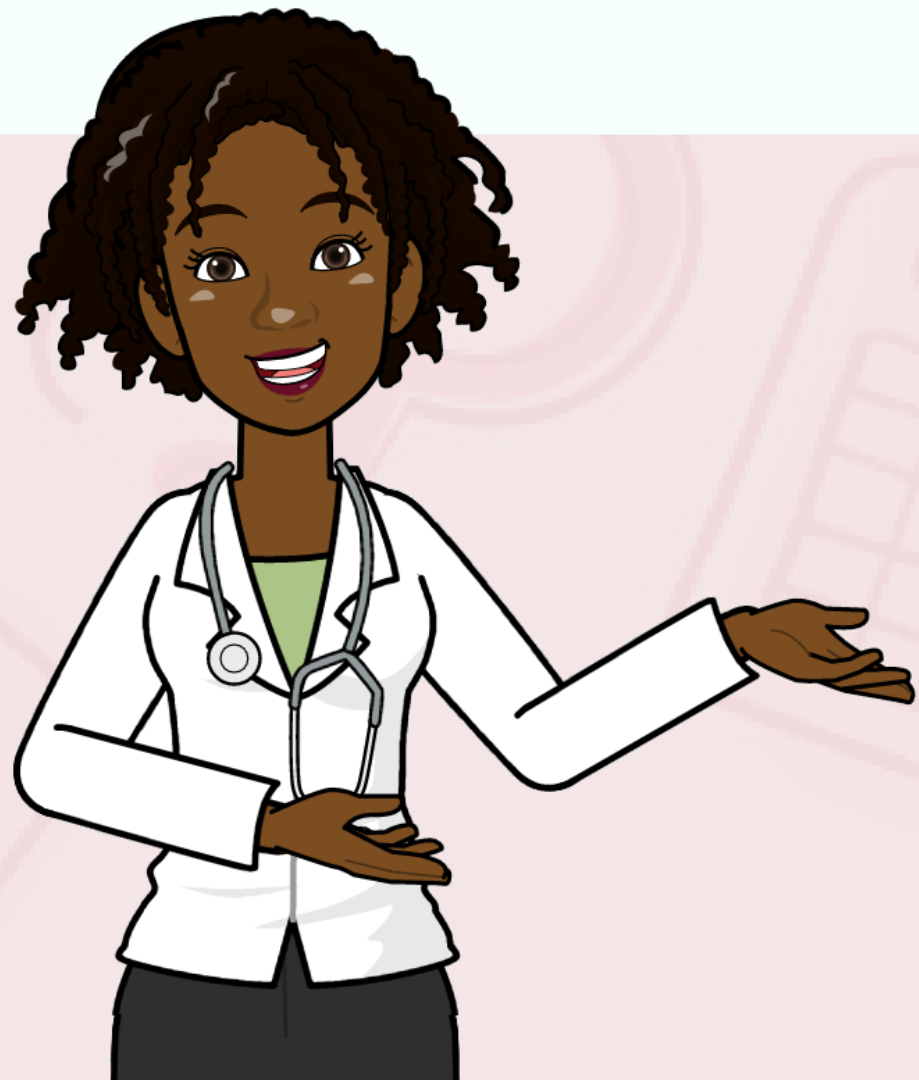


DID YOU KNOW?

Myth: You can shorten or delay a period.

This is not correct. You cannot and should not attempt to stop your body's natural menstrual cycle. It could result in health issues.

4.



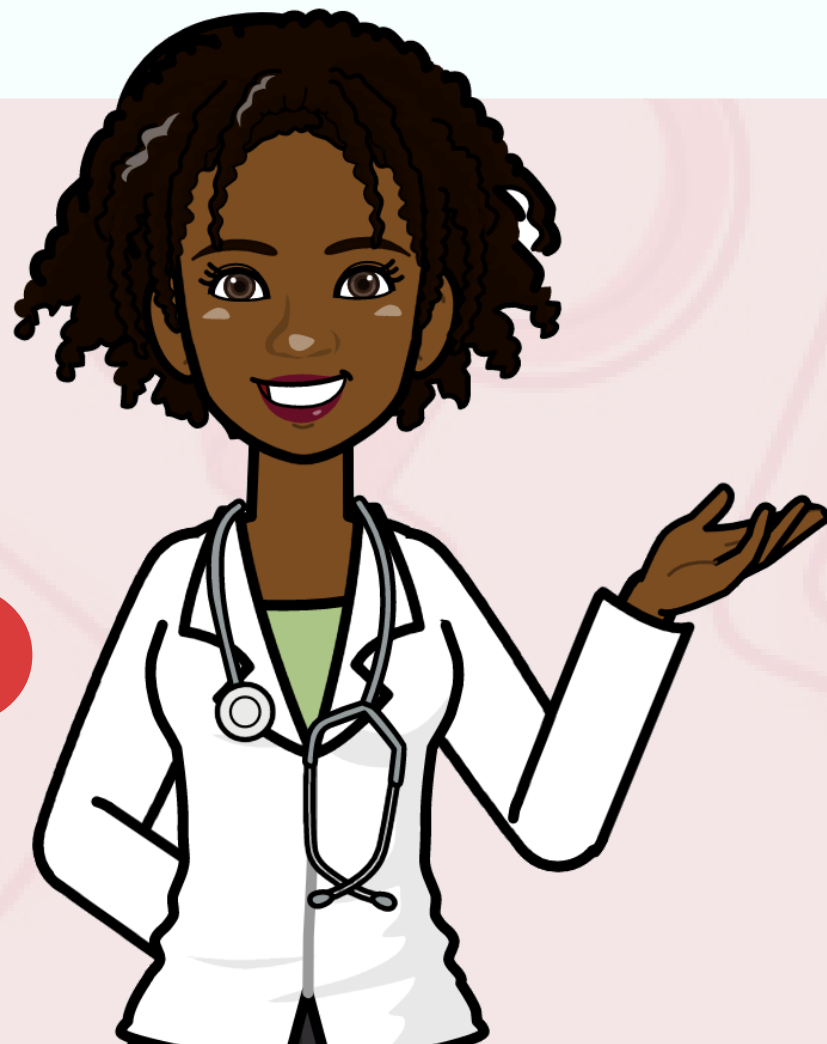
DID YOU KNOW?

Myth: Hot water increases period flow.

Your own body is the only thing that can alter your flow. As a result, you can't make it lighter or heavier.

Cramps can be relieved by taking a warm bath or shower or by placing a hot water bottle wrapped in a towel on your belly.

5.



DID YOU KNOW?

Myth: Bed rest is a must during your period.

Yes, you should get plenty of rest during your period, but you should also get plenty of exercises. You will feel better if you get up and move around, especially since exercise has been shown to relieve cramps and improve mood.

6

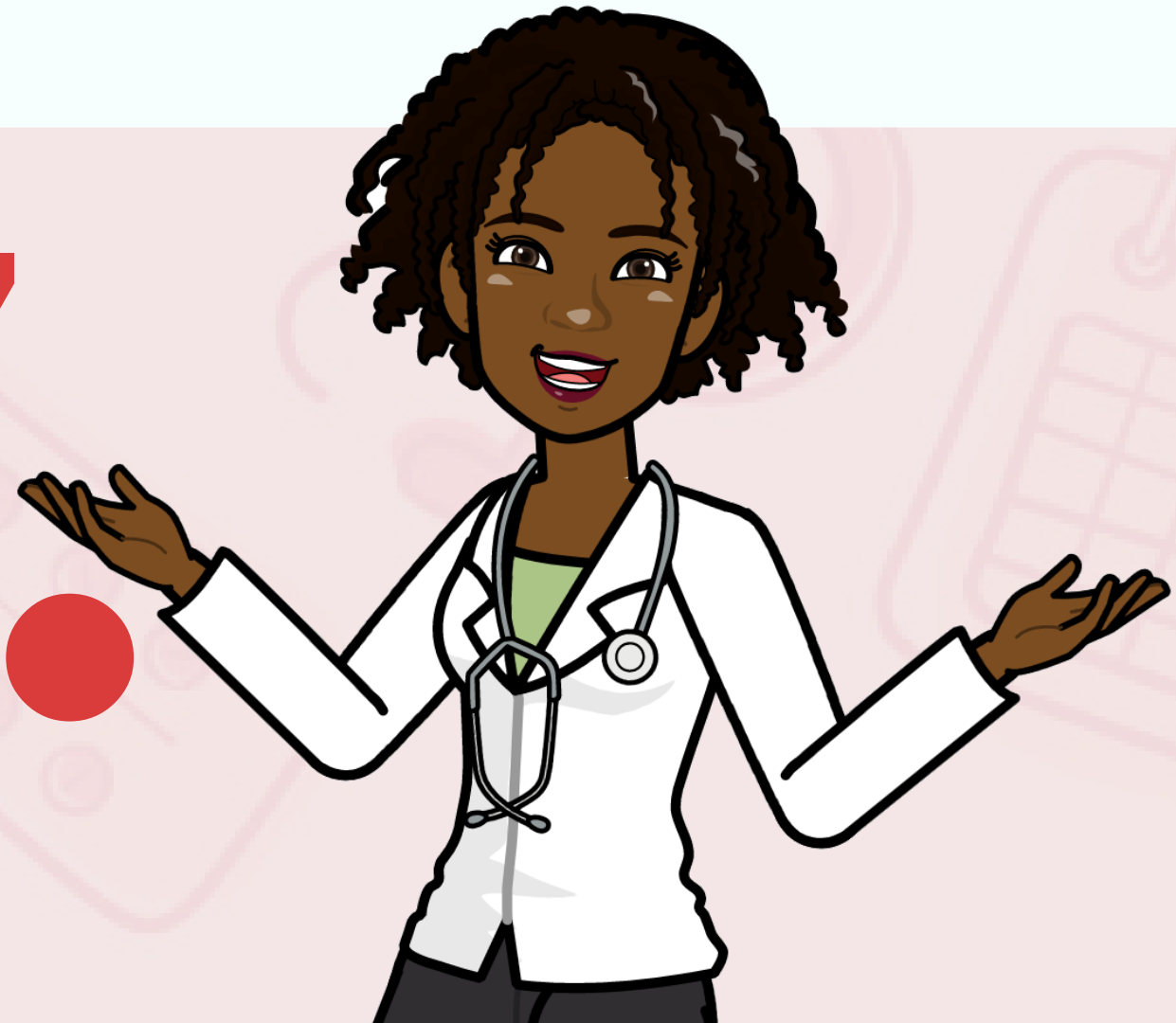


DID YOU KNOW?

Myth: You should take a lot of rest as you lose a great amount of blood.

This is not true. During periods, you only lose a small amount of blood. During your period, you typically lose two tablespoons of blood. Losing two to six tablespoons of blood during your period is considered normal by doctors.

7



DID YOU KNOW?

Myth: Period blood has a bad smell.

I know it is difficult to believe that the idea of period blood smelling bad is a myth. Period blood does not have an odor! When it is combined with naturally occurring bacteria in your body, it can smell a little pungent. Also, vaginas are not supposed to smell like a bed of flowers, but make sure you keep yourself clean.

8

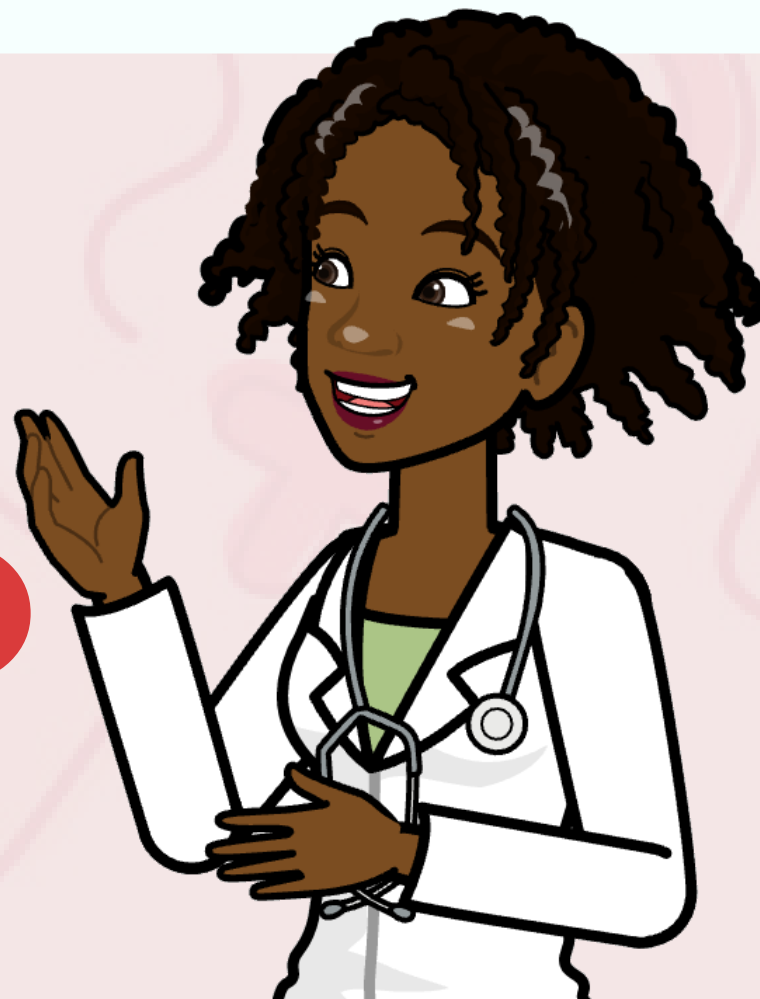


DID YOU KNOW?

Myth: A tampon can get lost in your vagina.

A tampon is not going to get lost in your vagina. While there are possibilities of getting a tampon stuck in your vagina, you do not lose one. If you put a tampon in and cannot find it, you have to insert your fingers and search for the string. While this may feel embarrassing and uncomfortable — you are not the first girl to experience it.

9

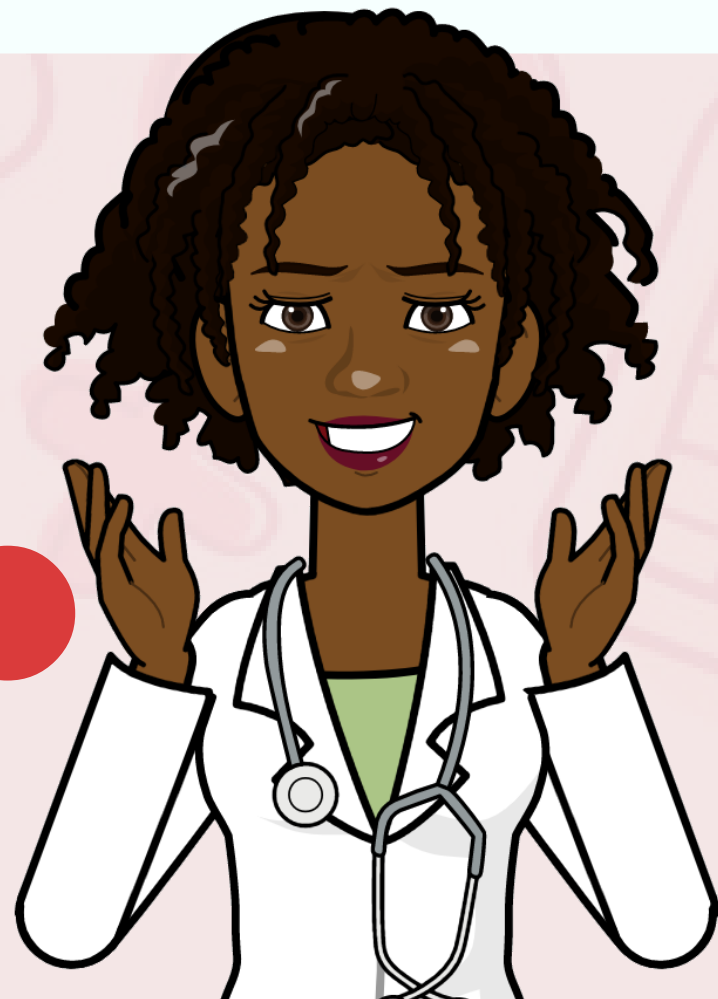


DID YOU KNOW?

Myth: People know when you are on your period.

There are no specific signs or symptoms that indicate that you are on your period. However, there is nothing to hide or be ashamed of, so if you want to talk about your period, go ahead and do so!

10

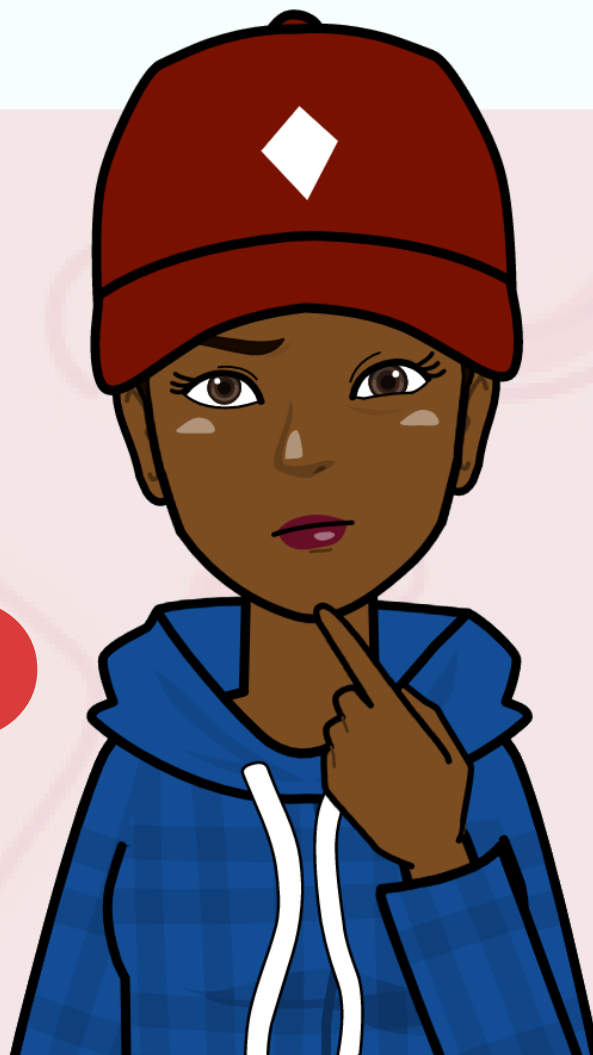


DID YOU KNOW?

Myth: You can hold in your period.

This is completely false. While you can hold your urine in, you cannot do the same with your period blood because it comes from the vaginal area, which lacks sphincters to help keep the blood in.

11.



DID YOU KNOW?

Myth: You need to see a doctor when you get your first period.

You don't need to see a doctor unless there is a serious problem, such as severe bleeding or pain. Be sure to have a chat with a parent or trusted friend who can fill you in on personal hygiene, products to use, and how to take care of yourself while you are on your period.

12.

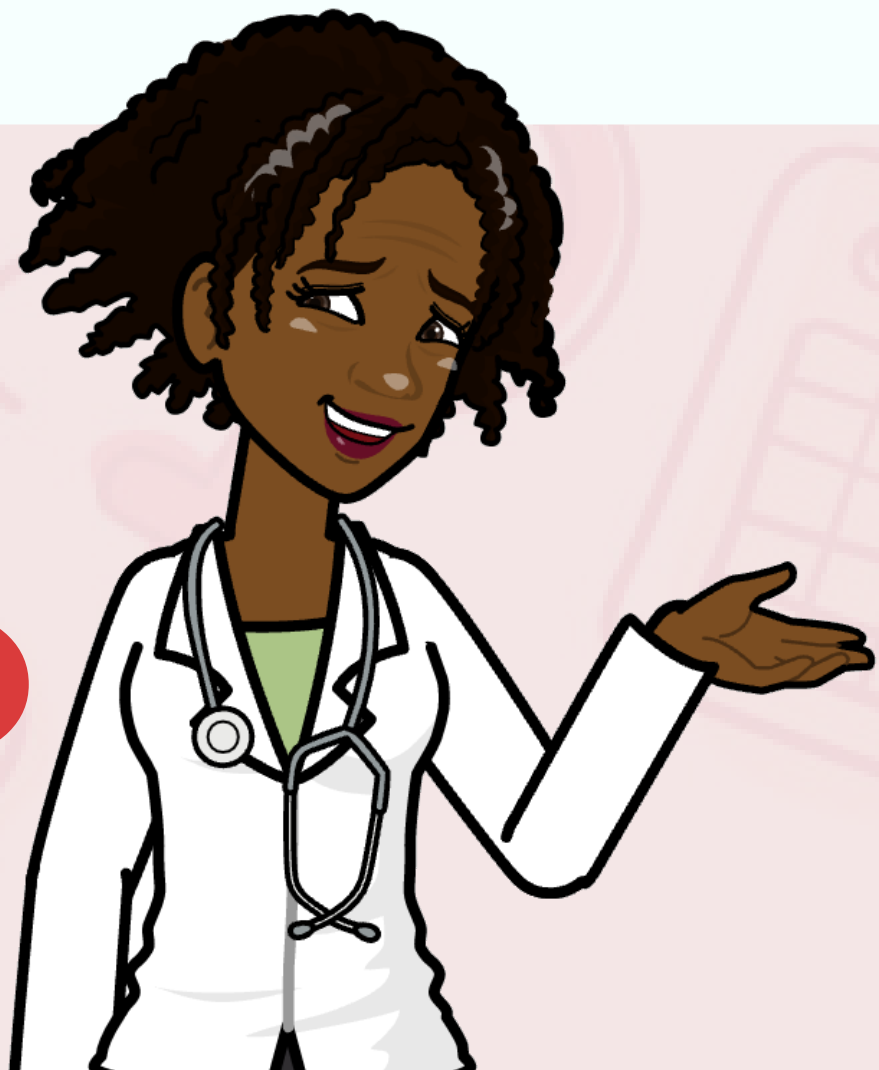


DID YOU KNOW?

Myth: You are definitely pregnant if you missed your period.

Missing your period could be due to a variety of factors other than pregnancy, such as high stress, body weight fluctuations, or medication.

13.



DID YOU KNOW?

Myth: PMS is all in your head.

PMS is not a myth. The pain is real, so is the PMS. Your hormones are constantly changing throughout your menstrual cycle. Estrogen and progesterone levels fluctuate, causing cramping, irritability, and other unpleasant symptoms in the body and the brain. Every girl suffers from at least one PMS symptom every month, and you can not argue with a known fact.

14.

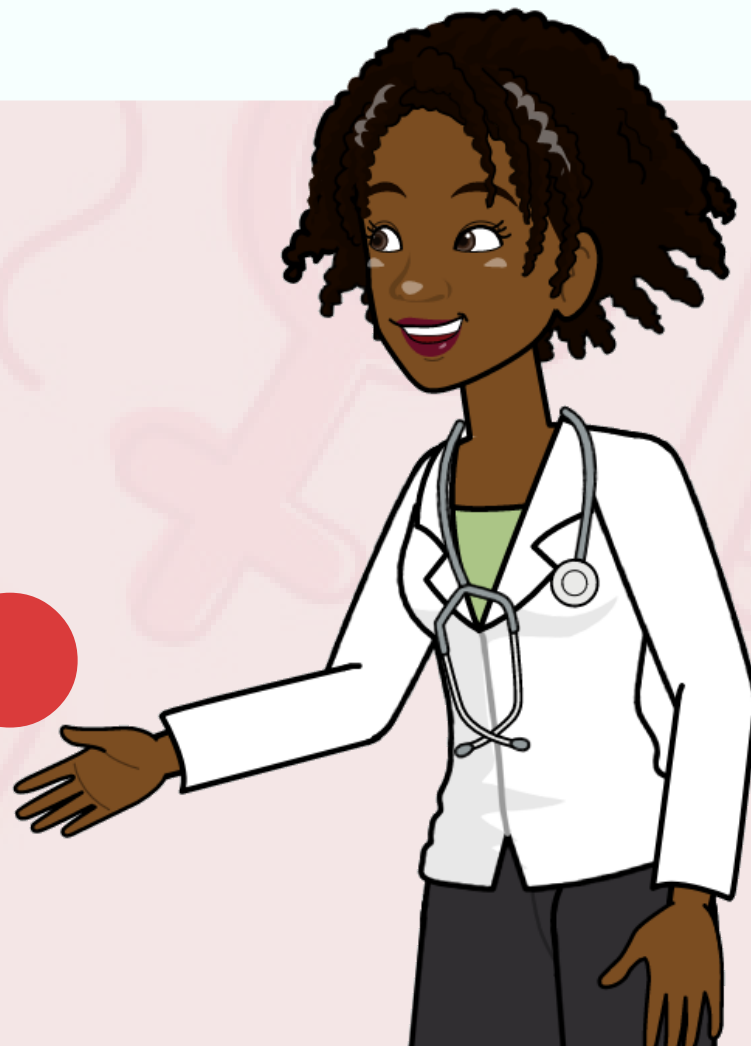


DID YOU KNOW?

Myth: Eating spicy/sour foods worsens menstrual cramps.

Menstrual cramps have nothing to do with eating sour foods. For some people, spicy food causes heartburn or stomach upset, but it does not worsen menstrual cramps.

15.

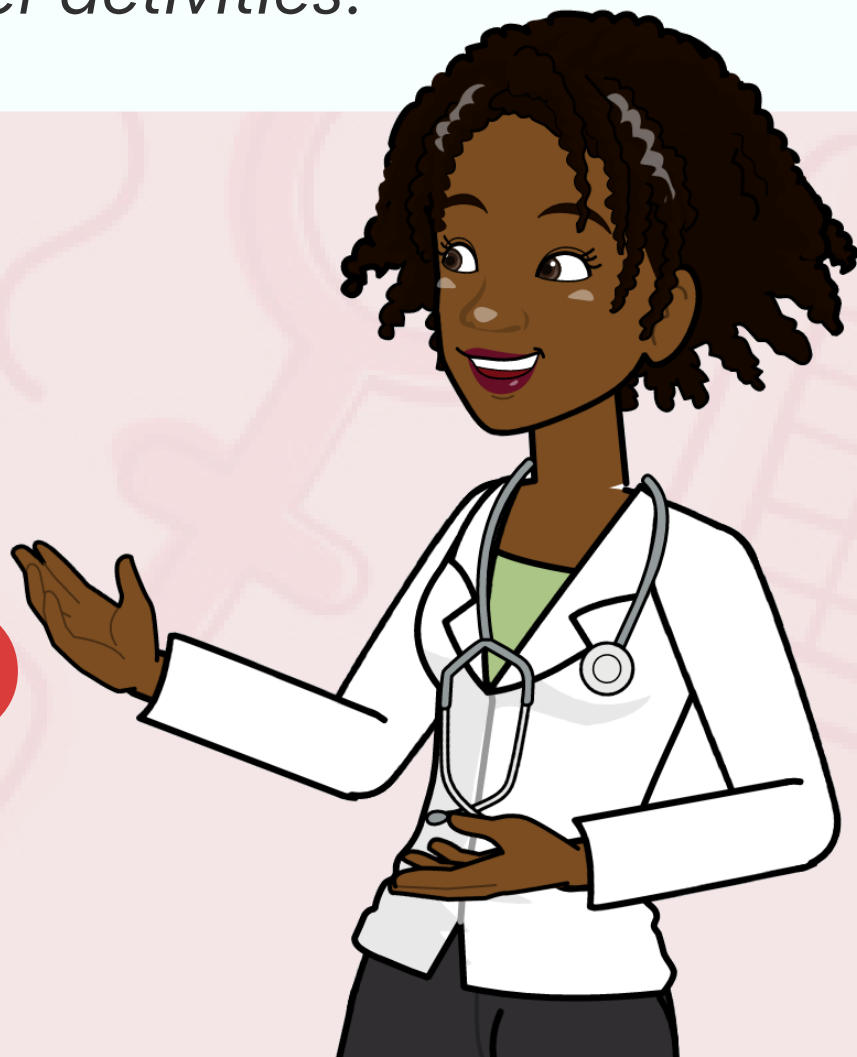


DID YOU KNOW?

Myth: Virgins should not use tampons.

Many people believe that a virgin cannot use tampons, or if a virgin does use a tampon she's no longer a virgin. The fact is using a tampon is not related to virginity at all. A virgin is someone who has not had sexual intercourse therefore, it is not related to tampon use. The hymen of a girl could break even with sports or other activities.

16.

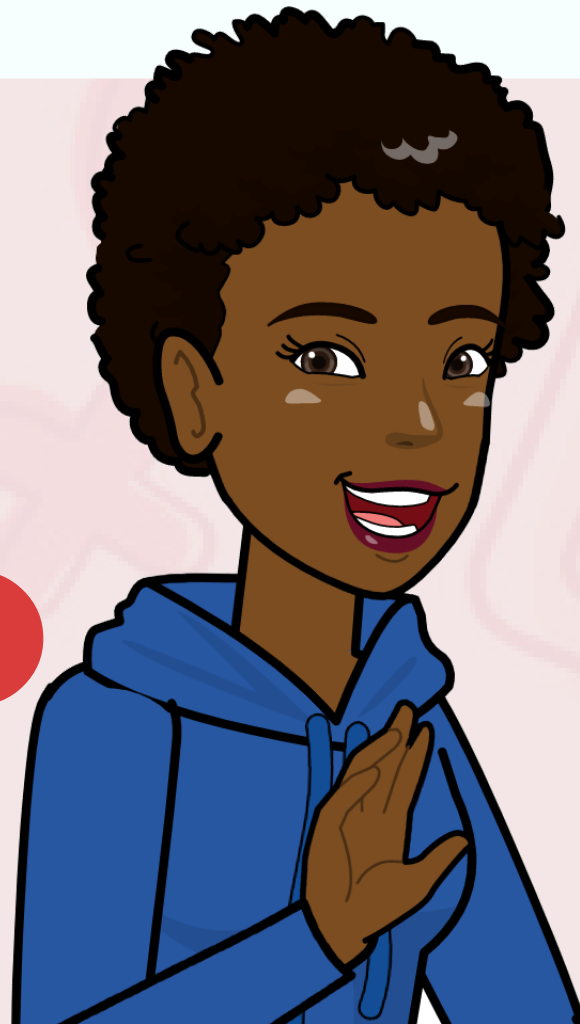


DID YOU KNOW?

Myth: You should not bathe or wash your hair during menstruation.

This myth has been around for a long time. Bathing was thought to either increase or decrease menstrual flow. There is, however, nothing like that. Maintaining hygiene is the most important thing while having your periods, so you should bathe more to feel fresh and clean.

17



DID YOU KNOW?

Myth: Your periods stop when you get in the water.

Even though gravity helps our vaginas by not pulling menstrual blood out of our uteruses while we're in the water, don't go swimming without a tampon. Blood could come out, and while we're all about period positivity, a bloody pool isn't the most effective way to break the taboo.

18.



DID YOU KNOW?

Myth: You can use tampons for vaginal discharge.

When you use a tampon in a dry vagina (even when there is discharge, your vagina is much dryer than when you have your period), you risk developing Toxic Shock Syndrome, a rare but life-threatening infection.

Instead, use an organic pantyliner to avoid the possibility of this happening.

19



DID YOU KNOW?

Myth: Menstrual pain is aggravated by exercise.

Exercise relieves menstrual pain, improves mood by releasing serotonin, and reduces the bloating that many girls experience before their periods.

20.



ABOUT THIS BOOKLET

There are several myths regarding periods that are passed down to young girls. This booklet aims to enlighten young girls and give them accurate answers to some of the period-related questions they may have, and debunk period myths while doing so.

Ask Dr. Joy

Hi, I am Dr. Joy, and I am here to answer all your questions on periods and puberty. Have a question?

visit: padher.org/askdrjoy



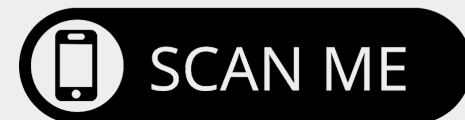
Want to help your daughter manage her period?

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