

MAY 28TH 2025



Menstrual Hygiene Day

DID YOU KNOW?

FACT 1 OF 12

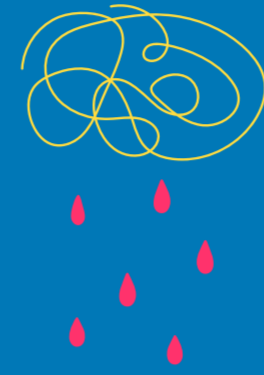
The menstrual cycle occurs in a woman's body every month and has 4 phases:

Menstruation (Phase 1) **Ovulation** (Phase 3)
Follicular (Phase 2) **Luteal** (Phase 4)

The body goes through this cycle to prepare to bring new life into existence.



FACT 2 OF 12



Menstruation is also known as menses, menstrual period, or flow. It is a normal process which prepares a female's body for potential pregnancy each month. If pregnancy does not occur, the linings of the uterus/womb's sheds blood.



FACT 3 OF 12

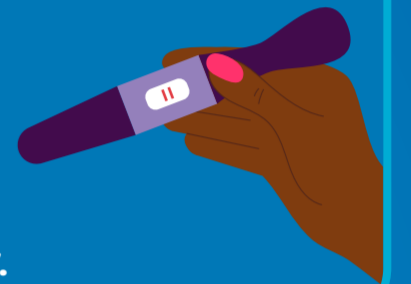


Menstruation starts at puberty when a girl reaches the average age of 12 years old and ends at menopause when a woman reaches the average age of 45 years of age.

FACT 4 OF 12



During a female's lifetime, menstruation also pauses during pregnancy for about 9 months and resumes regular cycle a month or two after childbirth/delivery.



FACT 5 OF 12

On average, menstruation can last for up to 5 days in a month or between 3-7 days.



FACT 6 OF 12

Females who menstruate should bathe at least 2-3 times daily, during the menstruation period.



FACT 7 OF 12



It is recommended that females who menstruate should change their pads or materials use to collect menstrual blood every 4-6 hours for light flows and 2-3 hours for heavy flows.

FACT 8 OF 12

During menstruation, it is recommended that women wear cotton underwear with their pads.



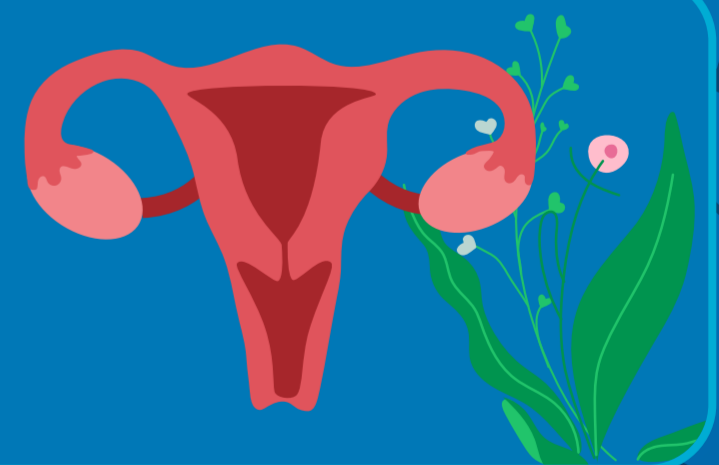
FACT 9 OF 12

During each month, the special organs in the females body (ovaries, fallopian tubes, uterus) all work tirelessly and are powered by hormones hence it is recommended that females should allow more rest time during menstruation.



FACT 10 OF 12

Women are encouraged to do a pap smear test once every 2 years.



FACT 11 OF 12

It is important to pay attention to the colour of the menstrual blood and the duration of menstruation each month.



FACT 12 OF 12

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