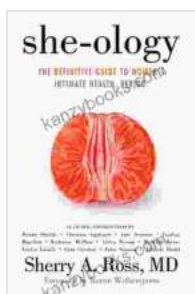


The Definitive Guide to Women's Intimate Health: Period

Every woman experiences her period differently. Some women have light periods that only last a few days, while others have heavy periods that can last for a week or more. Some women have regular periods that come every 28 days, while others have irregular periods that can come more or less frequently.



She-ology: The Definitive Guide to Women's Intimate Health. Period. by Sherry A. Ross MD

★★★★☆ 4.4 out of 5

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| Language | : English |
| File size | : 3847 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| X-Ray | : Enabled |
| Word Wise | : Enabled |
| Print length | : 321 pages |
| Lending | : Enabled |



No matter what your period is like, it's important to understand what's normal and what's not. This guide will provide you with all the information you need to know about your period, including:

- What is a period?
- What are the different phases of a menstrual cycle?

- What are the symptoms of PMS?
- How to track your period
- When to see a doctor about your period

What is a period?

A period is the shedding of the lining of the uterus. It occurs when an egg is not fertilized and the body prepares to start a new menstrual cycle.

The menstrual cycle is a complex process that is regulated by hormones. The hormones estrogen and progesterone work together to thicken the lining of the uterus in preparation for pregnancy. If pregnancy does not occur, the levels of estrogen and progesterone drop, causing the lining of the uterus to shed.

The shedding of the uterine lining is what causes bleeding during a period. The bleeding usually lasts for 3-5 days, but it can be shorter or longer.

What are the different phases of a menstrual cycle?

The menstrual cycle is divided into four phases:

1. **Menstruation:** This is the phase when bleeding occurs. It usually lasts for 3-5 days.
2. **Follicular phase:** This phase begins after menstruation ends. It is when the follicles in the ovaries begin to develop. The follicles contain eggs.
3. **Ovulation:** This phase occurs when a mature egg is released from one of the ovaries. Ovulation usually occurs 14 days before the start of

the next period.

4. **Luteal phase:** This phase begins after ovulation and ends when menstruation starts. It is when the corpus luteum, which is formed from the remnants of the follicle after ovulation, produces progesterone. Progesterone helps to thicken the lining of the uterus in preparation for pregnancy.

What are the symptoms of PMS?

PMS (premenstrual syndrome) is a group of symptoms that occur in the days or weeks leading up to a period. PMS symptoms can vary from woman to woman, but they can include:

- Mood swings
- Irritability
- Anxiety
- Depression
- Fatigue
- Headaches
- Bloating
- Breast tenderness
- Acne

How to track your period

Tracking your period can help you to predict when your next period will start and when you are most fertile. There are a few different ways to track your

period, including:

- **Period tracker app:** There are many different period tracker apps available for free download. These apps can help you to track your period, predict your ovulation date, and identify patterns in your cycle.
- **Calendar:** You can also track your period by marking the days you have your period on a calendar.
- **Charting:** Charting your period involves tracking your basal body temperature and cervical mucus. This can help you to identify your ovulation date.

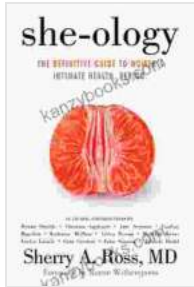
When to see a doctor about your period

If you have any concerns about your period, it is important to see a doctor.

You should see a doctor if you have:

- Heavy bleeding that lasts for more than a week
- Bleeding that occurs between periods
- Painful periods
- Irregular periods
- Missed periods
- Symptoms of PMS that interfere with your daily life

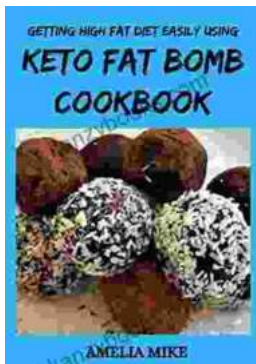
Your period is a normal part of being a woman. However, it is important to be aware of the different phases of your menstrual cycle and the symptoms of PMS. If you have any concerns about your period, it is important to see a doctor.



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