KNOW YOUR FLOW

All About Menstruation

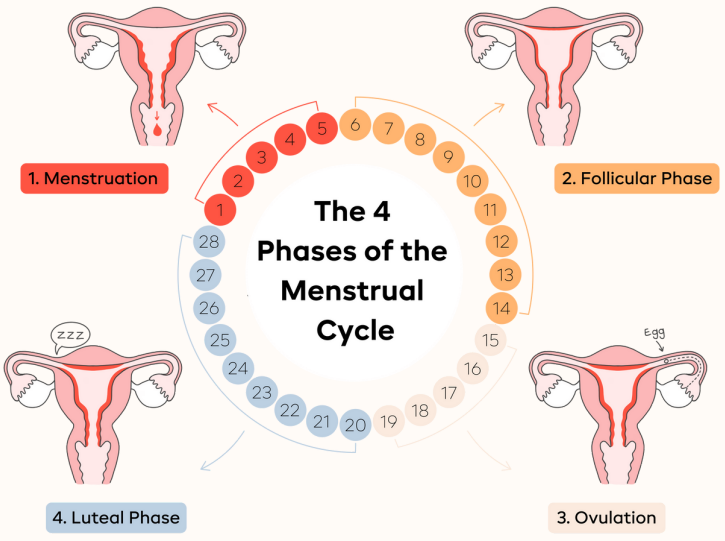
Periods are a natural, healthy part of life. They shouldn't get in the way of exercising, having fun and enjoying life!

What is menstruation? The most well-known stage of the menstrual cycle is menstruation (also known as a period!). A period is a release of blood from the uterus through the vagina. It is a sign that someone is getting close to the end of puberty. The average period lasts from 3 to 5 days. In the United States, most menstruators start their period around age 12. Every body has its own schedule.

What is the menstrual cycle? The menstrual cycle is the monthly process in which hormones stimulate an ovary to release an egg, thicken the lining of the uterus to support a pregnancy and then cause the uterus to shed this lining (through menstruation) if there is no pregnancy. The average menstrual cycle is 28 days, but this varies between menstruators and from month to month.

Day 1 of your menstrual cycle
The first day of bleeding is considered the first day of the menstrual cycle. After bleeding ends, usually around day 5, levels of the hormone estrogen begin to rise.

Ovulation
Around day 12 to 14 in an average 28-day cycle, the egg is released from a follicle on the ovary in a process called ovulation. Ovulation can occur anywhere between 10 and 21 days after the first day of someone's menstrual cycle.



For more information on menstruation go to medlineplus.gov/menstruation.html

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