

KNOW YOUR FLOW

What can I do for cramps?



Take a Pain Reliever

Talk with a responsible adult or your doctor about which medicine is best for you. They can help you figure out how much to take and how often.

Exercise

Being physically active can ease cramps, probably because exercise releases endorphins, which are chemicals in the body that make you feel good!



Get Warm

Try placing a warm water bottle, warm heating pad, or warm compress (like a damp towel warmed in a microwave) on your stomach or take a warm bath.

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

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