

KNOW YOUR FLOW

What Causes a Period?

Wondering what causes a period? Well, it's all part of your body's natural journey through puberty!

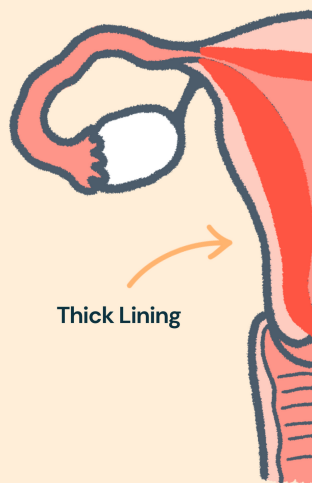
When do periods begin?

Periods typically begin between ages 10 to 16 and continue until menopause, which usually occurs around the age of 45 to 55.

Why does a period happen?

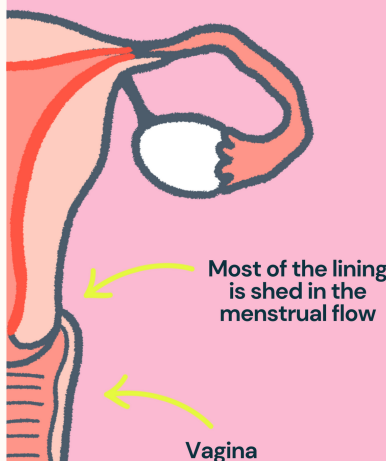
A period happens because of changes in hormones in the body. Hormones are chemical messengers. The ovaries release the hormones estrogen and progesterone. These hormones cause the lining of the uterus (also known as your womb) to build up. The built-up lining is ready for a fertilized egg to attach to and start developing. If there is no fertilized egg, the lining breaks down and bleeds. Then, the same process happens all over again. It usually takes about a month for the lining to build up and then break down. That is why most menstruators get their periods around once a month!

Before a Period



Thick Lining

During a Period



Most of the lining
is shed in the
menstrual flow

Vagina

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