Discussion Guide



Blood
Jen Gunter MD

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Menstruation

Summary

Blood is a practical, empowering guide to what's typical, what's concerning, and when to seek care—recounted with expertise and frank, fearless wit. Dr. Jen, a gynecologist, answers period-related questions, including: What exactly happens during menstruation? How heavy is too heavy? How much should periods hurt? Legitimate menstrual products, and the facts behind toxic shock syndrome.

Questions

1. What common myths about menstruation does this book address?
2. What kinds of stories did you hear about menstruation when you were a child?
3. Is social media a positive or negative tool for information about menstruation?
4. How do you think stories/myths about menstruation vary between cultures or countries?
5. How have societal views and conversations about menstruation changed over our lifetimes? What would you like the future of these conversations to look like?
6. How does misogyny or patriarchy impact women's health topics, including menstruation? How can feminist health care offer a different approach?
7. The author is a physician who utilizes medical research to write books for health care consumers. Do you think her writing is understandable for readers who do not have a science background?
8. What kinds of future medical research would you like to see about menstruation and other women's health topics?
9. What tips does the author offer for you to evaluate health information for accuracy and quality?

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