HOW TO MANAGE PAIN DURING MENSTRUATION

1. TAKING COMMON PAINKILLERS

Common painkillers, like paracetamol, can be bought at pharmacies or at a local shop. It is advisable that you seek a doctor's opinion, however, if the common painkillers don't feel like they're helping.

2. APPLYING HEAT

You can buy a hot water bottle at the supermarket to apply heat to the abdomen and lower back. You can also improvise at home by using a plastic bottle filled with hot water. In either case, the bottle should be covered and wrapped using a thick fabric (like a towel) to prevent any accidental burns.

3. MASSAGING WITH PAIN RELIEF OINTMENT

Applying and massaging a pain relief balm (like Robb or Kaluma) can help relieve lower abdominal cramps, lower back pain, and headaches.

4. EXERCISING

Light exercises like walking can help relieve pain during menstruation.

5. MAINTAINING A HEALTHY DIET

Avoiding fatty foods, alcohol, carbonated beverages, caffeine, and salt can decrease bloating and nausea, as can eating foods rich in fibre and drinking plenty of water.

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