MENSTRUAL HEALTH CONDITIONS

Even though menstruation is a natural process, there are potential health problems related to menstruation that women should know about.

Many menstrual complications can impact the health, wellbeing, and productivity of menstruating employees at work.

- Endometriosis
- Polycystic ovary syndrome (PCOS)
- Premenstrual dysphoric disorder (PMDD)
- Ovarian cysts
- Premenstrual syndrome (PMS)
- Reproductive system cancers
- Uterine fibroids

Common symptoms associated with these conditions:

Severe abdominal pain

Changes to blood flow

Changes in energy

DID YOU KNOW:

- The menstrual cycle signals a lot about a woman's physical health.
- Some family planning methods have side-effects that can cause irregular bleeding, change frequency of menstrual cycles, or alter the intensity of menstrual pain.

IMPORTANT:

Women should track their cycles, stay attuned to their bodies, and see a doctor if their menstrual cycle changes.

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