MENSTRUATION AND FAMILY PLANNING*

Do all women experience menstruation the same way?

No, menstruation varies from person to person and changes throughout a woman's reproductive life.

Is it always easy to track one's period?

Younger women's menstrual cycles are often less predictable and become more regular after puberty. The duration, flow, and frequency of their periods can vary due to such factors as: nutrition, stress, physical endurance, contraceptive use, and pregnancy.

I've noticed that my family planning method causes me to bleed very lightly, sporadically, or more irregularly. Which family planning method is best?

To decide which family planning method is right for you, it is recommended that you see a doctor. Ask the doctor how each method could affect your menstrual cycle.

Can I use family planning to avoid dealing with period cramps?

This is an issue you should discuss with a medical provider.

NOTE: ***Family planning** is also commonly referred to as **'contraception'** or **'contraceptive methods'.**

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