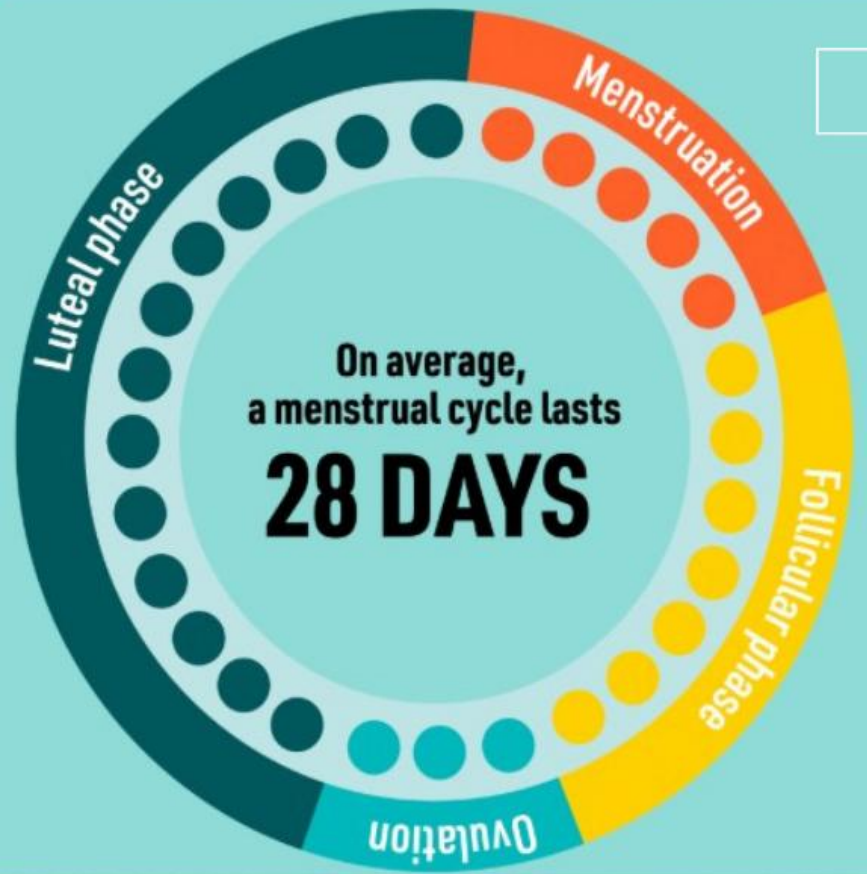


MENSTRUAL HEALTH GUIDE

UNDERSTANDING YOUR CYCLE



COMMON SYMPTOMS

- Cramps
- Bloating
- Fatigue
- Mood changes
- Back pain
- Other:

WHEN TO SEEK CARE

- Severe Pain
- Bleeding more than 7 days
- Heavy Bleeding
- Passing large clots
- Dizziness

Average cycle length: _____

First day of last period: _____