Did You Know?

Period...

Cramps, bloating, mood swings, and fatigue are symptoms of premenstrual syndrome or PMS. Recent studies show that as many as 80% of American women have PMS at some time during the average 400 menstrual cycles occurring between puberty and menopause. Over the course of history some myths have developed around PMS and periods, here are some you may or may not have heard of...

You Can’t Get Pregnant During Your Period
The chances are slim but the chance still exists especially at the end of your menstrual cycle.

It’s Unhealthy to Have Sex During Your Period
Although some women may feel uncomfortable about it, it is perfectly safe and may even help alleviate menstrual cramps.

Periods Are Unsanitary
Quite the contrary, your period is a sign that your body is healthy and functioning properly

PMS Is All Mental
About two weeks before your period, your body undergoes certain hormonal changes that the body as a whole. Irritability, depression, fatigue, as well as weight changes. Some symptoms can affect the mind but it is overall very much a physical ordeal.

Virgins Shouldn’t Wear Tampons
Tampons can not take away your virginity; the only way to do the latter is by having sex. Therefore if you are comfortable wearing tampons during your period then feel free to do so.

You Shouldn’t Bathe or Wash Your Hair During Your Period
Many women find that they perspire more or their hair and skin become oily so it is important to keep clean and feel refreshed.

The information from this “Did You Know” was found at:  
http://www.always.com/mom/mythfact.jsp  
http://www.thesite.org/healthandwellbeing/generalhealth/womenshealth/periodsthemyths

This was brought to you by the Resource/Referral program at EWC as part of a bi-weekly awareness project. R/R is located in the basement of Wilder Hall or you can reach us at 545-0883. For more informational sheets and Everywoman’s Center details, please visit http://www.umass.edu/mvcenter.