

Practice Healthy Habits During your Period



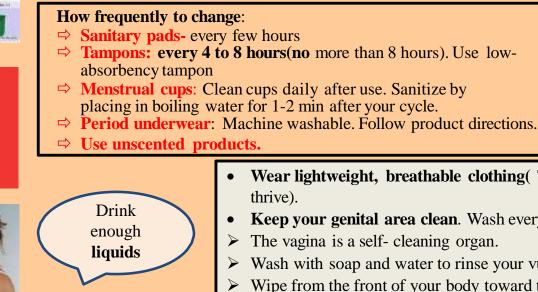












Discarding used disposable menstrual product: wrap

Good menstrual hygiene-

• Helps you stay comfortable.

in toilet paper/tissue- throw in a dustbin.

• Prevents infection.

• Reduces odours.

- Wear lightweight, breathable clothing(Tight fabrics-allows germs to
- Keep your genital area clean. Wash every day.
- Wash with soap and water to rinse your vulva(don't use harsh chemicals).
- Wipe from the front of your body toward the back.

Track and monitor your period-Irregular periods-? Diabetes ?Thyroid dysfunction

?PCOD

Annual well-woman exam-

• Pap smear

Many types of menstrual

Sanitary pads

Menstrual discs Period underwear.

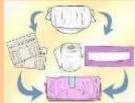
Tampons Menstrual cups

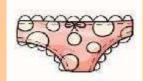
products-

- Pelvic examination
- Breast examination

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Wash your hands- before and after using a menstrual product









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