

Finding the right period product for you

Disposable products.

These are convenient and cost effective.

- **Pads** – Easy to use and suitable for any age, gender identity or culture.
- **Tampons** – Small and discreet. The tampon shouldn't be noticeable or felt once it's inserted. Great for swimming and playing sports easily.

Reusable products.

These are low waste/zero waste options as they are all washed and reused.

- **Menstrual Cups** – Comfortable and won't leak if inserted correctly. Great for exercising and depending on flow, it can be left in for long periods. Product lasts for up to 10 years.
- **Reusable Pads** – Like disposable pads, they're easy to use. Rinse after use, then cold wash and line dry. Product lasts for up to 5 years.
- **Period Underwear** – Convenient, comfortable and odourless. There are pairs for all flow types and can be worn all day. Rinse after use, then cold wash and line dry. Product lasts for up to 10 years.

Although it can take a few years, most people will settle into having regular periods every 21–35 days. If yours are closer or longer apart, see your doctor to rule out any hormonal issues.

As you approach menopause, your periods may become more irregular again. Periods tend to finish between the ages of 40 and 55.

Our mission

To provide safe spaces for period conversations, get period education to those who need it, and ensure everyone in Aotearoa has the same access to period products.

Period inequity (period poverty) has a far reaching impact on our society. Research shows people feel a deep sense of shame, lasting emotional trauma, negative feelings towards themselves.

People also miss out on school, work, and other life activities, and can have physical health problems like infections from using items that aren't safe or clean.

If you have any concerns about your period, talk to your doctor, iwi provider, or someone from Natural Fertility NZ.



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the warehouse

What you need to know about your period and how to manage it



This brochure was created in collaboration by The Period Place™ incorporated charitable trust and Natural Fertility NZ (NFNZ).

The Period Place works at the critical intersection of people with periods and their needs by creating sustainable change for them, their families, and their communities through three pillars: Conversation, Education and Access.

Natural Fertility NZ (NFNZ) supports and educates people in all stages, from puberty through to menopause. We also provide education to schools, health professionals and community groups. If you want to better understand your menstrual cycle, contact your local NFNZ Accredited Educator today. Find us online www.naturalfertility.co.nz



Talk to us on social media.
[@theperiodplace](https://www.instagram.com/theperiodplace)



Call or text us on the phone.
021 090 02460



Email us with any questions.
hello@theperiodplace.co.nz

This free period education is brought to you by The Period Place. Get in touch to find out more about periods, and how you can access free disposable and reusable period products.

About your period

During your menstrual cycle, hormones make the eggs in your ovaries mature and cause the lining of your uterus to grow thick and spongy.

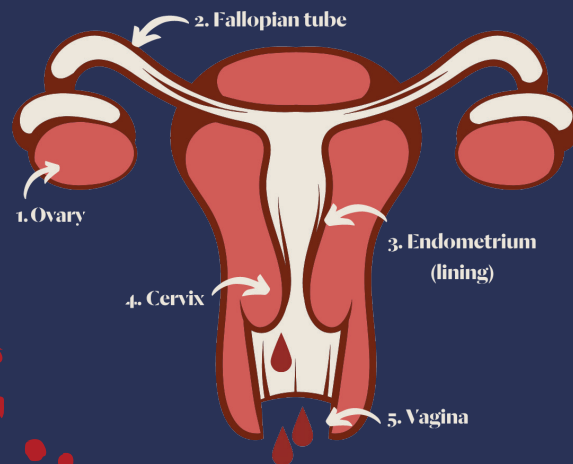
About halfway through your cycle, your hormones tell one of your ovaries to release a mature egg - this is called ovulation. It then travels through one of your fallopian tubes toward your uterus.

If fertilisation doesn't happen, your body doesn't need the thick lining in your uterus.

Your lining breaks down, and the blood, nutrients, and tissue flow out of your body through your vagina.

This is the part people mean when they say you're 'having your period'.

The reproductive system



Dysmenorrhoea

This refers to the intense pain and cramping many people experience during, and after their period. This may be a symptom of your period or a sign of an underlying condition, such as endometriosis.

Premenstrual syndrome (PMS)

PMS is normal and different for everyone. It is a combination of symptoms that about 80% of people get about a week or two before their period. After ovulation, estrogen and progesterone (hormones) levels fall dramatically and are believed to cause PMS symptoms. PMS usually reduces after a period starts, as hormone levels rise again.

Physical symptoms of PMS can include:

- Swollen or tender breasts
- Constipation or diarrhoea
- Bloating or a gassy feeling
- Cramping
- Headache and backache
- Lower tolerance for noise or light

Emotional or mental symptoms of PMS can include:

- Mood swings and irritability
- Feeling tired
- Appetite changes or food cravings
- Trouble concentrating
- Feelings of sadness and tension

Premenstrual dysphoric disorder (PMDD)

PMDD is a severe form of PMS that includes physical and behavioural symptoms experienced after ovulation, with the symptoms usually resolving with the onset of your period.

PMDD causes extreme mood shifts that can disrupt work and damage relationships.

Symptoms include depression and anxiety for the two weeks before your period, uncontrollable irritability or anger, plus common PMS symptoms such as breast tenderness and bloating.

Hormonal symptoms that create negative thoughts or affect how you feel about your partner/whānau on a regular basis are not normal. Talk to someone you trust in your whānau or your doctor.

Looking after yourself

Here are a few simple ways to take care of yourself while you have your period:

- Drink lots of water and eat a healthy diet, snack every 2–3 hours to maintain blood sugar levels.
- Avoid caffeine as it can make you more anxious, irritable and difficult to sleep.
- Use a heat pad or hot water bottle to relieve discomfort.
- Gentle exercise can help cramps.
- Take pain relief medication like ibuprofen, paracetamol or aspirin.