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WEMIN
Migrant Women
Empowerment and Integration

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Migrant Women
Empowerment and
Integration
WEMIN – No 776211

WOMEN'S HEALTH

Session 1: Menstruation and Contraception

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April 2019

Ice-breaker

- Favorite color
- Favorite season of the year
- Favorite food
- If you were an animal, which one would you be?

LEARNING POINTS

WHAT IS MENSTRUATION?

WHY DOES IT HAPPEN?

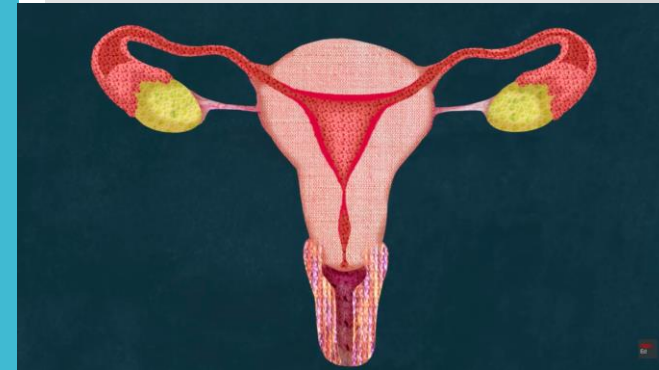
HOW DOES IT WORK?

MENSTRUAL MYTHS

CONTRACEPTIVE METHODS

QUESTION TIME

MENSTRUAL CYCLE

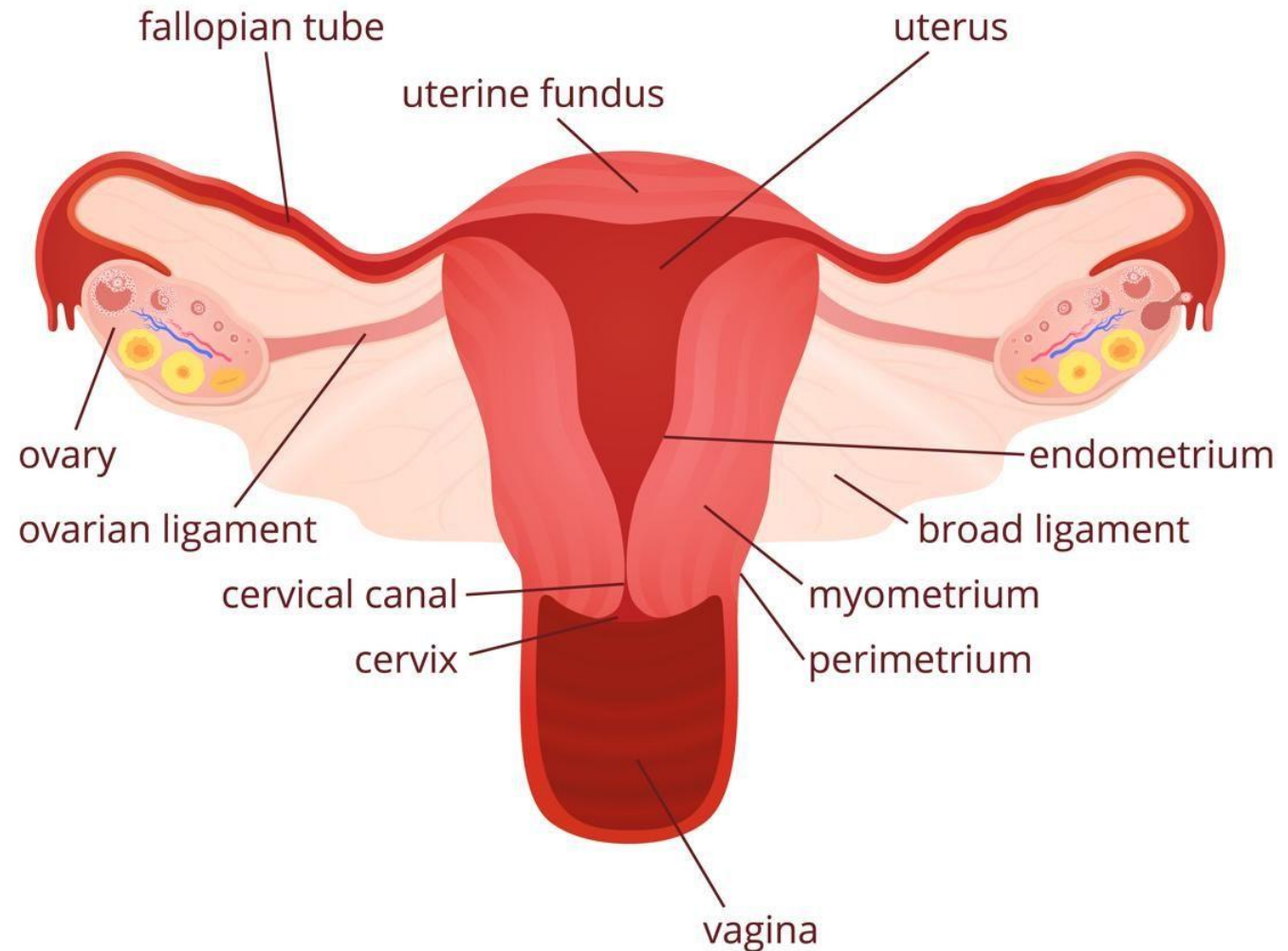


Learning video

<https://ed.ted.com/lessons/how-menstruation-works-emma-bryce>

THE FEMALE REPRODUCTIVE SYSTEM

FEMALE Reproductive System



What is menstruation?

Bleeding originated by the shedding of the uterine lining

Typically occurs once a month

but cycles can vary 21-35 days

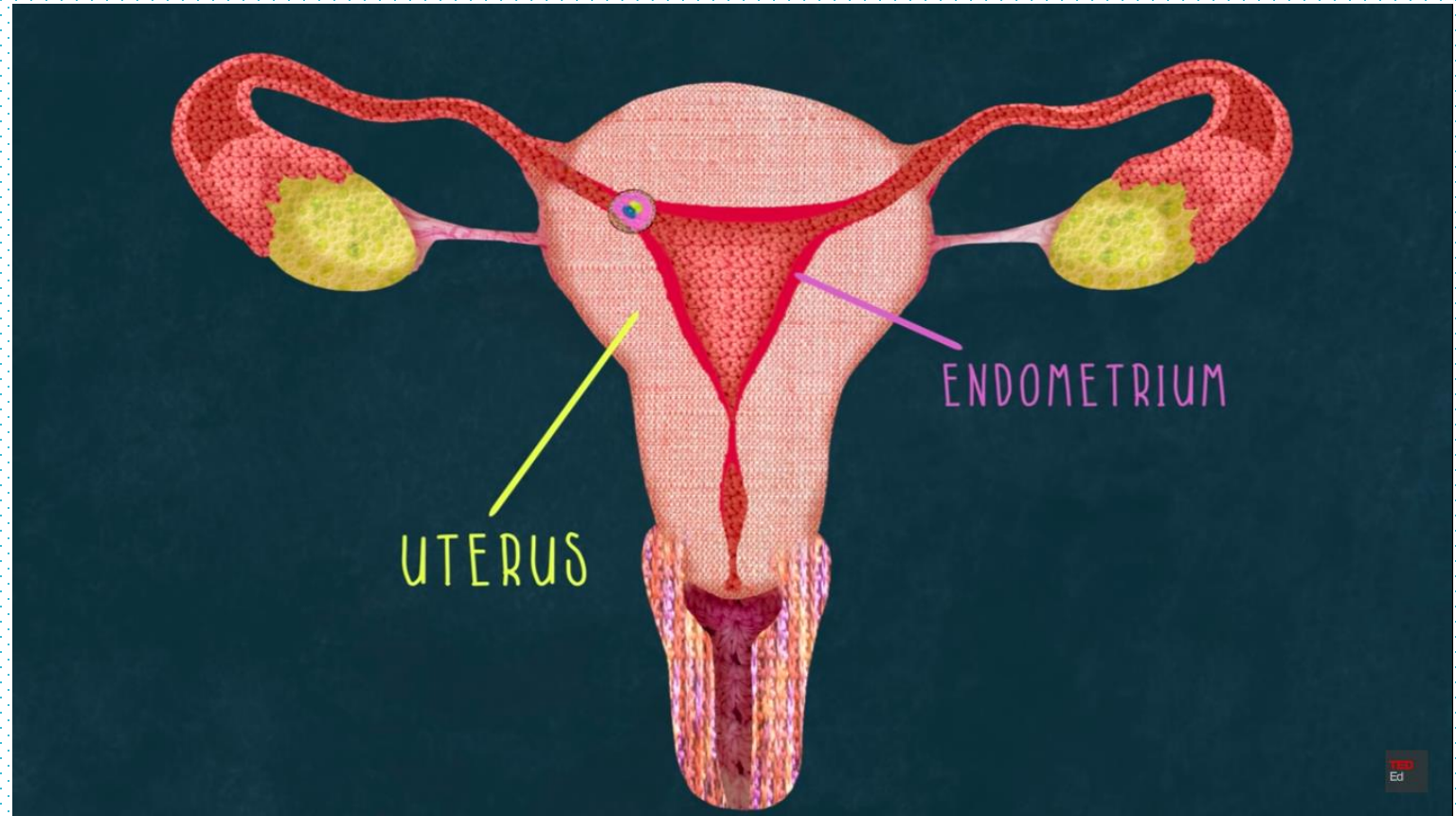
Starts at the beginning of puberty and usually lasts until menopause

It's part of a cycle



THE MENSTRUAL CYCLE
ABOUT 28 DAYS

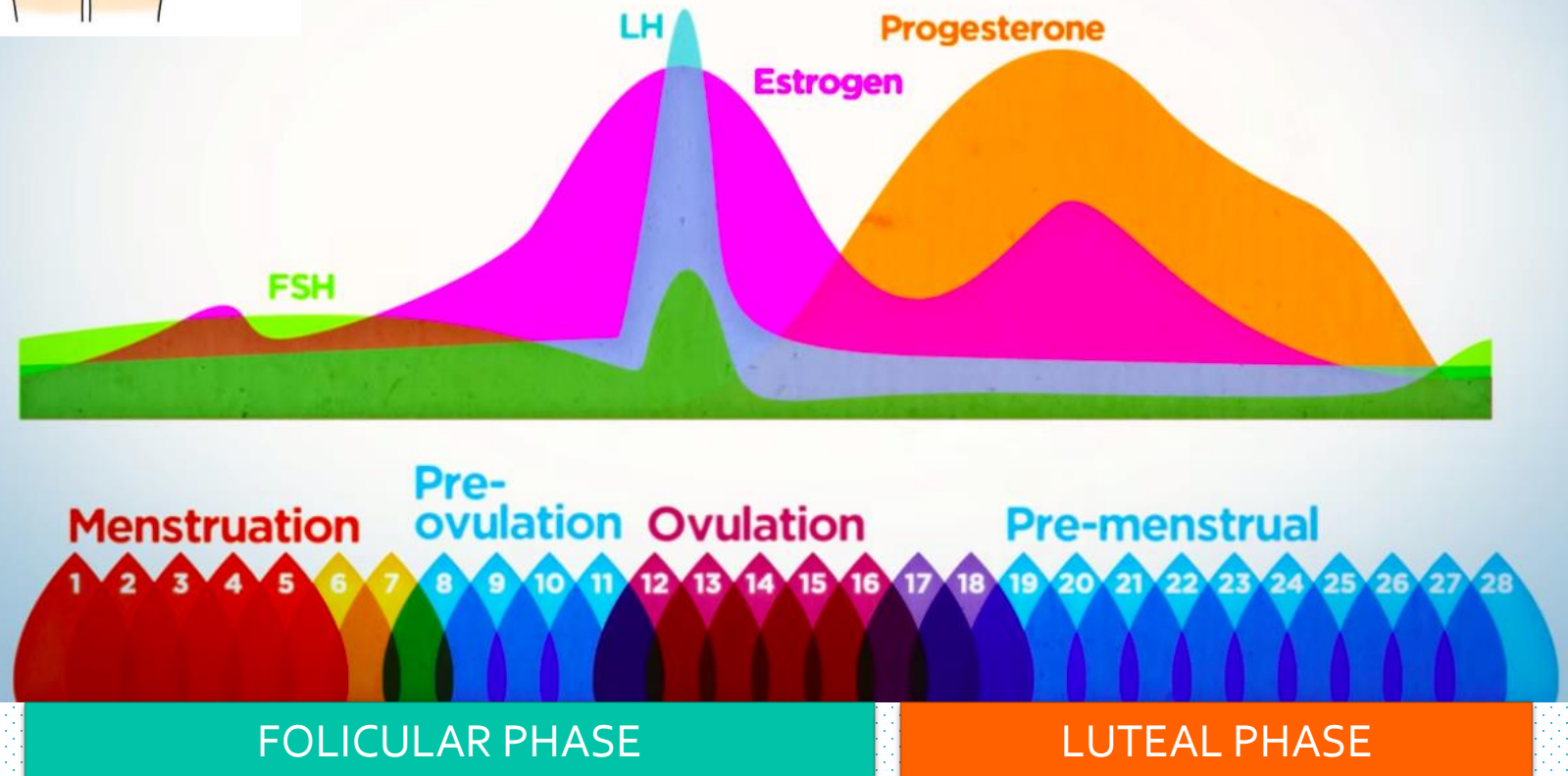
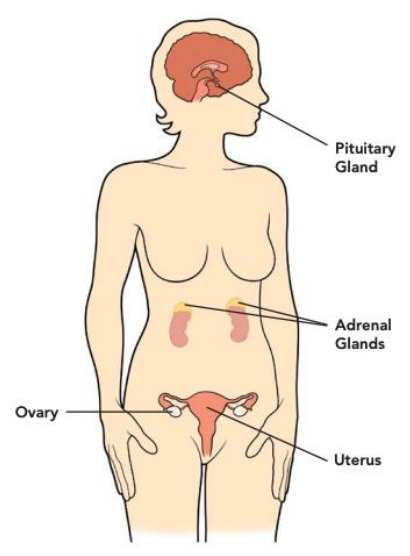
Why does it happen?



Lining of the uterus has prepared itself for a possible pregnancy by becoming thicker and richer in blood vessels.

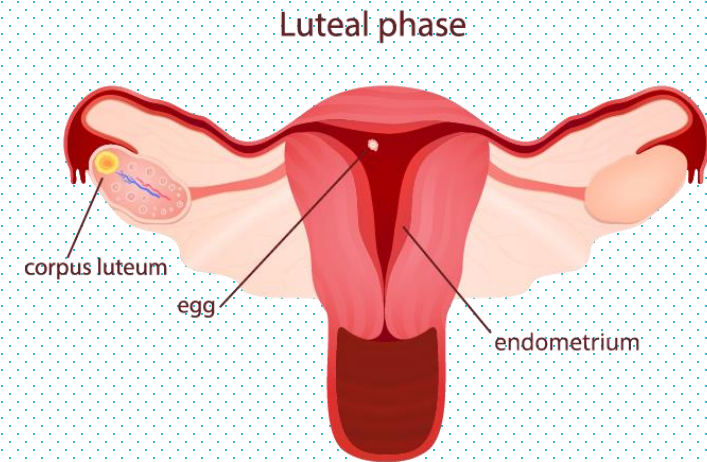
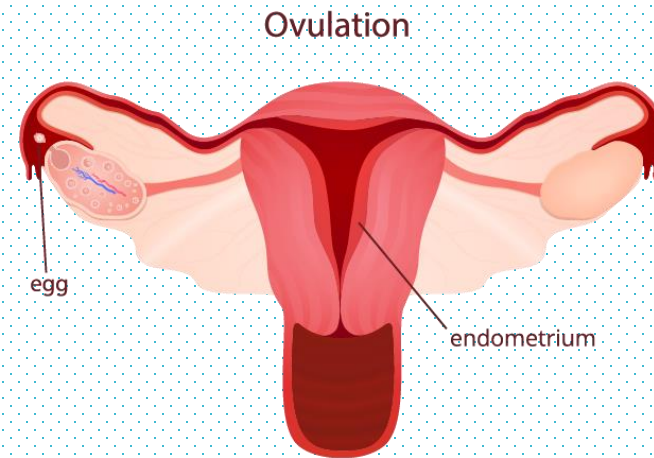
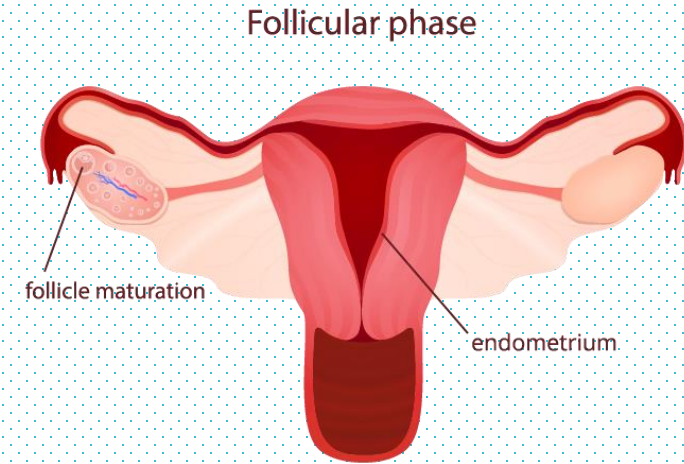
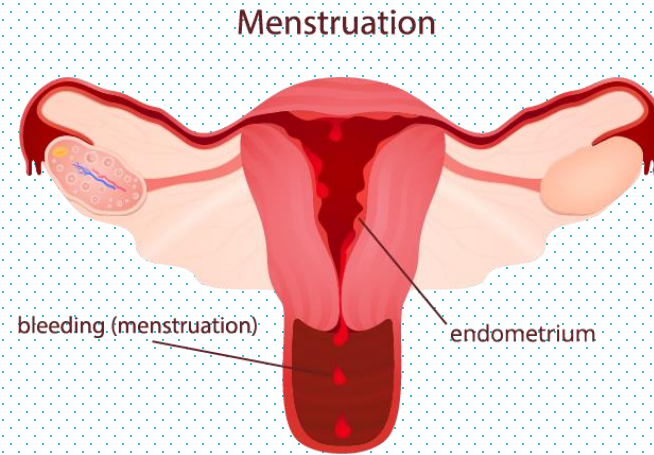
If pregnancy **does not occur**, this thickened lining is shed, accompanied by bleeding.

How does it work?

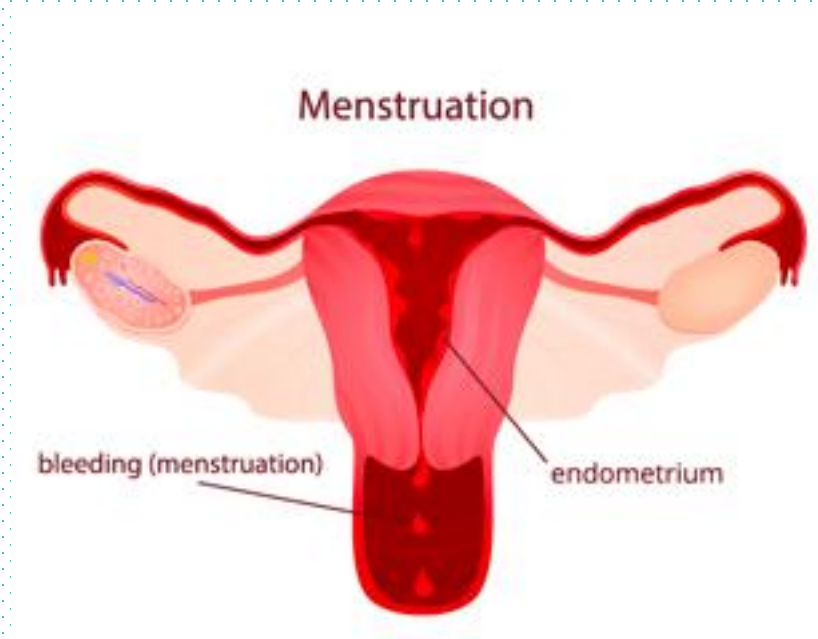


How does it
work?

Classification of menstrual cycle phases

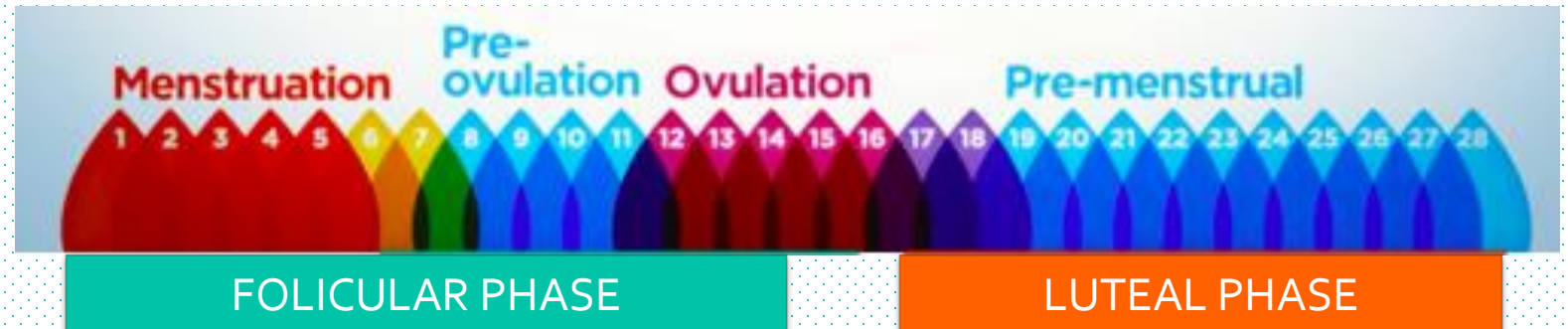


MENSTRUAL CYCLE

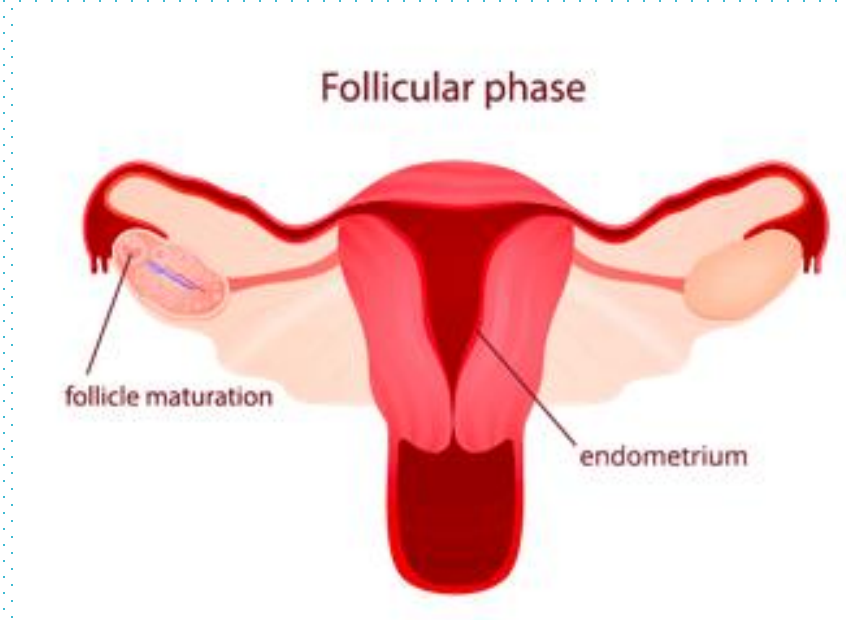


Days 1 – 4

1st day of menstruation – start of the cycle



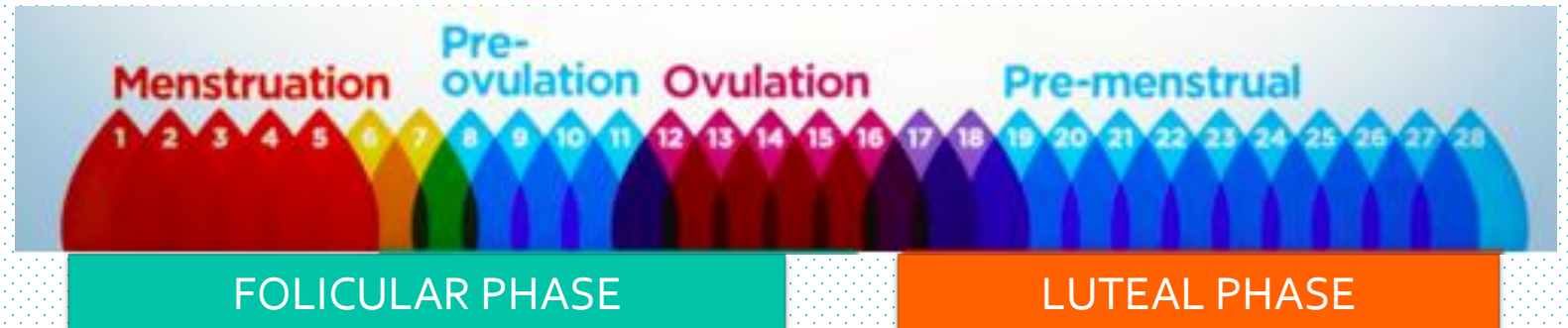
MENSTRUAL CYCLE



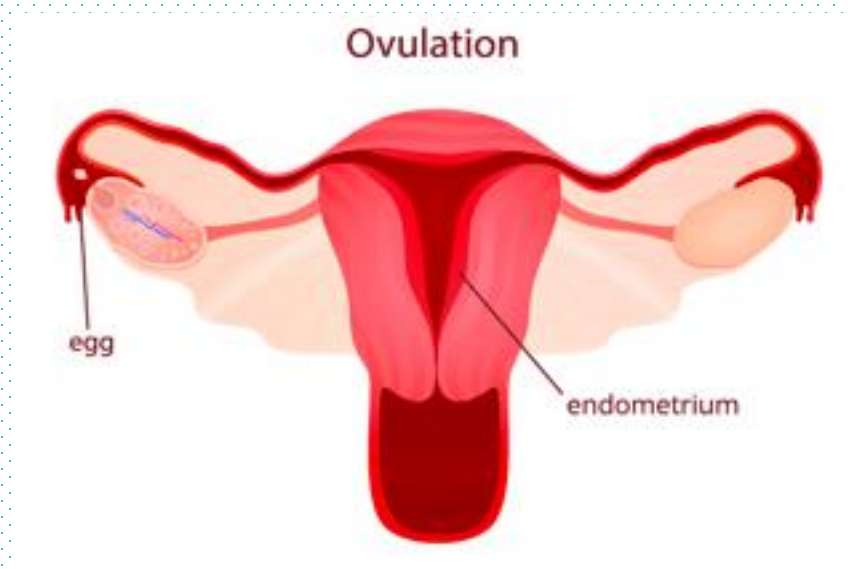
Days 5 - 13

Maturation of the dominant follicle

Proliferation of the endometrium

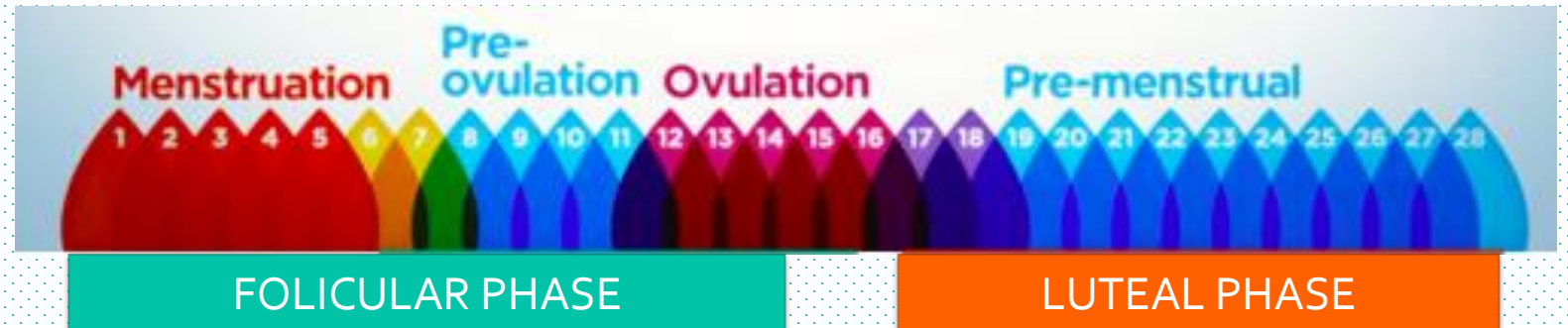


MENSTRUAL CYCLE

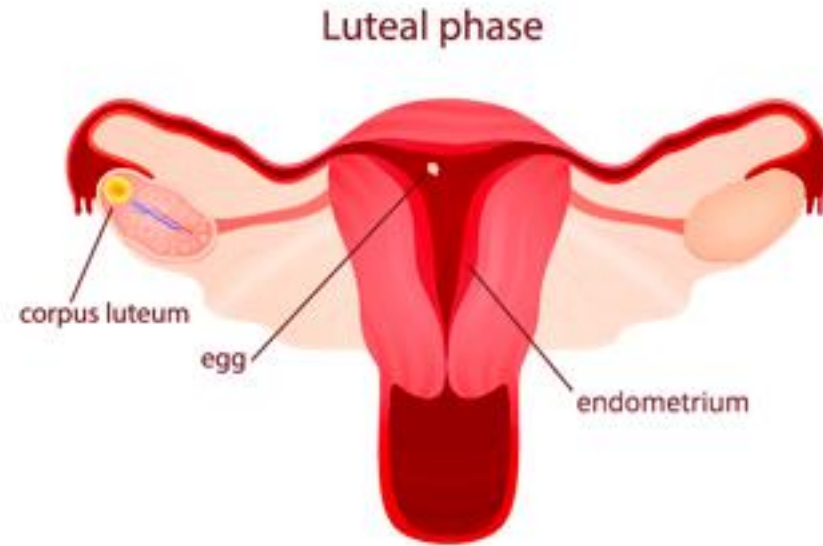


Day 14th

Release of the dominant follicle



MENSTRUAL CYCLE

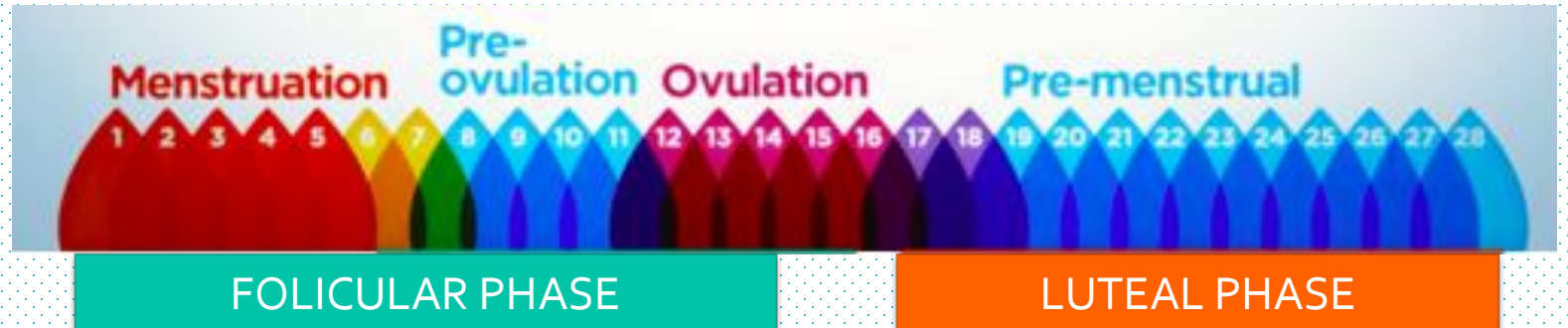
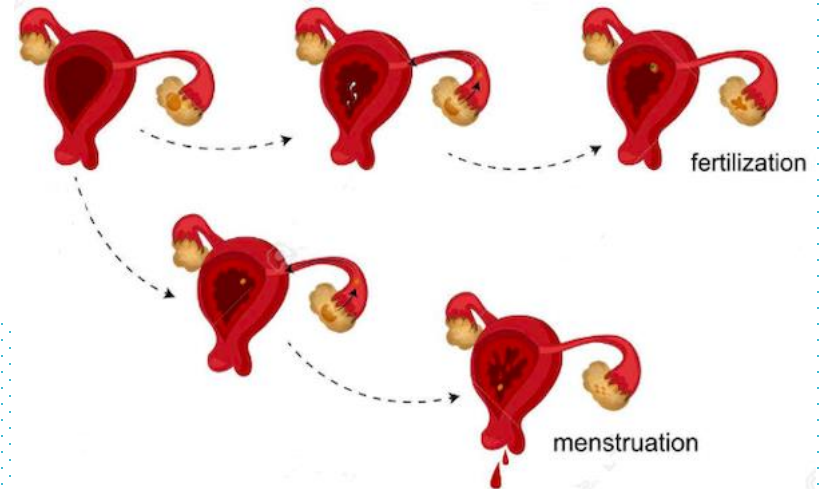


If egg is fertilised – pregnancy

If egg is not fertilised - endometrium
breaks down

Days 15-28

Secretory changes of the
endometrium




MYTH OR TRUTH



- *You lose a lot of blood during your period* ❌
- *Skipping your “period” using birth control pills is safe* ✅
- *You can get pregnant while on your period.* ✅
- *Women living together can synchronize their periods.* ❌
- *You shouldn’t have sex during your period* ❌
- *If you miss your period, you’re pregnant.* ❌

CULTURAL MYTHS

- <https://helloculture.com/articles/culture/36-superstitions-about-periods-from-around-world>

MORE INFO

CYCLE A-ZLIFE STAGESCULTURESEX




MOST POPULAR ARTICLES

Cycle A-Z
Getting wet: discharge vs. cervical fluid vs. arousal fluid
All the fluids, explained.

Sex
Can you get pregnant from “precum”?
Can precum cause pregnancy? The short answer is yes. Here's what science...

Sex
Let's talk about squirting: Why is it important, and what does it feel like?
It seems that we have been ejaculating for a long time.



About Clue

How we think about birth control at Clue

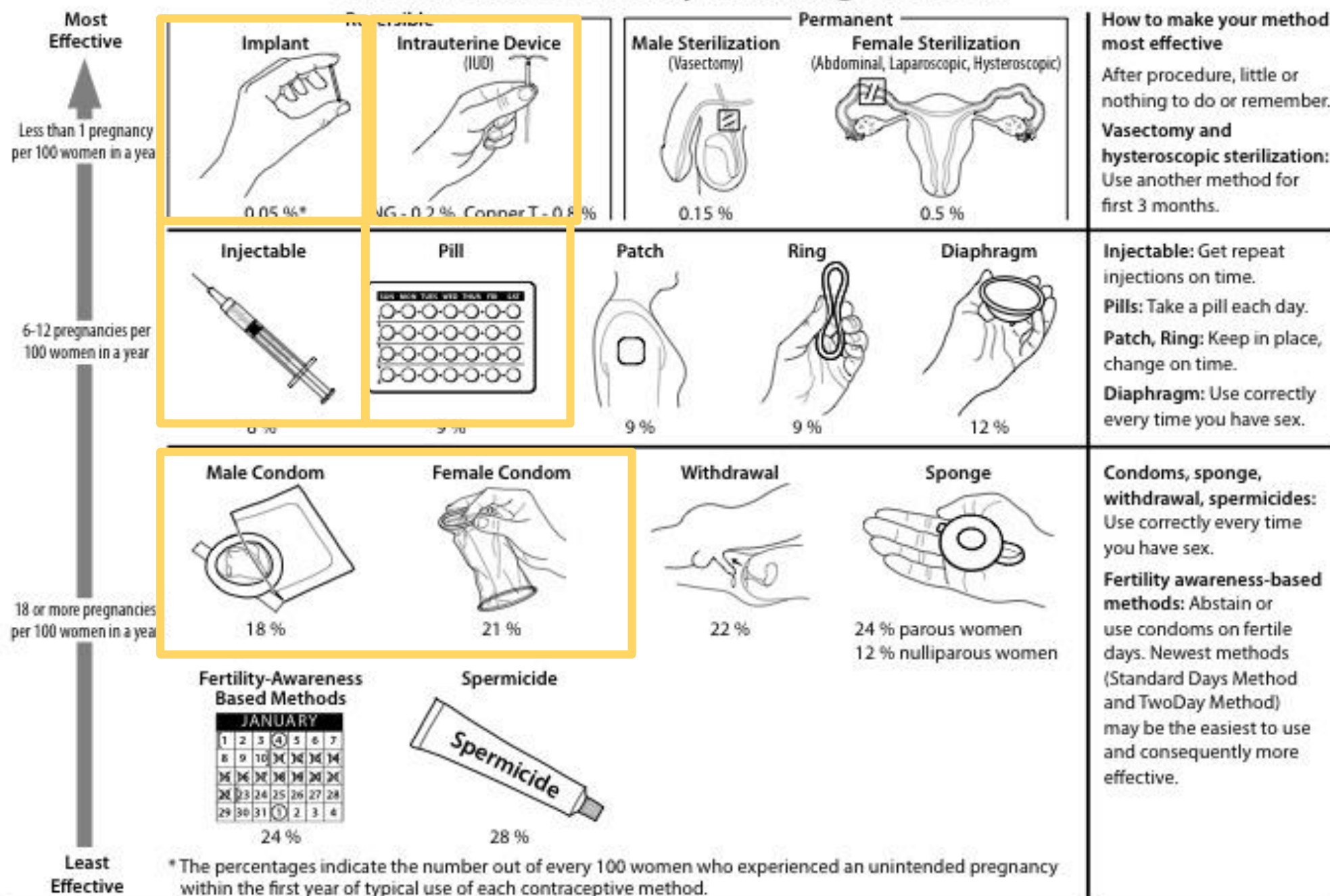
<https://helloclue.com/>

<https://www.yourperiod.ca/resources/>

CONTRACEPTIVE METHODS

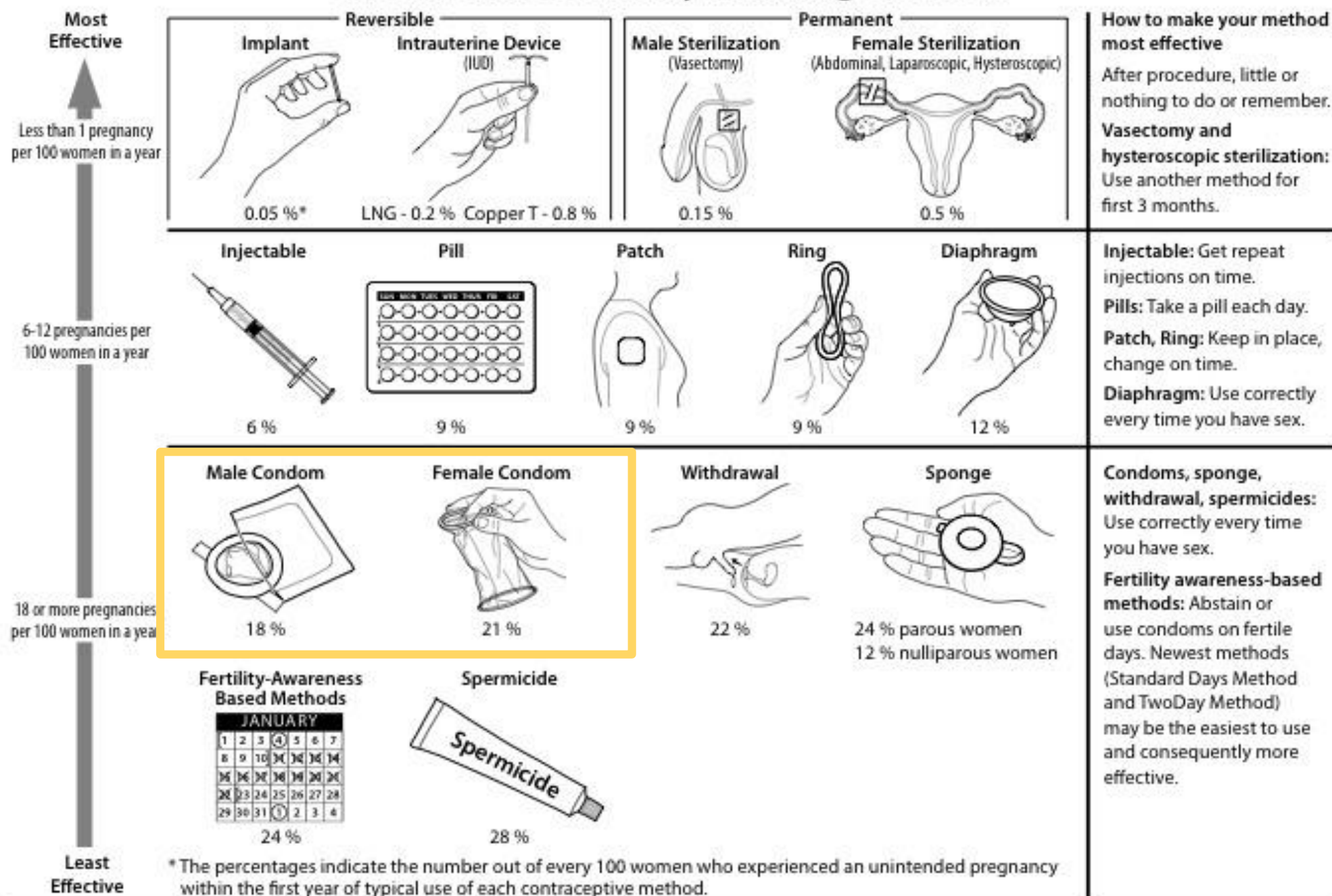


Effectiveness of Family Planning Methods



* The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.

Effectiveness of Family Planning Methods

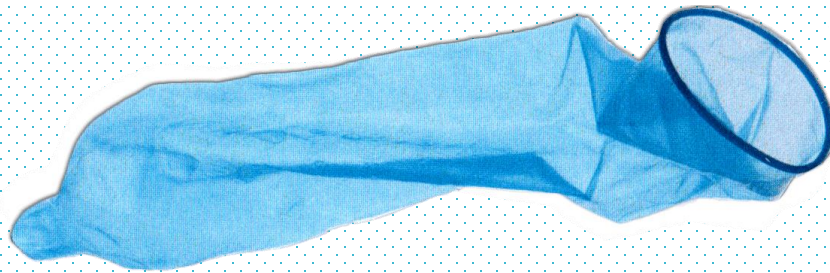


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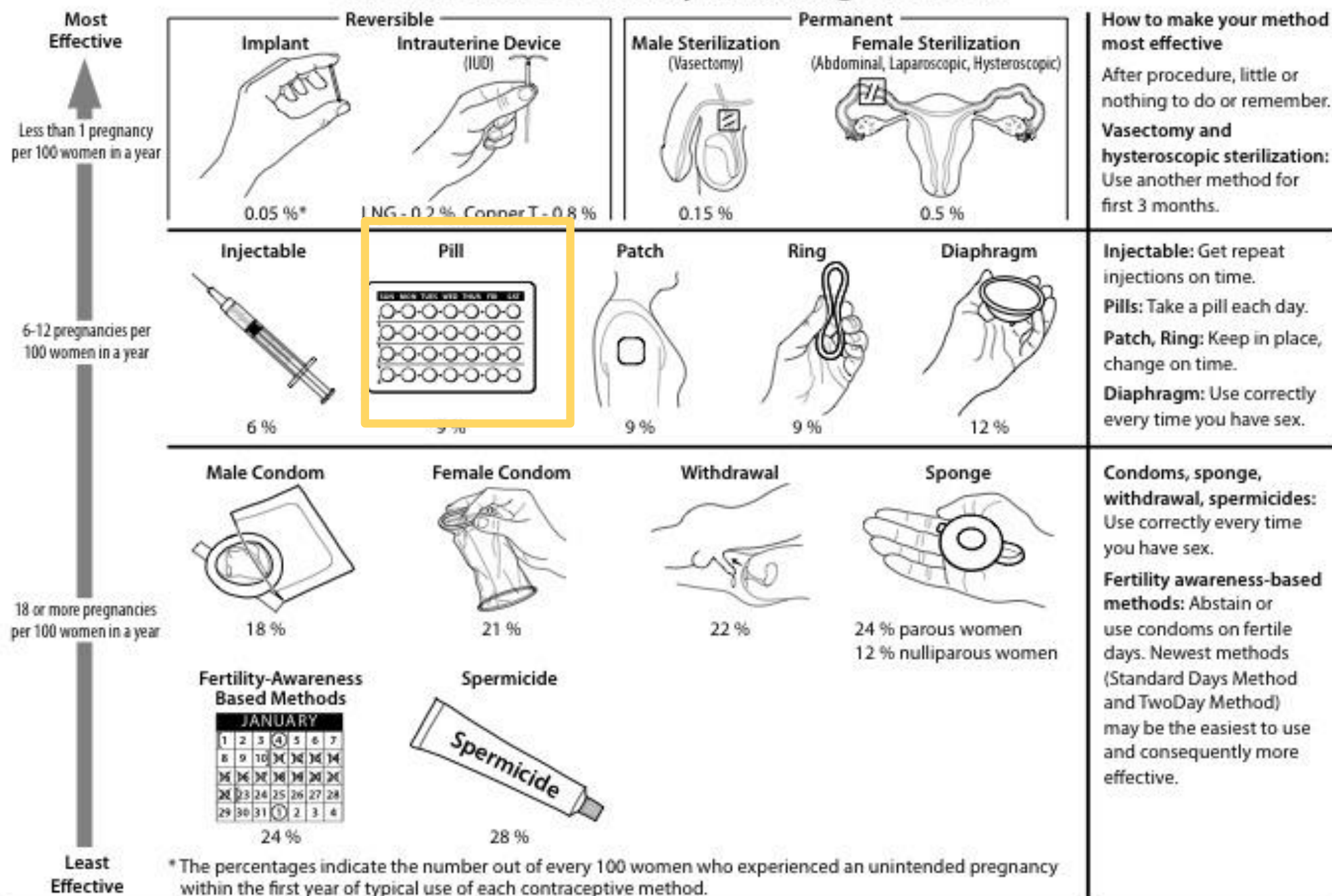
External and Internal Condoms

- NON-HORMONAL
- One use
- Sexual Transmitted Infections (STIs)

Effect over menses	Menses pain	Breastfeeding	Acne	Effectiveness
no	no	yes	no	~82%



Effectiveness of Family Planning Methods



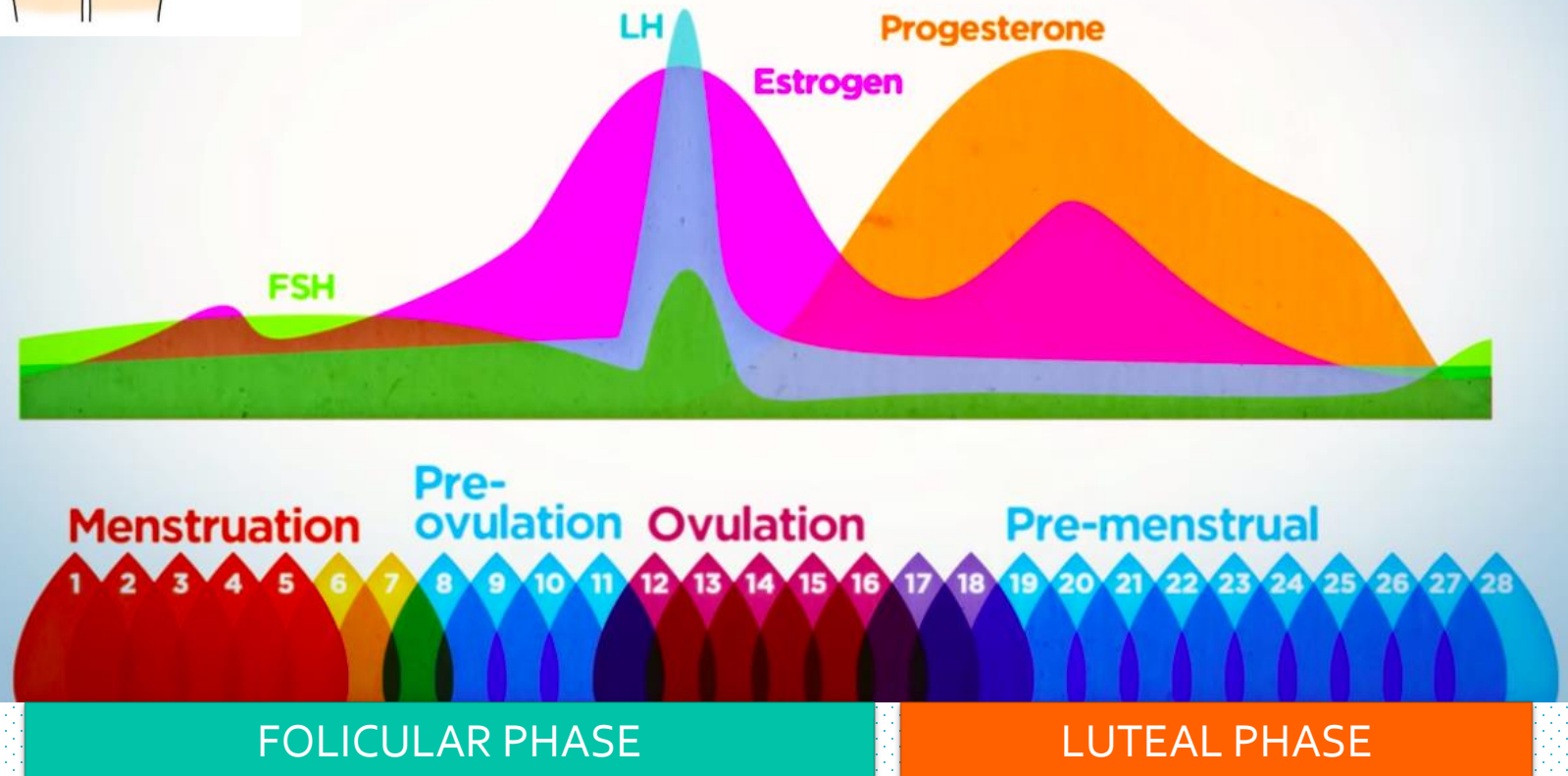
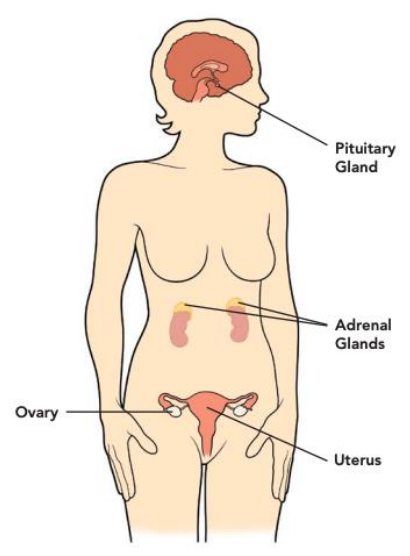
* The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.

Pills

- HORMONAL
 - Combined: estrogen+progesterone
 - Progesterone
- 1 a day
- Block ovulation but no problems with fertility



How does it work?



Female Reproductive System

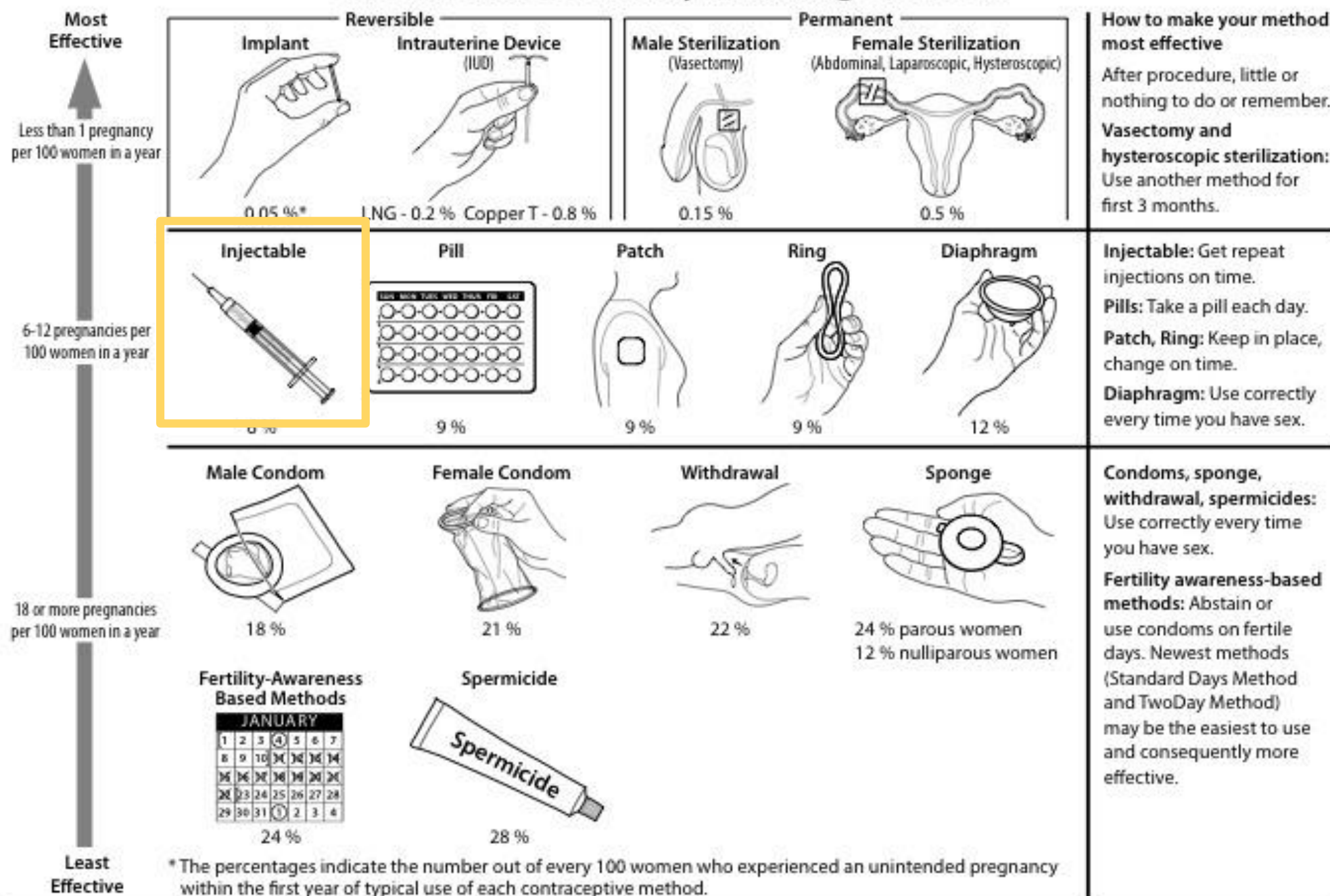


Pills

- HORMONAL
 - Combined: estrogen+progesterone
 - Progesterone
- 1 a day
- Block ovulation but no problems with fertility

	Effect over menses	Menses pain	Breastfeeding	Acne	Effectiveness
Combined	Regular	yes	no	yes	~91%
Progesterone	Irregular or no menses	yes	yes	no	~91%

Effectiveness of Family Planning Methods



Injectable DEPO- PROVERA

- HORMONAL: Progesterone
- 1 every 12 weeks
- Arm
- Block ovulation
 - Fertility: up to a year

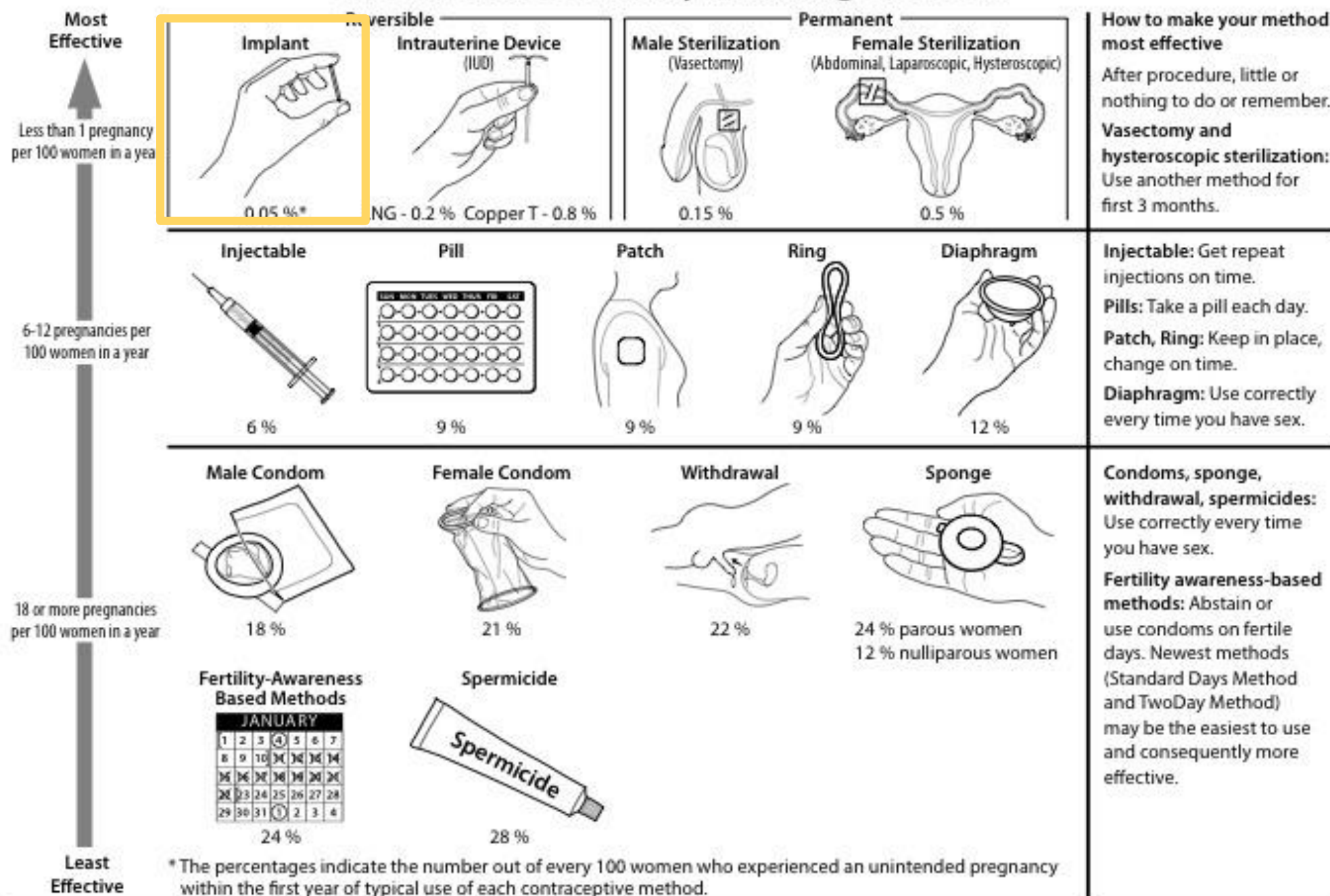


Injectable DEPO- PROVERA

- HORMONAL: Progesterone
- 1 every 12 weeks
- Arm
- Block ovulation
 - Fertility: up to a year

Effect over menses	Menses pain	Breastfeeding	Acne	Effectiveness
Irregular or no menses	yes	yes	no	~94%

Effectiveness of Family Planning Methods



* The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.

Subcutaneous Implant

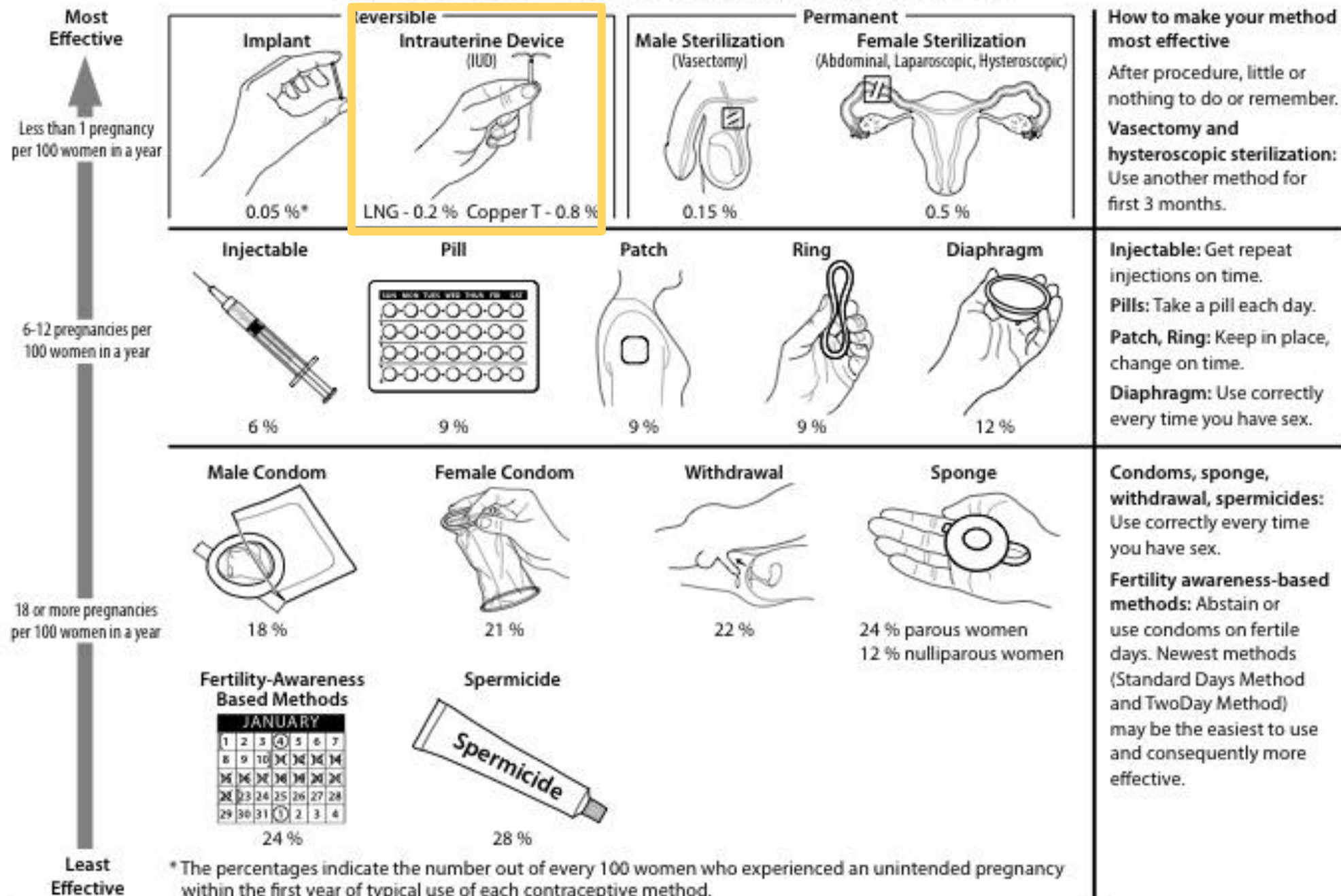
- HORMONAL: Progesterone
- 1 every 3 years
- Non-dominant arm
- Block ovulation but no problems with fertility

Effect over menses	Menses pain	Breastfeeding	Acne	Effectiveness
Irregular or no menses	yes	yes	no	~99%

Subcutaneous Implant



Effectiveness of Family Planning Methods



* The percentages indicate the number out of every 100 women who experienced an unintended pregnancy within the first year of typical use of each contraceptive method.

IUD – Intra-Uterine Devices

- **NON-HORMONAL**

- Copper IUD
- 1 every 10-12 years
- “Stops” the sperm from reaching the uterus



- **HORMONAL**

- Progesterone
- 1 every 5-7 years
- “Stops” the sperm from reaching the uterus



Female Reproductive System



IUD Intra-Uterine Devices

NON-HORMONAL

- Copper IUD
- 1 every 10-12 years
- “Stops” the sperm from reaching the uterus

HORMONAL

- Progesterone
- 1 every 5-7 years
- “Stops” the sperm from reaching the uterus

	Effect over menses	Menses pain	Breastfeeding	Acne	Effectiveness
Copper	Regular +/- increases	no	yes	no	~99%
Progesterone	Irregular or no menses	yes	yes	no	~99%

Question time!