

Title: Periods

Meta title - Woman and Periods

Meta Description - The menstrual cycle when a woman bleeds for a few days is known as a **period**. This usually happens every 28 days; however, this may vary from 21-40 days in a few women.

Introduction -

This phenomenon in women starts right when they enter into teenage, i.e. when they turn 11-12 years of age. But what are periods? **Periods** are when a woman bleeds for a few days from her vagina. After 28 days, it comes back to most of the women. Periods come back within 21 to 40 days of their menstrual cycle. During this period, women release tissues that are not required in their bodies. Every month, your menstrual cycle helps your body prepare for pregnancy. During periods you see your hormones change. The **period** is also known as mensuration.

What are **periods' symptoms**?

- Having ache is normal during the period
- You have mood swings
- You feel tired, but you can't sleep
- Your breasts are sore or heavy
- You have a headache
- You're bloated and gassy
- You feel anxious or depressed
- Your lower back hurts

What happens before the **period**?

Before periods you may face these problems such as abdominal cramps, headache, muscle aches, lower back pain, fatigue, bloating, joint pain, acne, diarrhoea or constipation, tender breasts.

What are **period cramps**?

Period cramps are menstrual cramps in the lower part of the abdomen. These happen during or before the start of periods. For some women, **period cramps** can merely be a little discomfort. However, it can be very painful for some and hinder their day-to-day activities. While some women also face dizziness, nausea and frequent body pain (ranging from headache to thighs).

What is a menstruation cycle?

The menstrual cycle is a series of natural changes in hormone production and the structures of the uterus and ovaries of the female reproductive system that makes pregnancy possible. The ovarian cycle controls the production and release of eggs and the cyclic release of estrogen and progesterone.

Missed or late **periods** happen for many reasons other than pregnancy. These causes can vary significantly; some can be just hormonal imbalances, while others could be serious medical conditions. There are also two times in a woman's life when it's normal for her period to be irregular: when it first begins and when menopause starts.

Why is the menstrual cycle important?

The menstrual cycle provides important body chemicals, called hormones, to keep you healthy. It also prepares your body for pregnancy each month. A cycle is counted from the first day of 1 period to the first day of the next period.

Phases of the menstrual cycle.

Menstrual phase: It is the day 1, the uterus line which gets prepared for implantation, begins to break and lasts 3 to 5 days,

Follicular phase: The primary follicle develops into a fully grown Graafian follicle during this phase. Meanwhile, the proliferation of the endometrium starts as well, and the uterus begins the preparation for another pregnancy.

The endometrium also starts increasing. The uterus starts preparation for another pregnancy.

Ovulatory phase: Mid-cycle phase, this is the phase in which ovulation takes place, i.e., day 13-17. The end of the follicular phase and the ovulation period define the fertilisation period.

Luteal phase: It is the post-ovulation phase, where the fate of the corpus luteum is decided. If fertilisation occurs, pregnancy starts. If fertilisation doesn't occur, it marks the onset of another cycle.

Role of Hormones in Menstrual Cycle:

In the human body, Hormones are responsible for various changes. These are chemical messengers released by endocrine glands. Resultantly, menstruation is regulated by respective hormones. Female hormones such as estrogen, progesterone, FSH and LH influence the menstrual cycle.

The phase through which a girl undergoes is decided through variation in the levels of these specified hormones.

How do the **periods** start?

The process is a long one; an egg travels from the fallopian tube to the uterus. Suppose the egg meets a sperm cell and gets fertilised. In that case, it attaches itself to the uterus wall and gradually develops into a baby. If the egg doesn't get fertilised, the lining on the uterus breaks down and bleeds, therefore, causing a period.

At what age does the **period** stop?

With the start of 40s, menstrual periods tend to become irregular, longer or shorter, light or heavy, and more or less frequent too and then eventually-, on average, by the time a woman reaches the age of 51, the ovaries stop releasing the eggs. The woman doesn't get any more periods. After a woman reaches menopause, the periods stop completely.

What is menopause?

It is a time that marks the end of the menstrual cycle. It happens when women have gone through 12 months without being on periods. Menopause can happen in your 40s or 50s, but the average age is 51 in the United States. Menopause is a natural biological process.

Menopause occurs when you have gone 12 consecutive months without a menstrual period. Changing levels of estrogen and progesterone, two female hormones made in the ovaries, lead to symptoms like hot flashes and vaginal dryness. Menopause is a natural part of ageing and marks the end of the female reproductive years.

Frequently Asked Questions:

1. What is the average duration of **periods**?

The average duration of periods is three-four days. However, these can be a little irregular for a few women.

2. What to do in case of irregular periods?

There is no proper treatment at this time. However, the concerned person can consult a doctor for hormonal contraceptives.

3. Can there be a delay in periods?

Periods can be delayed sometimes due to hormonal imbalances, which is normal.

4. Can periods cause any other infection?

Lack of menstrual hygiene can prove to be infectious. Additionally, it is recommended to have access to sanitary pads and proper hygienic facilities during the period.

Conclusion :

A menstrual cycle when a woman bleeds for a few days is known as **periods**. This usually happens every 28 days; however, it may vary from woman to woman. The periods are associated with cramps as well. For a few, these can be just a little discomfort, while for others, this can also prove to be a hindrance in daily chores.

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References -

1. <https://heydaycare.com/blogs/period-care/top-ten-frequently-asked-questions-about-periods>
2. <https://www.nhs.uk/conditions/periods/#:~:text=A%20period%20is%20the%20part,40%20of%20their%20menstrual%20cycle.>

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