

What Does it Mean to Be Aware of Your Menstrual Cycle?

Peter Vedsted*

Managing Editor, Gynecology and Obstetrics, Belgium

INTRODUCTION

For most women, menstruation, or having your period, is a natural and healthy part of life. It is, however, still stigmatized in many countries, including the United States. When it comes to discussing their periods, some girls and women feel embarrassed or humiliated. It may even lead to some people avoiding certain activities and missing out on valuable experiences. That is why events like National Period Day on October 10th, which raises awareness about menstruation, are so vital.

WHY IS IT IMPORTANT TO BE AWARE OF MENSTRUATION?

Menstrual awareness is a relatively new phenomena on a national scale. While women have long worked to make hygiene products more available and eliminate stigmas, it is only recently that this has become a public issue. Menstruation awareness focuses on making hygiene items accessible to individuals who require them, but it also has other aspects.

DISMANTLING STEREOTYPES

Because it is a symbol of approaching femininity, a girl's first menstruation might be exciting. It can, however, be perplexing and terrifying. This is because many girls do not have all of the necessary information to handle their first menstrual period. Periods and feminine hygiene are rarely openly discussed in a way that makes a girl feel at comfortable with her new stage in life.

Periods, as well as women's health in general, are frequently treated as taboo topics in society. Period awareness can assist to eliminate the stigma associated with menstruation. This isn't just true for girls who will be experiencing menstruation for the first time. Boys should be included in the talk as well, so they understand that a

female on her period isn't "disgusting."

EDUCATING YOUNG PEOPLE

Menstruation awareness also aids in the education of young people about their periods and feminine hygiene, which is an extremely essential topic. Because of the stigmas we discussed earlier, some girls may be hesitant to discuss their periods with their parents or guardians. They will not have excellent information to follow if they receive the facts from credible sources, and the mystique surrounding times will vanish.

Girls will learn about the various feminine hygiene products accessible to them and how to appropriately use them if open conversations about menstruation become more common. Poor menstrual hygiene, according to Unicef, can cause bodily harm and has been related to reproductive and urinary tract infections. One of the most effective approaches to teach females how to properly manage their menstrual hygiene is to raise awareness and openness.

TAKING ACTION AGAINST PERIOD POVERTY

Period poverty is another reason that menstruation awareness has grown in importance. Poverty over a period of time comprises Menstrual products are taxed in 35 states in the United States because they are considered "non-essential items," according to Forbes. Because the cost of items like pads, tampons, and menstrual cups has risen, many women are unable to purchase the essentials they require on a monthly basis. Period poverty is the term used to describe this situation.

The menstrual awareness movement has benefited greatly from non-profits founded and led by young women. Organizations like PERIOD have formed a Menstrual Movement Coalition with companies and other non-profits to work on making period products freely available in areas like schools and shelters.

Correspondence to: Peter Vedsted, Editorial office, Gynecology and Obstetrics, Belgium; E-mail: obsgyne@emedicinejournals.com

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