

Know Your Cycle



I want to learn more about my period.

You may have heard that an average menstrual cycle takes 28 days, but in reality, less than 1 in 5 women have 28-day cycles. Many individuals have shorter or longer cycles, ranging from 21-35 days.



There are 4 phases during a cycle:

Estimated days of each phase may vary

Phase 4 Luteal

Day 15-end of cycle

The hormone progesterone rises, telling the ovaries to stop releasing eggs and telling the uterus to prepare for pregnancy. Unless an egg was fertilized, progesterone will drop before the cycle begins back to Phase 1.

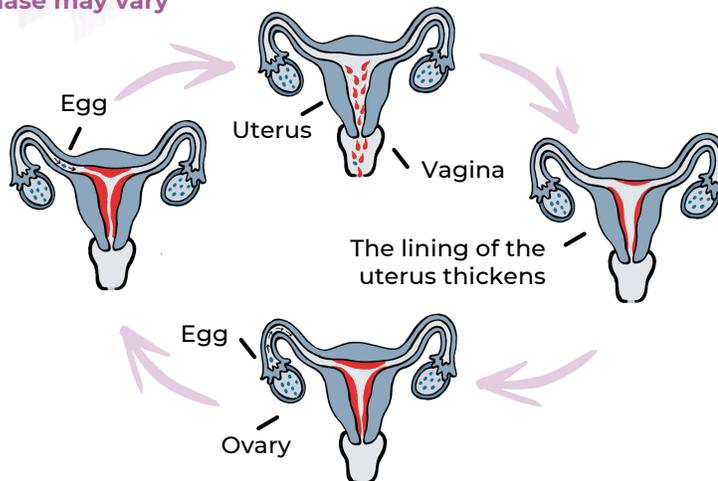
Most women ovulate between the 13th-20th day of their cycle. This can vary from month to month.

Most women will start their period 11-17 days after they ovulate if they are not pregnant.

Phase 1 Menstrual

Day 1-7

Starts with 1st day of period. Lasts as long as bleeding continues, usually 3-7 days.



Phase 2 Follicular

Day 7-14

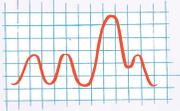
The hormone estrogen rises, telling the ovaries to develop and release an egg so that it can be fertilized. The lining of the uterus thickens, and the cervix makes clear, slippery fluid that women may notice when wiping.

Phase 3 Ovulation

Around Day 14

The main event! The ovaries release an egg. The egg will travel from the ovary, through the fallopian tube, to the uterus. The days leading up to ovulation are the time when pregnancy can occur.

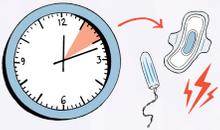
Period Problems? When to ask for help...



Your cycle used to be regular, but now it's not



Your cycle is shorter than 21 days or longer than 45 days



You're bleeding heavily (soaking through 1 or more pads or tampons in an hour)



You're having a lot of pain with your period



Your bleeding lasts more than 7 days



You're bleeding between periods

If you are in pain, if something doesn't feel right, or if you're concerned about your cycle, ask about what that might mean. There could be an underlying condition and there may be treatment options available.

Provider Notes:

Make an appointment with your medical provider to find out what is going on.

Show Your Love  **Your Health Matters™**

