

# MENSTRUATION: THE FACTS

Everyone should have know about menstruation and menstrual health, so they can support colleagues, friends and family.

## Most common symptoms experienced during a "typical" cycle:

- blood loss
- menstrual cramps/pain;
- mood changes;
- digestive changes (bloating, constipation, diarrhoea)
- fatigue
- breast pain and/or swelling
- headaches
- poor sleep quality
- temperature hypersensitivity
- worsening of existing muscle/joint/back pain

1 in 10

women are affected by PCOS

70%

of women and girls report regularly experiencing menstrual symptoms

## Conditions that people experience:

- Endometriosis
- Andenomyosis
- PMDD
- PCOS

8 years

is the average length of time to receive a diagnosis of **endometriosis**

10%

of women are affected by **endometriosis**

The majority of people are unwilling to disclose menstruation-related health problems to line managers

