

# ECO-FRIENDLY CYCLES

Campagne Rouge  
#LaVieEnRouge



Some shocking statistics: we will get our period **about 480 times in our lifetime**. We will use **between 10,000 and 15,000 menstrual hygiene products**, the most widely marketed of which are pads and tampons. Around **45 billion of these products are thrown away every year** and will take nearly **500 years to biodegrade**. Not only do the manufacturing processes cause a great deal of pollution, but they also require a large amount of fresh water and use dangerous chemicals.

Luckily, we have alternatives these days that are environmentally friendly (and money-saving in the long run): **menstrual cups, cloth pads or absorbent period underwear**. To help cover the high initial cost of these products, **several municipalities in Quebec and neighborhoods in Montreal have subsidized them to increase their accessibility**.

And where does our health come into play? The **chlorine, synthetic fragrances and plastic** found in these disposable products are in contact with a very sensitive part of our body and can end up causing **much discomfort and even health problems**.

Réseau québécois d'action  
pour la santé des femmes



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