

# HEALTHY CYCLES: A VITAL SIGN!

Campagne Rouge  
#LaVieEnRouge



Menstruation, ovulation, sex hormones... These are often associated with reproduction. **But did you know that your cycle can also be considered a vital sign? We're talking here about true menstruation, meaning the bleeding that occurs after ovulation. Withdrawal bleeding, which occurs when on birth control pills (that inhibit ovulation), is not true menstruation.**

The menstrual cycle is essential to our health. Adequate estrogen production throughout the cycle is important for the proper functioning of our cardiovascular health, nervous system and metabolism. Progesterone, on the other hand, has an antidepressant effect and contributes to breast health while also being essential for bone formation.

A healthy menstrual cycle, meaning one in which you ovulate, can thus help prevent several issues like osteoporosis, cardiovascular illnesses and breast cancer. **Knowing this allows us to see our cycle in a more positive light. Taking care of your menstrual health is taking care of your health!**



Réseau québécois d'action  
pour la santé des femmes



With support from

Secrétariat  
à la condition  
féminine



- February 2021 -

[rqasf.qc.ca/campagnerouge](http://rqasf.qc.ca/campagnerouge)