

Menstruation...

Menstruation – also called period – is both a **natural phenomenon** and the **reflection of a number of dimensions**: physical, emotional, psychological, spiritual, socioeconomic... **Therefore, everyone experiences it differently.**

Having an ovulatory menstrual cycle is an indicator of overall health and well-being: **it's even the 5th vital sign !**

...over a lifetime

13: average age of menarche (first period) in Canada

52: average age of menopause in Canada

28 days: average length of the menstrual cycle

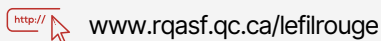
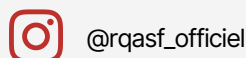
2 to 7 days: average length of menstruation

For 38 years or 480 times: average timeframe during which menstruators need menstrual products, in order to experience their periods healthily and with dignity

\$6,000: total average cost of menstrual products



Find us online



Contact us

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Femmes et Égalité
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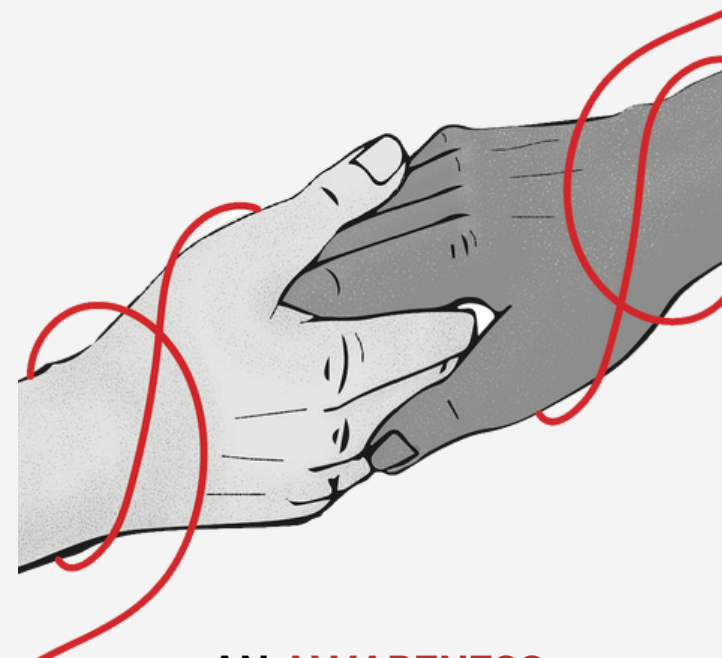
Women and Gender
Equality Canada

Canada

LE FIL
Rouge

TOGETHER TOWARDS

MENSTRUAL EQUITY



**AN AWARENESS
AND MOBILIZATION
CAMPAIGN**

Réseau québécois d'**action** pour la **santé** des **femmes**
(Women's Health Action)

rqasf

Having the power to choose...

We work toward **menstrual equity**, which is defined by **free and safe access to menstrual products* at all times**, whenever we need them and wherever we are, in order to **reduce gender inequities, guarantee menstrual health and dignity for all people who menstruate****.

* We prefer to avoid the terms "protection" and "hygiene" which imply that menstruation is "dirty".

**Cisgender women, trans men, non-binary, gender fluid and intersex menstruators.

... and the knowledge to choose well

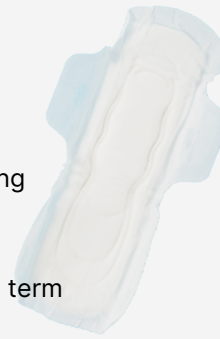
It is essential to **know our needs** and the **specificities of different menstrual products** to be able to **choose the one or those that suit us best**. This can be determined by **comfort** (physical and psychological) **or necessity** (intolerance or allergies to certain products, experience of micro-traumas, etc.).

It is recommended to use **products which are as natural as possible** (no chlorine, no perfume, etc.) and to **take personal hygiene measures**: wash your hands before each use, follow the user guide and care instructions issued by the manufacturer.

External products

DISPOSABLE PAD

- + Low-cost
- + Easy-to-use
- + Convenient for travelling
- Less eco-friendly
- Costs more in the long term



Recommended length of use : 4 to 6 hours max.

REUSABLE PAD AND PERIOD UNDERWEAR

- + Reusable, which is eco-friendly and low-cost in the long term
- + Easy-to-use
- + Breathable and comfortable (more than even the thinnest of disposable pads)
- + Multi-purpose: for menstruation, postpartum bleeding, bladder leakage and white discharge
- + Period underwear is available in different styles and absorption levels, which adapts to all body types and menstrual flows
- First purchase is expensive: several underwear and/or pads are needed for each cycle (it still remains cheaper than disposable pads in the long term)
- Washing required after each use



Recommended length of use : 4 to 6 hours max.
Lifespan : 2 to 5 years

Internal products

Insertion into the vagina: practice needed to be 100% comfortable

Internal products pose a rare but serious risk of toxic shock syndrome:

- Read and follow the manufacturer's user guide
- Not recommended for overnight use



TAMPON

- + Low-cost
- + Convenient for travelling and for activities that require free movements (fewer leaks)
- Less eco-friendly (especially when an applicator is included)
- Costs more in the long term

Recommended length of use : 4 to 6 hours max.

MENSTRUAL CUP AND DISC

- + Eco-friendly
- + Low-cost: one product is enough
- + Reduced risk of irritation and vaginal infections
- + Practical for activities that require free movements (fewer leaks)
- Washing required after each use: access to a toilet and a sink is needed
- Boiling required after each cycle



Recommended length of use : 4 to 6 hours max.
Lifespan : 5 to 10 years