

THE RISKS OF POOR MENSTRUAL HEALTH MANAGEMENT



The risk of infection (including sexually transmitted infection) is higher than normal during menstruation because the plug of mucus normally found at the opening of the cervix is dislodged and the cervix opens to allow blood to pass out of the body. In theory this creates a pathway for bacteria to travel back into the uterus and pelvic cavity.

Practices such as using dirty rags during menstruation may increase the risk of infection.

Inserting dirty rags into the vagina can stimulate the growth of unwanted bacteria that could lead to infection.

Prolonged use of the same sanitary product can stimulate the growth of unwanted bacteria that could lead to infection.

A number of studies demonstrate a strong and consistent association between poor menstrual hygiene practices and higher prevalence of lower Reproductive Tract Infections.

Researchers warn that the risk of passing on or contracting blood-borne diseases such as HIV or Hepatitis B through unprotected sex is also increased during menstruation.

Go to our **Facebook Page** and sign the petition calling for free, environmentally sustainable sanitary wear for all who need it!

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www.sexrightsafrika.net