

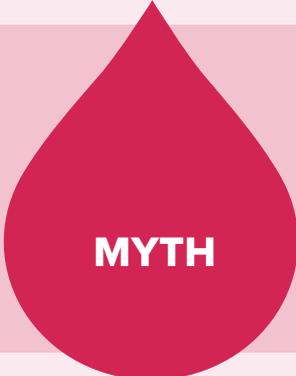
LET'S TALK

P E R I  D

PERIOD MYTHS

**WHAT DO YOU KNOW
ABOUT PERIODS?**

Some people, especially men/boys, find it difficult to talk about periods, but they are a natural part of life. Some people think:



MYTH

All women get cranky or irritable (PMS) during their period

There's a real physical change that happens during a period, with estrogen and progesterone levels changing. This can affect someone's mood, but not everyone experiences the change in the same way.



MYTH

Iron deficiency is normal and expected among young females

It's not! Iron deficiency can be caused by heavy menstrual bleeding, but it can also be caused by not eating enough iron rich foods or having conditions that affect how you absorb iron such as celiac's disease.



MYTH

Only women get periods

Not every woman gets her period and not every person who gets a period considers themselves a woman. Transgender men may still get their periods, just as transgender women might not have periods.

Menstruation isn't always just a "woman's" issue. In 2014, the United Nations declared that menstrual hygiene was a public health issue. It's a human issue. **Visit letstalkperiod.ca for more information.**