

Abby: Hi girls! I'm Abby. In this video, we are going to discuss the side effects of periods and how to deal with them.

Anya: When your monthly cycle comes around, you are experiencing changes in your hormones. Your breasts may become slightly bigger, you may see small projections called pimples or acne appear on your face, and your tummy may swell a little, making you feel larger or heavier than you are. Most women do gain a little weight on their periods, but most of the time this "period weight" will be naturally gone, as well as the acne. Some women report that they are more emotional during their menstrual cycle and have a difficult time coping with their daily lives. These emotions during the cycle are often referred to as "mood swings" and can range in any form from irritability to depression to crying spells.

Abby: The most common period side effect is experiencing cramps. Due to contractions in the uterus, you may feel cramps in your stomach area, and sometimes even the lower back and upper legs. If the pain you feel gets more and more painful or uncomfortable as your cycle progresses, or begins before you start bleeding, you might need to see an adult or doctor to make sure everything is okay. Eating citrus fruits with vitamin C, drinking fluids everyday, and moderately exercising, such as going on a jog, can help reduce the pain you feel from period cramps.

Anya: Several women can also have heavier periods than others. Periods are considered "heavy" if they are affecting your life and causing problems. These problems can range from blood leaking onto clothing to passing blood clots. While most of the time heavy periods are only due to irregularities in hormones, they usually do not mean that anything is wrong, but if it gets worse and worse you should try and seek help from an adult.

Abby: Sometimes, you may bleed between your periods. Usually this does not happen without sexual intercourse or menopause at a much later age, but if it does, do not panic and get help from an adult if it occurs more than once.

Anya: It is not uncommon to miss a period for no reason either. Pregnancy is the most common reason for periods to stop. However, it is unusual to miss several periods unless you are pregnant. Apart from pregnancy, other causes of periods stopping include stress, losing weight, exercising too much and hormonal problems. As a rule, it is best to see a doctor if your periods stop for at least six months without explanation.

Abby: Lastly, some women feel nausea when on their periods. If you feel nauseous, you should relax as much as possible and avoid playing sports or exercising after eating. Do not try to limit your food intake severely as this can worsen the pain or nausea and may lead to other health problems. This nausea can often come from the smell of periods as well. Period blood can smell annoying, but you can reduce this smell by washing your vulva frequently.

Anya: Remember, when you are on your period your changes in hormones can create changes in your attitude. That does not give anybody the right to be rude to you, make fun of you, or exclude you from their activities, as you should try and go on with your daily life as much as possible. Don't let anybody else tell you how you should be behaving or feeling while on your period, as these common side effects can vary between each person. Thank you for watching and we hope you learned from this video!