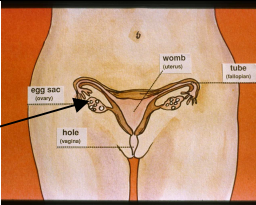
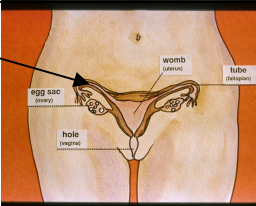
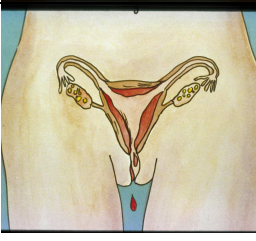
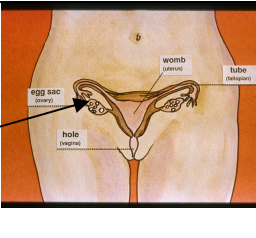



Menstruation

Menstruation is another way of saying periods

Periods are something that only girls have

Periods start for girls when they go through puberty

	<p>Each month an egg (ovum) is realised from an ovary</p>
	<p>The egg travels down the fallopian tube</p>
	<p>When the egg reaches the uterus (womb) it dissolves and flows out of the vagina with the lining of the uterus in the form of blood</p>
	<p>This is called your period</p>
	<p>After your period the cycle starts again and another egg is released from the ovary</p>
	<p>This cycle takes around 28 days</p>
	<p>If you are worried about your periods you can talk to your GP or nurse for more information or advice</p>