



*A period-free summer!*








[www.period-free.info](http://www.period-free.info)



Summer, Sun, Fun!

**There are days or moments...** When your period comes at a really inconvenient time, like when you're on holidays, playing sports, or starting a new romance. Whether you're in a relationship or not, your period can still prevent you from enjoying life to the fullest, or it can increase the stress and responsibilities of school or work, or taking care of your family.

## **You don't need to have a period every month!**

-  In the past, women had periods less frequently (around 150 times over a lifetime), because they had many pregnancies and long periods of breastfeeding.
-  Today women have around 450 periods over their lives - a new phenomenon.
-  Many women would like to have fewer periods and control it themselves.
-  When women use long-acting contraceptive methods like the pill, contraceptive ring or patch, they only have 2 to 4 periods a year, depending on how often they take a week off from the method.
-  With the hormonal spiral/IUS, most women have less bleeding (and pain) and many women don't bleed at all.
-  A long cycle is medically safe, has many benefits, and after discontinuing the contraception, the woman's regular cycle returns quickly.
-  Forget those ancient myths about periods!

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An initiative of the Gynmed Clinic, [www.gynmed.at](http://www.gynmed.at)