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Menstruation is the most visible phase of the menstrual cycle and its beginning is used as the marker between cycles

The first day of menstrual bleeding is the date used for the last menstrualperiod LMP Dec 10 2025 Periods also known as menstruation occur when your uterus sheds its lining causing blood and mucus to discharge from the vagina

1 This usually occurs once a month if you are not pregnant and Menstruation aka having your period is when blood and tissue from your uterus comes out of your vagina. It usually happens once every month Feb 29 2024 Menstruation or period happens monthly

As the uterus sheds its lining vaginal bleeding follows. Menstrual blood is made of blood and tissue Sep 4 2025 Menstruation isperiodbleeding which is casually referred to as having yourperiod

This happens monthly for most females during your fertile years except during pregnancy May 27 2025 In general a normal cycle ranges from 21 to 34 days and the averageperiodlasts two to seven days

Irregularities can be caused by many things from hormonal conditions to weight changes Your menstrual cycle begins on the first day of your period. Your cycle prepares your body for a possible pregnancy

The average cycle lastsbetween 24 and 38 days Apr 22 2023 What s typical? The menstrual cycle is counted from the first day of oneperiodto the first day of the next. The cycle isn t the same for everyone. Menstrual bleeding might happen every 21 to 35 days and last 2 to 7 days

For the first few years after menstruation begins long cycles are common It may look like a lot of blood but a girl usually only loses a few tablespoons of blood during the wholeperiod

Most girls need to change their pad tampon or menstrual cup about 36 times a day period epoch era age mean a division of time.periodmay designate an extent of time of any length. epoch applies to aperiodbegun or set off by some significant or striking quality change or series of events

era suggests aperiodof history marked by a new or distinct order of things.

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