

## INTIMATE CARE

### MENSTRUAL HEALTH



#### Pads

Change after  
4-6 hours



#### Tampons

Wear for no more  
than 8 hours



#### Menstrual cups

Wear for no more  
than 12 hours



#### Daily hygiene

Wash around your vaginal  
area regularly with plain,  
unscented soap



**Avoid** using hygiene washes, douches, scented vaginal wipes and deodorants, as they can alter the natural pH of your vagina. Use **plain, unperfumed soaps** to gently wash the area daily.

### DIET



Eat nutrient rich meals, with plenty of fruits and vegetables. Get enough **protein, carbs, fiber and fats**. Avoid over processed and oily foods.

### EXERCISE



Move your body regularly, whether it is through **stretching, yoga, strength training, or cardio**. Engaging in physical activity will help relieve any tension or stress in your body, and is essential for good overall health.

### VAGINAL DISCHARGE

Vaginal discharge is healthy and natural. Every woman produces discharge differently, but in general, healthy discharge does not have a distinct color or odor, and the amount produced can vary during your menstruation cycle. If you are experiencing any itchiness or soreness, please consult your physician.



### CERVICAL SCREENINGS



Get screened regularly if you are between the ages of 25-64, as this can help identify any abnormalities early on. It is recommended to start getting pap smears done when you turn 21.