

-EVITA GYNECARE-



Menstrual

Health

A Woman's Guide to Cycle Wellness



Evita GyneCare Clinic
Rainbow Colony. Burma Camp.
Dimapur - 797 112



Table of Content

 ◆	Your Period—a Vital Sign	01
 ◆	When Periods Don't Come	02
 ◆	Too Much, Too Long	03
 ◆	Is It Just Cramps?	04
 ◆	PCOS and Your Cycle	05
 ◆	Bleeding Between Periods	06
 ◆	Periods and Mental Health	07
 ◆	Menstrual Hygiene	08



Introduction

If you've ever felt confused, embarrassed, or exhausted by your periods—or been told “it's just normal”—this booklet is for you.

Your cycle isn't just about bleeding. It's your body's way of sharing vital clues about your health. Pain, irregularity, or heavy flow aren't signs of weakness—they're signals worth listening to.

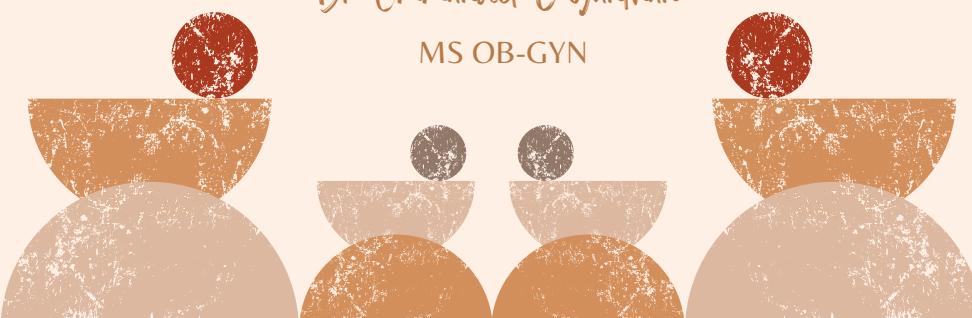
You're not too much. You're not “just emotional.” And you don't have to suffer in silence.

Here, you'll find clear, kind, and trustworthy information—free from judgment, full of respect. Because every woman in Nagaland deserves to understand her body and receive care that truly sees her.

We're here—with you, for you.

Dr Emmanuel U Yanthan

MS OB-GYN





01

Your Period A Vital Sign

Your menstrual cycle reflects your hormonal, metabolic, and emotional health. Just like blood pressure or temperature, it's a window into your well-being.

A “normal” cycle lasts 21–35 days, with bleeding for 2–7 days. But “normal” also means predictable, manageable, and pain-free enough to live fully.

If your period brings dread, exhaustion, or chaos—it's not “just how it is.” It's a signal.

👉 Feeling unsure about your cycle pattern? Track it for one month—and bring your notes to a free 10-minute chat with us.



When Periods Don't Come

Understanding Amenorrhea

Missing periods (amenorrhea) isn't "convenient"—it's a red flag.

Primary amenorrhea: No period by age 15.

Secondary amenorrhea: Missing periods for 3+ months after they've started.

Causes include PCOS, thyroid issues, extreme stress, low body weight, or pituitary problems.

Long-term, it can weaken bones and affect fertility.

👉 Don't wait years. A simple blood test + ultrasound can reveal why—and how to restore balance.

Too Much, Too Long

Heavy Menstrual Bleeding

Soaking a pad/hour? Passing clots larger than a coin?
Fatigued all month?

This isn't "strong flow"—it's heavy menstrual bleeding, often linked to fibroids, polyps, thyroid issues, or clotting disorders.

Left untreated, it can cause severe anemia (especially critical in Northeast India, where anemia rates exceed 65%).

👉 We offer gentle evaluation—including in-clinic ultrasound on Voluson S8—and personalized solutions, from medication to minimally invasive care.

Is It Just Cramps?

Could It Be Endometriosis?

If menstrual pain:

- Makes you miss school/work
- Doesn't improve with painkillers
- Includes pain during sex or bowel movements

...it could be endometriosis.

This condition—where uterine-like tissue grows outside the uterus—affects 1 in 10 women and is often missed for years.

Early diagnosis prevents long-term damage.

👉 We listen deeply to your pain story. No dismissal. No shame. Just a path toward relief.

PCOS and Your Cycle

More Than Irregular Periods

Polycystic Ovary Syndrome (PCOS) often shows up first as missed, irregular, or absent periods—but it's a whole-body condition.

It can bring acne, excess hair, weight challenges, and insulin resistance.

In teens, it's frequently mistaken for “normal hormonal chaos.”

But early management reduces risks of diabetes, heart disease, and infertility.

👉 Our PCOS care includes ultrasound, metabolic screening, and lifestyle support—tailored to your life in Nagaland.



Bleeding Between Periods

When to Pay Attention

Spotting or bleeding outside your period can feel alarming—and it shouldn't be ignored.

Causes range from harmless (ovulation spotting) to concerning (polyps, infections, or—rarely—pre-cancer).

In women over 40, any unexpected bleeding needs evaluation.

👉 A quick pelvic exam and ultrasound can give you clarity—and peace of mind.



Periods and Mental Health

The Hormone-Mood Link

Feeling tearful, anxious, or overwhelmed before your period?

PMS (Premenstrual Syndrome) is common. But if it disrupts your life, you may have PMDD—a severe, treatable condition.

Hormonal shifts affect brain chemistry. You're not “overreacting.”

👉 We offer compassionate support—because your emotional health is part of your gynecological health.



Menstrual Hygiene

Safe and Dignified Choices

In rural and semi-urban Nagaland, access to safe menstrual products remains a challenge.

Reusable pads, menstrual cups, and biodegradable options are safe, cost-effective, and eco-friendly—when used correctly.

Never douche or use soap inside the vagina—it disrupts natural protection.

👉 Ask us for a free MHM (Menstrual Hygiene Management) guide—or join our community workshop.





You Deserve Care



That Honors
Your Whole Story

Your menstrual concerns are not trivial.

Whether you're a teen girl confused by her first period, a mother exhausted by heavy bleeding, or a woman fearing menopause—you deserve:

- Listening without judgment
- Clear, honest explanations
- Options that respect your values

We're here—not just to treat symptoms, but to walk beside you in your journey to wholeness.

👉 Book your Menstrual Health Consultation today. One conversation can change everything.

ADDRESS

Rainbow Colony - Burma Camp

WHATSAPP

+91 93660 92897

