

Fact Sheet - Dinka

THĚK KU KĀ BĪ NYANTIK LOOI TĚ THĚĚK YEN

Menstruation (Periods) And How You Can Manage It



ThĚk ye kĕ yĭndĕ?

ThĚk ee rot looi tĚ wĕer rim rĕt nyantik guĕp rin bĕ adhiĕt rot guir bĕ nyantik liĕc. Pĕy thok ebĕn, adhiĕn nyantik ee ye yic kueec riem rin bĕ na yĕk nyantik meth ka meth meth leŋ tĚ peeth bĪ yen dĭt thĭn. TĚ kĕc nyantik meth yĕk tĚ thĕĕk pĕy, ka riem wĕn cĕ rot kueec a cĭn kĕ loo yeen, ku na ye keya ka riem cĕ rot kueec a dĕk rot ku jĕl nĭn reenĕc looi ka wĕt bei wath yic – kĕn a cĕl thĕk. Baai Ÿothralia, diĕar juĕac aa jam alĕ ka ‘thĕk’.

Ye nĕn ye nyantik thek?

Diĕar juĕac aa thĕĕk. Nyĭr juĕac aa thĕk gĕl kaam run ka 9 Ÿet ruĕĕn 16. Diĕar aa kĕĕc thĕk tĚ dĕĕt kek ruĕĕn 50. Nĭn ye thĕk looi aa ya diĕk Ÿet dhorou, pĕy thok ebĕn. Diĕar kĕk aa kuĕr apĕy ku diĕar a ce kuĕr apĕy tĚ thĕĕk kek. Diĕar kĕk aa ye reem tĚ thĕĕk kek, ku diĕar kĕk aa thĕĕk ke cĭn arĕem. Na ye diĕer thĕk du, ka yĭ nem akiĕm du tĕdĕ ka yĭ la Panakĭm ĕ Guiĕr Macthok.

Kĕ ba looi tĚ reem thĕk du

Diĕar kĕk aa ye thĕk den reem kĕal tĕk wĕlĕ nĭn ka rou, ku arĕem a bĕn tĚ puĕc thĕk rot gĕc. Na looi rot keya, ka wĕlĕ arĕem cĕl ibuprofen wĕlĕ paracetamol a lĕu bĪ kony. Aya, a lĕu bĕ nyantik tĕc piiny ka cĕ tuctuc cĭt ajĕm piu tuc Ÿĕny tĚ wĕn rem ku yeen aya a lĕu bĕ akiĕm de neem tĕdĕ ka la Panakĭm ĕ Guiĕr Macthok, rin bĕ ben la lĕk dhĕl kĕk bĪ yeen thĕk looi.

TĚ ye nyantik luĕi thĕk

Nyantik ee wĭc alĕth thĕk wĕlĕ tempon bĪ yen riem ya dĕm kaam thĕĕk yen. Alĕth thĕk aa cĕ looi kĕ kĕĕc riem jooc. Alanh thĕk ee kĕu laŋ kĕ nuetnueet ye nuet maguluk yic alŋ thĭn rin bĕ rĕĕr nyien tĕk. Alĕth thĕk aa tĕk yĭic bĕ laŋ alĕth path kĕĕl kuĕĕr nyantik apĕy – tĚ puĕc thĕk rot gĕc, ku alĕth kĕc yem – ye ceŋ tĚ cĭ kuĕr dhuk piny amĕath.

Diĕar kĕk aa nhiar tempon ku mankĕ alĕth.

Tempon ee kĕ thiin bĕrkĕu cĕ looi alanh riem jooc ye nyantik tĕau wath yic bĕ riem ya jooc.

Tempon a leŋ awin deen ye ye miĕt bei ka cĭn kĕ jĕĕr. Apath bĕ nyantik alĕth thĕk wĕlĕ tempon ya waar arak ŋuan kĕal tĕk yic, wĕlĕ wĕer keek arak wĕr arak ŋuan tĚ kuĕĕr yen apĕy. Na wĕĕr alanh thĕk wĕlĕ tempon bei, ka kuĕth waraŋ-ŋiĕny ku tĕau aditanyuĕĕn yic. Duk alĕth thĕk wĕlĕ tempon ye cuat thĕnylaroor yic rin yek dhĕl lec miiny rĕk bĕ Ÿĕnlaroor bor lec.

Diik

Na war alĕth thĕk wĕlĕ tempon, ka yĭ kŕŋ yĭ cĭn loĕk ku ben yĭ cĭn loĕk tĚ cĭn thĕk wĕr. Apath bĕ nyantik ya rĕĕr laak tĚ thĕĕk yen. Aya, a lĕu ba kuŋ wĭr, tĚ cĭn tempon tĕau wath yic.

Ye Tĕno Bĭn Alĕth Thĕk Ku Tempoon Yĕk Thĭn?

A lĕu ba alĕth thĕk wĕlĕ tempon Ÿĕc dukĕn wal yic, dukĕn diĭt amatnĕm wĕlĕ dukĕn thiin akeunĕm.

Na wĭc ba lĕk kĕk yĕk

- *Jaam kek aguir ĕ Guiĕr ĕ Macthok NSW telepun ĕ jam 1300 658 886 wĕlĕ nem lĕkayukar: www.fpnsw.org.au/talkline*
- *NRS (raan cĭn ye yic) 133 677*
- *Wĕlĕ loĕc Panakĭm ĕ Guiĕr ĕ Macthok tĕu akeunĕm*

www.fpnsw.org.au | **telepun ĕ jam 1300 658 886** | **dukĕn athĕr**

loilooi ĕ kĭm & lĕk | piĕĕc & nyuuth | jĕc | guiĕr ĕ pinyndĕm

Aguir ĕ Guiĕr ĕ Macthok NSW a ce wĕĕu luĕi bik dhiĕt ku wĕĕu keen yen luui aa bĕn tĕn Amathĕm ĕ Pialguĕp NSW

Lĕk tĕu athĕr kĕn yic a cĕ gĕt ka ye kĕ lĕk kĕc path ku cĭn dĕd lĕu bĪ raan looi yeen. Aguir ĕ FNPNSW a cĕ kĕ riĕĕc ebĕn guir rin bĕ lĕk kĕn ya lĕk la cĕk ku tĕu nyien kĕĕl wĕr gĕt yĕn. Na leŋ raan diĕer alŋ tĚ deen bĪ yen dhiĕt thĭn wĕlĕ alŋ tĚ deen bĪ yen pial thĭn tĚ tĕĕc yen ke moc/tĭk, ka yeen apath bĕ la tĕn akiĕm de bĕ yeen la wĕĕt ku kony yeen; tĕdĕ ka lĕu bĕ la Panakĭm ĕ Guiĕr Macthok.

Bĕeric: Pendhorou 2014/FPNSW 07/14

Fact Sheet - English

MENSTRUATION (PERIODS) AND HOW YOU CAN MANAGE IT



What Is Menstruation?

Menstruation happens as part of the changes in a woman's body that prepare her uterus (womb) for pregnancy. Each month the lining of the uterus thickens with blood so that if she becomes pregnant the baby will be able to grow there. If the woman is not pregnant a thickened lining is not needed, so the blood flows out of her vagina over several days each month – this is called menstruation. In Australia, most women just say they are having their 'periods'.

When Does It Happen?

Most women have periods. Girls usually start having periods when they are between 9 and 16 years old. Women stop having periods when they are about

50 years old. Generally periods last for about three to seven days each month. Some women bleed a lot and others have light periods. Some have painful periods, and others don't have any pain. If you are worried about your periods, visit your doctor or Family Planning clinic.

Managing Period Pain

Some women get period pains or cramps for a day or two when their period starts. If this happens, taking ibuprofen or paracetamol tablets can help. Lying down with a heat pack or hot water bottle on the painful area can also help and you could also see your doctor or Family Planning clinic for more advice on how to manage painful periods.

Managing Periods

When a woman has a period she needs to use a sanitary pad or a tampon to catch the blood. Sanitary pads are made of a soft material that absorbs the blood. A pad has an adhesive strip that sticks inside underwear to help it stay in place. Pads come in different sizes such as super for heavy days – often at the beginning, and regular – for general use.

Some women like to use tampons instead of pads.

A tampon is a small cylinder of absorbent material that a woman can put in her vagina to soak up the blood.

A tampon has a string attached to it so that it can be pulled out easily.

You should change pads and tampons at least four times a day, or more often if you bleed a lot. When you change the pad or tampon, wrap it in toilet paper and put it in a bin. Never put pads or tampons down the toilet as they can block the plumbing.

Hygiene

Always wash your hands before and after changing pads or tampons. It is important to bathe or shower regularly when you have a period. You can swim as well if you want to, as long as you use a tampon.

Where Can You Get Pads And Tampons?

You can buy pads and tampons at a pharmacy, a supermarket, or a corner shop.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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