

Introducing the Adolescent Health Hub® (AHH)



Adolescent Health Hub (AHH) is one of the programs of **Centre for Adolescent Health and Social Development (CAHSD)**.

The Hub is targeted at adolescents in primary and secondary schools in Nigeria with the sole aim of improving overall wellbeing and quality of life of these individuals through health promotion, education and counselling.

AHH focuses on school-going adolescents in primary and secondary schools in Nigeria. However, other beneficiaries include, but not limited to, teachers, families, and rural communities.

We also work with a number of partners to ensure that the desired goals of the club are promptly attained & continually sustained.

Our Partners/Sponsors



"Though experienced only by females, the untoward effect of unresolved menstrual and menstrual hygiene issues has a lasting impact on the overall wellbeing of any society. Hence, let's all RISE TOGETHER TO proffer lasting solutions to the myriad of challenges experienced by girls & women during their menses"

- **Dr Fatimah ODUSOTE**

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Disclaimer

This guide is not a substitute for seeking professional medical advice & diagnosis with respect to the subject matter. DO NOT hesitate to seek further guidance from a registered/licensed medical practitioner.

CAHSD® is hereby indemnified against any bodily harm that might result from the wrong and unguided use of this manual.



MENSTRUATION & MENSTRUAL HYGIENE

This is an educative non-diagnostic non-prescriptive guide to empower adolescent girls and women on menstruation and the benefits of standard hygienic practices.

Contact us for further information, partnership & sponsorship



What is MENSTRUATION?



01

Menstruation

Monthly bleeding in a matured female from puberty to menopause. It is also called PERIOD

★★★★★

04

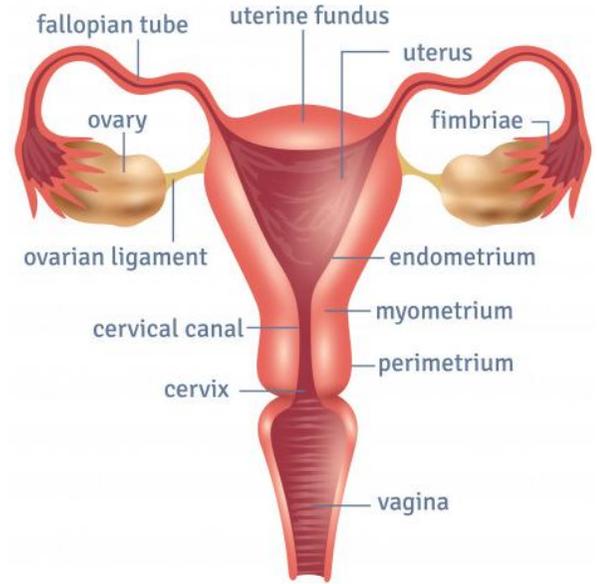
Pre-Menstrual Signs

Tummy pains (Cramp), breast tenderness, pimples (acne), bloating, vomiting diarrhea mood swings, headache, back ache, tiredness

★★★★★



UNDERSTANDING THE FEMALE REPRODUCTIVE SYSTEM



Ovary:

A female has 2 ovaries, responsible for the production of eggs, production of hormones important for the regulation of menstrual cycle.

Fallopian Tube:

Also called oviduct, responsible for transporting egg to the uterus.

Uterus:

Also called the womb, is responsible for carrying pregnancy and this is where menstrual blood come from

Cervix:

A lower part of the uterus that help to discharge menstrual blood into the vagina.

Vagina:

The outer opening of the reproductive system, where menstrual blood finally comes out. Must be kept clean to prevent germs from entering the reproductive system.

02

Menstrual Age Range

Menstruation starts between ages 10 and 19 year and lasts till around 50 years

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Normal Health Condition

Menstruation is a normal physiologic process in mature females

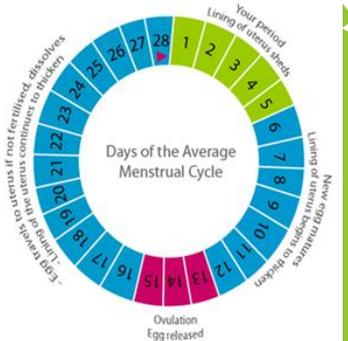
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03

Duration of Monthly Period

At a particular monthly instance, bleeding typically last between 3 to 7 days

★★★★★



“Menstruation is a normal physiologic process in mature females”



About 26% of the world population are in the reproductive age group. Yet menstruation is rarely talked about & highly stigmatized- UNICEF

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Understanding Menstrual Cycle (using a 28 days cycle)

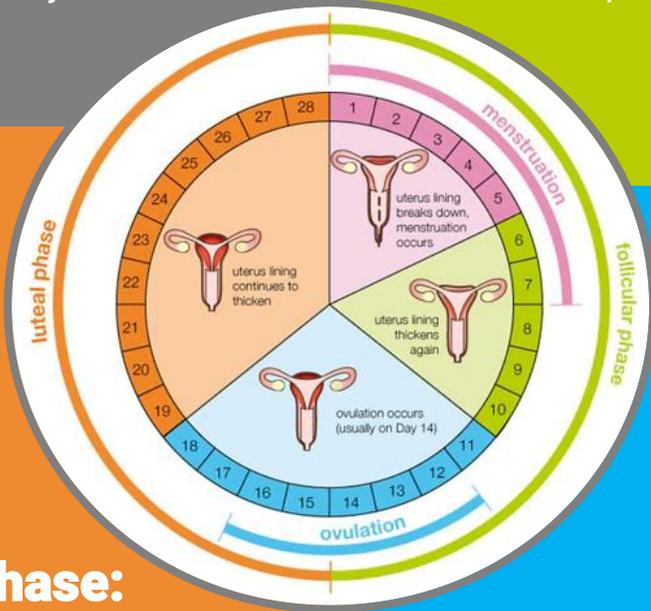
NB: Not all females experience a 28-day cycle

1 Normal Cycle Length:

The entire menstrual cycle typically ranges between 21 to 35 days. This could be up to 45 days in adolescent females.

Follicular Phase: 2

This is the first half of the Menstrual Cycle. It includes the menstruation and ovulation periods. See image



This is the period when matured eggs are released by the ovaries into the fallopian tube. Some female experience mild spotting and pains during this period.

Ovulation: 4

3 Luteal Phase:

This is the second half of the menstrual cycle. It covers after the ovulation period till the start of another menstrual cycle when menstruation occurs again

5 Menstruation:

Bleeding through the vagina occurs from 3 up to 7 days. Abdominal pains, tiredness, breast tenderness and bleeding are the typical signs of this period.



The 4 Stages of Menstrual Cycle

Stage 1



The ovary produces and ripens new egg cells

varies between 8 – 14 days

Stage 2



The ovary releases a ripe egg into the fallopian tube for possible fertilization (This process is called Ovulation). The walls of the uterus also begins to grow.

Stage 3



The fallopian tube delivers the ripe egg into the uterus, which walls have thickened in readiness for possible pregnancy

Usually on day 14

Stage 4



If fertilization of the egg does not occur by a spermatozoa, the walls of the uterus are shed as menstruation

3 – 7 days

4

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4 STEPS TOWARDS MENSTRUAL HYGIENE

1 Safe collection or absorption of Menstrual Blood

Collection and absorption materials must be clean, and non-injurious to the body. These materials are either disposable or reusable.



2 Prompt changing of collection/absorption materials

Depending on the collection and absorption material, the timing of change varies. Typically, change menstrual collection or absorption material as at when due.

“Whatever a girl or woman uses, she should change it frequently to avoid staining, odour and getting infection. 4 – 6 hours is recommended”

3 Bodily and Environmental Cleanliness

You must keep your vagina and your entire body clean and dry often. You must also ensure that the environment where you make changes are clean before and after changes.



4 Prompt & Safe Disposal of menstrual blood and materials

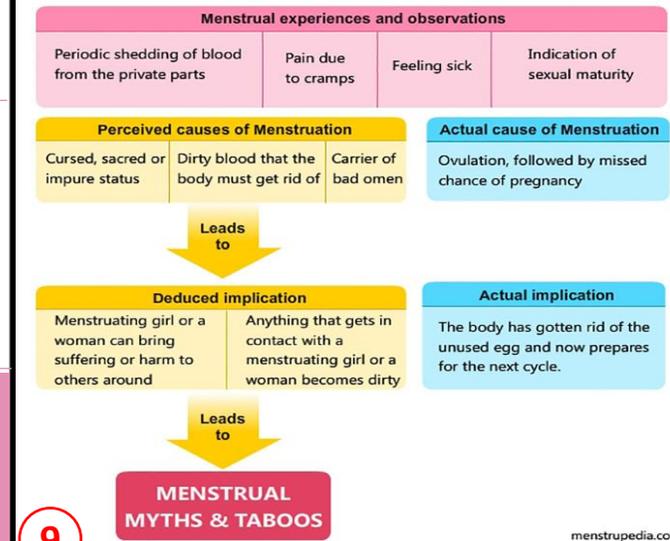
Menstrual materials must be disposed safely to avert the culture and transmission of germs. Disposal must be done immediately after changes.



CONSEQUENCES OF UNHYGIENIC MENSTRUAL PRACTISES

- 01 **Unclean Sanitary Pad/Material**
Bacteria may cause local infections or travel up the vagina and enter the uterine cavity.
- 02 **Changing Pad Infrequently**
Wet Pads can cause skin irritation, which can then become infected if the skin becomes sore
- 03 **Insertion of unclean material into vagina**
Bacteria potentially have easier access to the cervix and the uterine cavity
- 04 **Using highly absorbent tampons**
Using highly absorbent tampons during a time of light blood loss can cause Toxic Shock Syndrome
- 05 **Using Tampons while not menstruating**
Using tampons to absorb other vaginal secretions while not menstruating can lead to vaginal irritation.
- 06 **Lack of hand-washing after changing a sanitary towel**
Can facilitate the spread of infections

ORIGIN OF MENSTRUAL MYTHS AND TABOOS



Do not hesitate to consult a registered/licensed medical practitioner if you experience irregular menstrual cycle, abnormally heavy menstrual flow, or extremely painful menstruation