



The Menstrual Cycle

- Menstrual bleeding usually lasts for three to seven days.
- Secretions occur during several days in the middle of the cycle.
- Secretions are a healthy sign that the woman is on her fertile days – that is, she can become pregnant on days she has secretions.
- Blood builds inside the uterus each month. If the woman becomes pregnant, the blood nourishes the growing baby. If the woman does not become pregnant, the blood flows out during the monthly period.
- The menstrual cycle usually lasts around 26-32 days. This means there are about 26 to 32 days from when one period starts to when the next begins. This can be different for every woman.

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