



Coaching HER® Menstrual Module 1: Understanding the Complete Menstrual Cycle

KEY TERMS Flashcards

Menstrual Cycle	The monthly hormonal cycle for people who experience menstruation as a part of their reproductive health. Menstrual cycles typically last about 28 days, but this range varies from person to person and can change due to a variety of factors.
Menstrual Stigma	Negative perceptions about menstruation, especially the view that menstruating bodies are unclean, abnormal or weak and that discussing menstruation is inappropriate or rude. Stigma is a social construct that compels people to keep menstruation concealed and prevents important discussion on menstrual health.
Menstruation	Menstruation is the first part of the menstrual cycle, when the uterine lining (endometrium) and unfertilized egg are shed from the uterus, through the cervix and out of the body through the vagina.

<p>Follicular Phase</p>	<p>This is the low hormone phase. The first half of the menstrual cycle, including menstruation. Following menstruation, estrogen gradually increases which helps many people feel energized, confident, and sociable. During this phase, the uterus is preparing to receive an egg.</p>
<p>Ovulation</p>	<p>During ovulation, an egg is released from one of the ovaries, travels through a fallopian tube to the uterus. This is the fertile time in a person's menstrual cycle, when they can become pregnant.</p>
<p>Luteal Phase</p>	<p>This is the high hormone phase. This phase occurs if an egg is not fertilized. During the luteal phase, the uterus prepares to shed its lining and the unfertilized egg.</p>
<p>Relative Energy Deficiency Syndrome (RED-S)</p>	<p>When people do not have sufficient energy from nutrition, hydration and rest to perform their physical activities. RED-S is particularly concerning for female athletes, who have varying nutritional needs throughout their cycle and may feel pressured to eat less to meet body standards (disordered eating).</p>
<p>Female Athlete Triad</p>	<p>A related problem to RED-S, which includes the relationship between disordered eating, decreased bone mineral density and menstrual disturbances.</p>

<p>Menstrual Health Disorders</p>	<p>Endometriosis is a painful condition when the uterine lining (endometrium) grows outside of the uterus, often causing severe pain and swelling during menstruation.</p>
<p>Amenorrhea</p>	<p>When a person stops getting their period for 3 months or more, while not on any hormonal contraceptives or pregnant. Amenorrhea can happen if your body fat drops so low that ovulation stops.</p>