

Student Health Center

Presents

# THE CYCLE

## Circular

Volume 1  
Issue 1



Thank you for signing up for The Cycle. We hope you enjoy your products. This circular will come to you monthly with tips, tricks, and more all about menstrual cycles and products. Let us know if you have any questions or concerns.

The Cycle Team

## Have you tried a menstrual cup?

While the idea may sound daunting, they can actually be exceptionally convenient and comfortable. Menstrual cups are a great cost effective way to deal with your monthly cycle and their eco-friendly. These soft, medical grade silicone cups are made to sit inside the vagina to catch, but not absorb your flow. For more information, a demonstration and help deciding if menstrual cups are for you, make an appointment to see Nurse Rebecca.



## Don't Forget

Next Deadline : Oct 6

Next Delivery : Oct 11

Next Pickup : Oct 13





## What is Period Poverty?

Period poverty is defined as the inadequate access to menstrual hygiene tools and education. Studies show 1 in 5 girls miss school due to lack of menstrual products. This is an important but often ignored public health crisis. Access to menstrual products is a right and feeling clean, confident and capable during one's cycle is necessary. Everyone deserves to bleed with dignity.

## What are we doing at PPU?

At Point Park University, we are working hard to end period poverty on campus. With generous donations from the Greater Pittsburgh Community Food Bank, PPU alumni, amazon wish list gifts, and manufacturer sponsorship, we are able to bring The Cycle to life. This grass-roots effort is a new initiative from the Student Health Center.



## Cramps got you down? Try this

- Curl up with a heating pad - make sure to use safe heat practices to avoid burns
- Try Advil, Tylenol, or Midol - make sure to follow the package directions
- Try a cup of tea - chamomile and peppermint teal are often recommended to relax and calm cramps
- Massage with essential oils - lavender, clary sage, and marjoram essential oils have been used for cramps.
- Boost your feel-good endorphins with exercise or an orgasm



Thanks for reading this month's Cycle Circular. We hope you enjoyed it. Check back next month for more information. Want to see something in the circular? Let us know on your orderform.