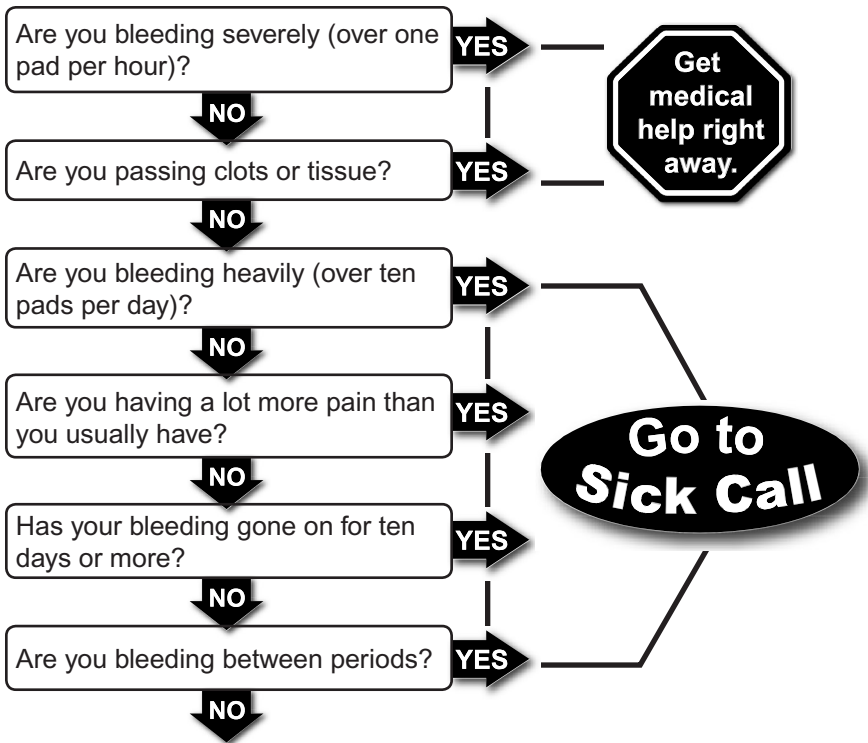
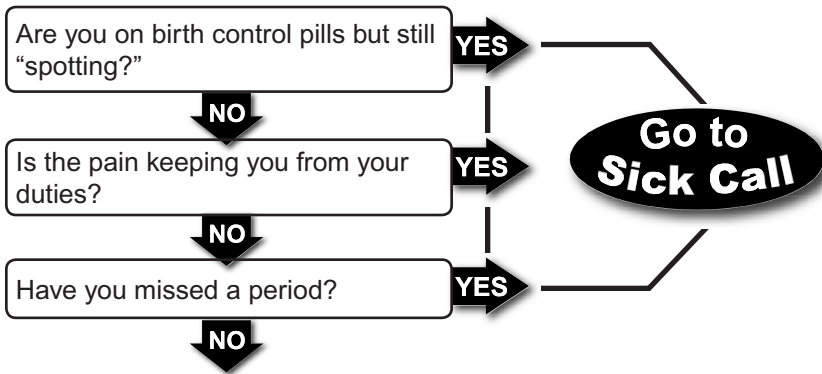


Women's Health

Menstrual Symptoms

As a woman, you know there are symptoms that normally go along with your period. Most come and go on a monthly basis and are not a cause for concern. However, there may be times when the pain or bleeding is out of the ordinary. If you have concerns about your period, use this symptom evaluation chart.





Use Self-Care Measures:

Cramping in your lower stomach is normal during your period.

- To help with cramps, use an over-the-counter pain reliever such as ibuprofen or acetaminophen as directed.
- A heating pad or hot water bottle may relax your muscles and help the pain.
- A regular physical exercise program when you are not cramping may also help.

Premenstrual Syndrome

A week or so before your period, you may get headaches, cramping, feel bloated or cranky, or have trouble sleeping. Here are some suggestions to smooth out those symptoms:

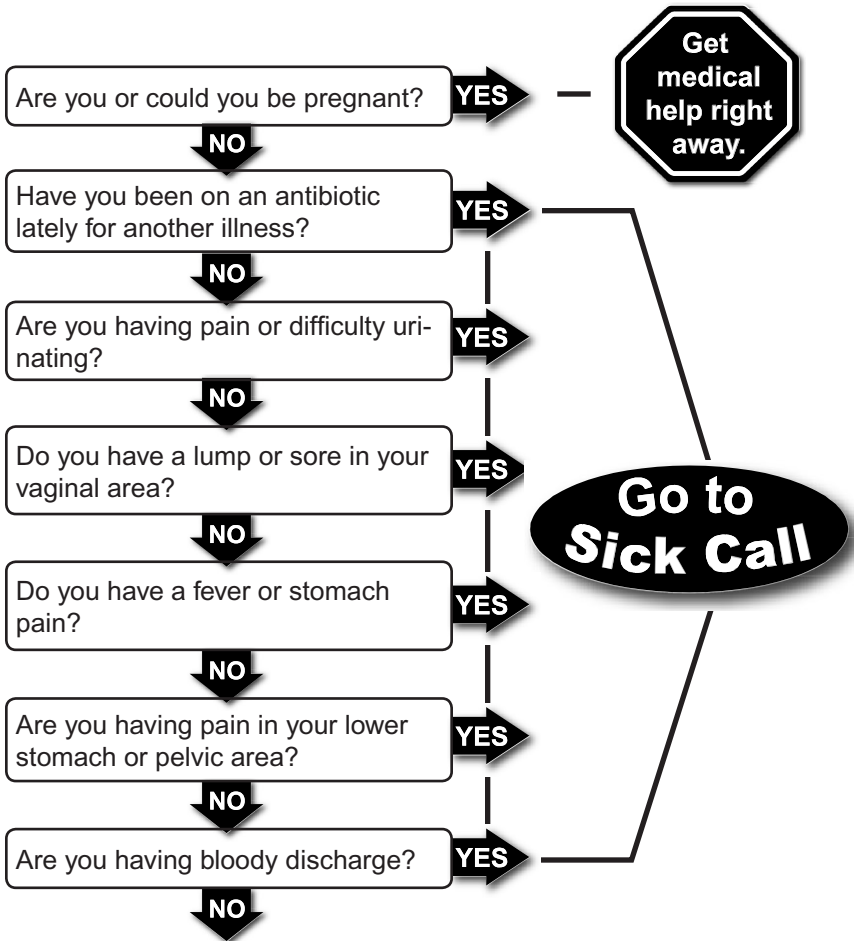
- Cut down on salt and salty foods.
- Cut down on drinks with caffeine.
- Use an over-the-counter pain reliever such as ibuprofen or acetaminophen as directed for headaches.
- Continue your regular exercise program.

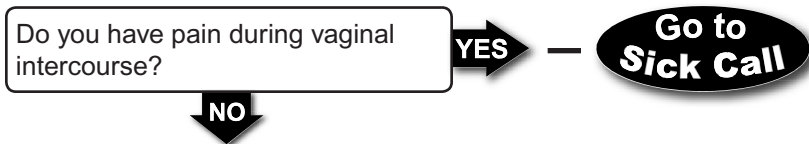
If you have a problem with premenstrual syndrome, visit a health care provider.

Go to sick call if you cannot perform your duties. Follow the chart if you get any of the symptoms listed.

Vaginal Discharge, Itching, Irritation, or Pain

In most women, it is normal to have a little bit of odorless discharge from the vagina. But if the discharge is out of the ordinary, or if you have itching, irritation, or pain, use this symptom evaluation chart.





Use Self-Care Measures:

- Use an over-the-counter medication such as clotrimazole as directed.
- Wear cotton underwear and keep the area as dry as possible.
- During your period, change tampons and sanitary napkins frequently. Change your tampon at least three times a day.
- Don't wash the area too much or too roughly. Don't use a lot of soap.
- Use a condom during vaginal intercourse until the problem has cleared up.

If the problem does not clear up as expected, go to sick call. Follow the chart if you get any of the symptoms listed.