

# HOW WELL

# YOUR FLOW?

# DO YOU KNOW



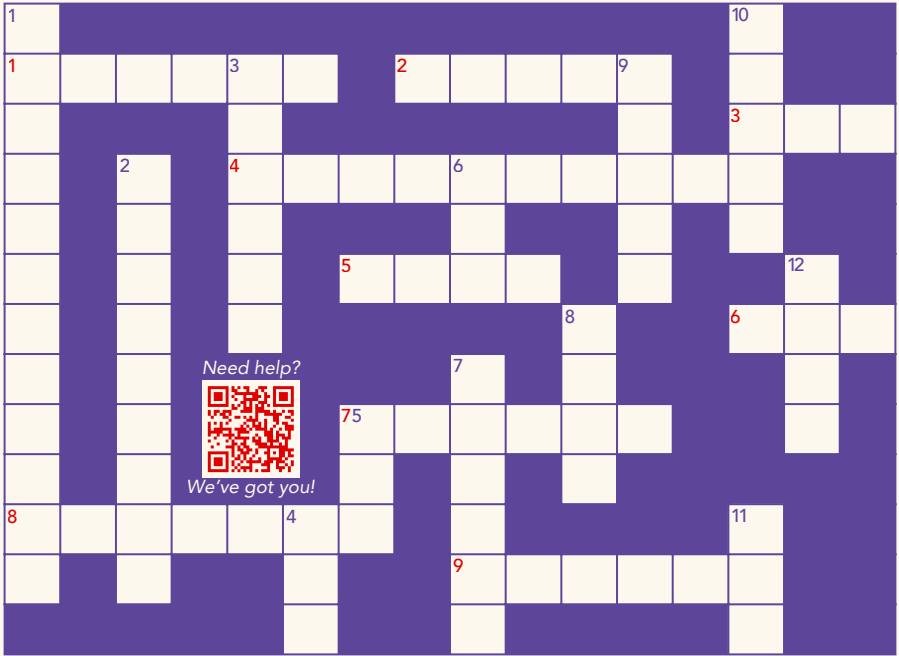
Dignité mensuelle  
Monthly Dignity

## ACROSS

1. Monthly Dignity fights for Menstrual \_\_\_\_\_
2. One part of the menstrual fluid that we shed during our period is \_\_\_\_\_
3. Reusable products include period underwear, the disc and the \_\_\_\_\_
4. After missing 12 months of your period you are considered \_\_\_\_\_
5. This is a condition that often is referred to as a severe version of 5 down.
6. An insertable longterm form of contraception
7. I feel bloated and crampy, I must be about to get my \_\_\_\_\_
8. First location for 4 down.
9. The different parts of 10 down.

## DOWN

1. The process of shedding the lining of the uterus on a cyclic basis.
2. With 12 down, the path the egg takes moving from the ovary to the uterus.
3. A common insertable, disposable menstrual product.
4. The cell that is released during ovulation.
5. The hormonal changes before your period that can make you irritable, hungry and tired.
6. A disposable or reusable menstrual product that sits in your underwear.
7. The painful contractions that occur during your period, and at times throughout your cycle.
8. A hormonal, endocrine disorder that recently got renamed!
9. A similar alternative to cups.
10. I have to start tracking my menstrual \_\_\_\_\_
11. The hormone responsible for triggering ovulation (abbreviation).
12. With 2 down, the path the egg takes moving from the ovary to the uterus.



Need help?



We've got you!