

MENSTRUE

Meaning: Menstrue: to undergo the monthly physiological process in which a woman expels blood and other materials from the lining of the uterus.

1. Women typically begin to menstrue in their early teenage years.
2. It is important to understand how hormonal changes affect those who menstrue.
3. The average cycle for someone who menstruates lasts about 28 days.
4. Many cultures have unique traditions and practices surrounding the time when women menstrue.
5. Health education programs often include information about how to manage symptoms when one begins to menstrue.

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