A Visit from Aunt Flo [1]

Week of:
Apr 08, 2016

What causes menstrual cramps? [2]

Dear Alice,

I teach a sex education class and received the following question from a student in our question box. My students are 13 years old.

Why does it hurt to have your period? I don't know if this is a male or a female asking. I can only assume they are speaking about cramping. Why do women have cramping with periods? What can alleviate the pain?

Thanks

Read more [2]

PMS is driving me crazy! [3]

Dear Alice,

Once a month I get PMS-y. I can deal with the bloating and cramps, (usually), but, honestly, I go crazy, loony, wacky. My emotions are completely out of control, from extremely happy to totally miserable and crying, with lots of grumpy behavior in between. I actually don't usually realize when I'm behaving irrationally, so when my boyfriend tries to point out that maybe my bouts of anger and tears are caused by hormones I attack him for telling me I'm just an irrational woman. Basically, is there any way to help these mood swings? I'm on birth control pills, which is supposed to help, but it doesn't really seem to do anything.

Thanks,
Nuts

Read more [3]

Sex during period... on pill... Safe? [4]
Dear Alice,

My girlfriend has been on the pill for about three months now and so far she's never missed a day. We had sex once without a condom during her period. Before my ejaculation, I made sure to withdraw. What are the odds of her getting pregnant? Should I be worried?

Read more [4]

**Can I reschedule my period?** [5]

Dear Alice,

This may seem a ridiculous question, but here goes. I have a trip planned to Hawaii and just realized that during my vacation time, I am scheduled to be on my period. Needless to say, that will definitely slow down my plans for ocean swimming and loads of tropical sex with my boyfriend. Is there a way to safely alter my cycle by missing birth control pills or other means?

? Hawaii-bound

Read more [5]

**Lost tampon** [6]

Dear Alice,

I had in a tampon, and now I can't find it. It was there. I tried to find it, but I can't. Is that possible? I am really worried about it. It was in for about one day. Please help.

Read more [6]
support services and hotlines.

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Links