

LET'S TALK P E R I D

DO YOU EXPERIENCE
THE FOLLOWING
WITH YOUR PERIOD?

- having to change protection more than every hour
- iron deficiency anemia
- frequently soaking the sheets
- periods consistently lasting longer than 7 days



1 in 1000 individuals has a bleeding disorder but most don't know it.

Don't suffer in silence.

Learn more at
letstalkperiod.ca

letsstalkperiod.ca

