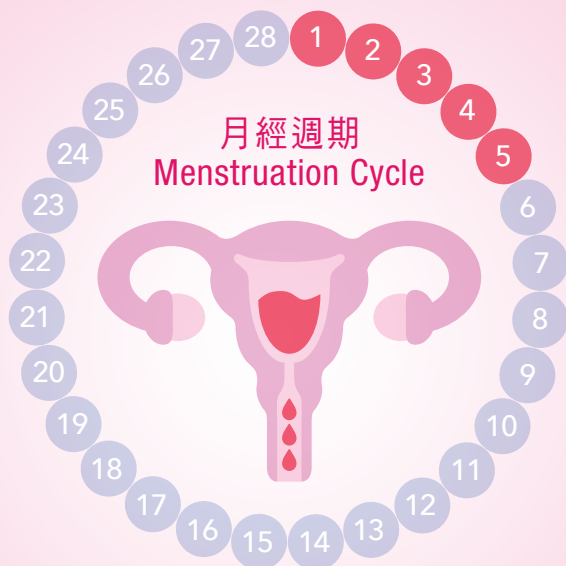


什麼是月經？

月經是您的身體因荷爾蒙分泌影響，每個月經週期子宮內膜為懷孕作準備而增厚，若未懷孕，子宮內膜會脫落，通過陰道排出體外，形成經血。

- 週期長度：月經通常每21至35天出現一次，大多數女性的週期為28天。
- 持續時間：月經通常持續2至7天，平均為5天。
- 流量：經血通常在經期首兩天最多，顏色呈紅色；輕微流量時可能呈粉紅色或棕色。



What is menstruation?

Menstruation (or “a period”) is due to cyclical hormonal changes in your body. The lining of the uterus (or womb) becomes thicker in preparation for pregnancy every menstrual cycle. If pregnancy doesn't occur, the uterus sheds its lining, resulting in menstrual bleeding.

- Cycle length: Periods typically occur every 21 to 35 days, with most women experiencing them every 28 days.
- Duration: A period usually lasts between 2 to 7 days, with an average of 5 days.
- Flow: Menstrual bleeding is often the heaviest during the first two days of menstrual cycle and appears red. On lighter days, it may look pink or brown.



樂妍站
Women Wellness Satellite



港島賽馬會樂妍站

Jockey Club Women Wellness Satellite (Hong Kong)

柴灣康民街1號 柴灣健康院2字樓
2/F, Chai Wan Health Centre, 1 Hong Man Street, Chai Wan
☎ 2855 1333

九龍賽馬會樂妍站

Jockey Club Women Wellness Satellite (Kowloon)

藍田啟田道99號 藍田分科診所6字樓
6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin
☎ 2855 1222

新界賽馬會樂妍站

Jockey Club Women Wellness Satellite (New Territories)

屯門屯利街4號1樓
1/F, 4 Tuen Lee Street, Tuen Mun
☎ 2851 1722

- 註：1. 各樂妍站的開放時間及服務收費詳情，請瀏覽樂妍站網頁。
2. 有意接受樂妍站服務的婦女請向地區康健中心/站查詢。
3. 有關各地區康健中心/站的聯絡地址及電話，可瀏覽地區康健中心網頁。

- Note: 1. Please visit the website of WWS for the opening hours and service charges of each WWS.
2. Women who are interested in receiving WWS's services can approach DHC/Es for enquiries.
3. Please visit the website of DHC for the addresses and telephone numbers of the DHC/Es.



樂妍站網址
www.wws.org.hk



地區康健中心網址
www.dhc.gov.hk



樂妍站
Women Wellness Satellite



了解您的月經 UNDERSTANDING YOUR MENSTRUATION



月經何時開始？

月經通常在 12 歲左右開始，但有些女孩可能較早或較晚。到 16 至 18 歲，大多數女孩的月經週期已趨於規律。



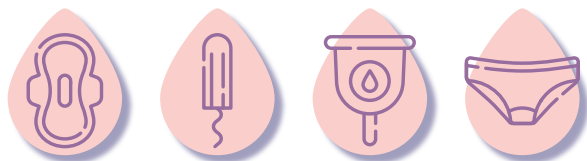
When do periods start?

Periods usually begin around the age of 12, although some girls may start earlier or later. By the ages of 16 to 18, most girls have regular periods.

使用月經用品

管理月經血有多種選擇：

- 衛生巾：特別是在流量大的時候，每幾小時更換一次。
- 衛生棉條：每 4 至 8 小時更換一次；避免超過 8 小時不更換，並選擇最低吸收量的產品。
- 月經杯：使用期間每天清洗，用完後徹底沖洗並煮沸 1 至 2 分鐘消毒。
- 月經內褲：可重複使用且可機洗，請遵循產品護理說明。



Using menstrual products

There are various options to manage period blood:

- Sanitary pads: Change every few hours, especially during heavy flow.
- Tampons: Change every 4–8 hours; avoid using one for more than 8 hours. Use the lowest absorbency needed.
- Menstrual cups: Clean daily during use and sanitize after your period by rinsing them thoroughly and then boiling for 1–2 minutes.
- Period underwear: Reusable and machine washable; follow product care instructions.



- 在處理月經用品前後洗手。
- 用紙巾包裹一次性用品後丟入垃圾桶（切勿沖入馬桶）。
- Wash hands before and after handling menstrual products.
- Wrap disposable products in tissue before discarding them in a bin (do not flush).

經前綜合症

在月經來臨前，荷爾蒙變化可能引起身體和情緒症狀：

- 身體症狀：乳房疼痛、下腹脹痛、頭痛等。
- 情緒症狀：易怒、情緒波動或低落、疲勞、食慾改變等。

這些症狀通常在月經開始後改善，並在幾天內消失。

Premenstrual syndrome (PMS)

Before your period, hormonal changes can cause physical and emotional symptoms:

- Physical symptoms: Tender breasts, bloating, cramps, headaches, etc.
- Emotional symptoms: Irritability, mood swings, feeling depressed, tiredness, appetite changes, etc.

These symptoms usually improve once your period starts and disappear after a few days.



月經疼痛（經痛）

許多女性在月經期間會感到下腹疼痛，經痛可分為兩類：

- 1 原發性痛經：非由其他疾病引起的經痛。
緩解方法：熱敷、做輕量運動或服用止痛藥。
- 2 繼發性痛經：由其他疾病引起的經痛，例如子宮肌瘤或子宮內膜異位症等。

繼發性經痛通常比普通經痛持續更久，即使在月經結束後也可能不消失。其他症狀包括不規則的月經、週期之間出血或性交疼痛。如疼痛加劇或影響日常生活，請諮詢醫生。

Period pain (Dysmenorrhoea)

Many women experience pain in the lower abdomen during their periods. There are two types:

- 1 Primary dysmenorrhoea: Pain not caused by underlying health issues.
Relief options: applying hot compress, doing gentle exercise or taking painkillers.
- 2 Secondary dysmenorrhoea: Pain caused by underlying health issues like fibroids or endometriosis.

The pain tends to get worse over time and often lasts longer than normal menstrual cramps. The pain may get worse or persist during or after the period. Other symptoms may include irregular periods, bleeding between cycles or pain during sex. See a doctor if your pain worsens or disrupts daily life.

什麼是月經過多？

如果您有以下情況，可能是月經過多：

- 每 1 至 2 小時需要更換衛生巾或衛生棉條。
- 需同時使用兩種產品（如衛生巾和衛生棉條）。
- 排出比 2.5 厘米硬幣還大的血塊。
- 經血超過 7 天。
- 即使已使用衛生巾 / 衛生棉條，經血仍會滲透衣物 / 床單。

如果經血過多而影響您的日常生活或讓您感到疲憊或氣促，請諮詢醫生。

What is heavy menstrual bleeding?

You may have heavy periods if you:

- Need to change pads or tampons every 1 to 2 hours.
- Need to use two types of period products together (e.g. pad and tampon).
- Pass blood clots larger than 2.5 cm.
- Menstrual bleed for more than 7 days.
- Menstrual bleed through to clothes/bedding, even when using pad or tampon.

If heavy periods affect your daily life or make you feel tired or shortness of breath, consult your doctor.

什麼時候應該看醫生？

如果您有以下情況，請諮詢醫護人員：

- 月經過多影響日常活動。
- 經痛劇烈疼痛且無法緩解。
- 週期之間或性交後出血。
- 其他症狀，如異常分泌物或排尿 / 性交疼痛。



When should I see a doctor?

Consult a healthcare professional if you experience:

- Heavy periods that affect your daily life.
- Severe pain during periods that does not improve with home remedies.
- Bleeding between periods or after sex.
- Other symptoms like unusual discharge or pain during urination/sex.

如您對月經健康有任何疑問，請尋求醫療建議或聯繫樂妍站。
For any queries about your menstrual health, please seek medical advice or contact the Women Wellness Satellite.