

# sex talk.

answers to your questions about sex and relationships

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**sex talk**  
FEBRUARY 10-14 WEEK 2014

SexTalk Week has arrived! Come out to the UA Mall on Feb 12th from 10am-2pm to win big prizes, grab giveaways, participate in Condom Olympics, and score FREE condoms & lube! Free STD testing also available!

## Q I get bad cramps during my period. Is there anything I can do to lessen the pain or get rid of them?

A. You are not alone when it comes to cramping during a period. Menstrual pain and cramping comes in different severity levels and can even interfere with daily activities. They usually start right before your period, will be the most severe within 24 hours after bleeding has started, and then decrease in severity over the next day or so.

Making some of these changes below can help lessen menstrual cramping:

**Diet:** Caffeine (coffee, soda, energy drinks, etc.) and alcohol have been found to make menstrual cramps worse. Instead, drink herbal teas and water. Calcium, fiber, magnesium, and Vitamin E are some nutrients which can also help fight menstrual cramps. Throughout the day, eat smaller portions more frequently. This helps give your body constant energy which will allow you to get up and move around.

**Exercise:** Helps to relieve menstrual cramps

and also stress by promoting blood circulation throughout the body. Examples include: stretching, yoga, walking, weight lifting, hiking, and cardio.

**Other Strategies:** Getting enough sleep, heating pads, hot baths and showers, and ibuprofen or naproxen can all help. Birth control is another option to minimize cramping. If you are interested about getting on birth control or want to talk with a medical provider, you can make an appointment with our Women's Health Clinic at (520) 621-9202.

These strategies are suggestions, some of which may be more effective than others. If you experience severe cramping, it's a good idea to get checked by a medical provider to rule out other possible causes for the pain. To make an appointment at Campus Health, call (520) 621-9202.



Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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