

Disturbing Facts

Due to lack of facilities during menstruation, 41% girls in Nepal and 28% in India go absent from school or perform poorly.

(Source: water aid survey 2009)

The plastic in a pad takes 500 years to degrade. Every year we add the equivalent of 180 billion plastic bags to our waste by using plastic laden feminine hygiene products.

Barely 12% of India's menstruating women use sanitary pads, which itself means 36 million women disposing the pads every month!

Inadequate menstrual protection and unhygienic menstrual practices may also lead to infertility. Poverty, ignorance & superstitions are discouraging factor in use of sanitary pads.

(Source: Indian institute of biotechnology in collaboration with soothe healthcare)

At one point in history, women who complained of menstrual cramps

(Dysmenorrhea) were sent to psychiatrists because menstrual cramps were seen as a rejection of one's femininity.

(Delaney, Janice and M.J. The Curse: A Cultural History of Menstruation. Champaign, IL: University of Illinois Press)

About 65% of women and girls in Kenya can't afford sanitary pads. Girls loose around 3.5 million learning days every month, due to lack of basic facilities during menses.

Almost 50% girls of age 14 to 17 knew nothing about menstruation- a research in Karachi, Pakistan.

Every year, over 45 billion pads are dumped in landfills in USA and Canada only!!

Around 70% of women in India say their family can't afford to buy sanitary pads.

It is estimated that a woman throws away approx. 125 to 150 kg of sanitary products in her lifetime, a huge addition to the existing garbage.

Cervical cancer kills around 72000 Women in India every year, more than 26% of the deaths worldwide.

At least one in five girls in India drop out of schools due to menstruation'- a research by AC Nielsen and Plan India.

India accounts for 27% of the world's cervical cancer deaths, almost twice the global average'- WHO. 'poor menstrual hygiene is partly to blame.'

-Doctors

Over 12 Billion pads and tampons are used once and disposed of annually in USA itself.

Most women believe that the blood in menses is different from regular blood and hence the base for all myths.. The reality is - Menses does not actually contain any impurities, it is more precisely defined as a combination of uterine tissue, blood and secretions.

(Source: www.abiyamo.com)

A girl reported that, due to the "polluting touch", during winter she is not provided with sufficient warm clothes during menstruation, as the clothes would become polluted.

(Delaney, Janice and M.J. The Curse: A Cultural History of Menstruation. Champaign, IL: University of Illinois Press)