ovulation: the process of an ovum (egg) being released from the ovary; occurs 10-14 days before menses.

Understanding Your Menstrual Cycle

NORMAL?

WHAT'S NORMAL?

WAT TO DO

IS MY PERIOD NORMAL?

TYPES OF MENSTRUAL CYCLES

SIGNS TO WATCH FOR

INCREASED RISK OF:

OTHER FERTILITY ISSUES:

SIGNS TO WATCH FOR

WHAT TO DO

WHEN TO CALL

If you're trying to conceive, consult with a fertility specialist.

If you're experiencing any of these warning signs:

- Difficulty getting pregnant
- Anemia
- Increased risk of miscarriage
- Problems with ovulation

If you're trying to conceive, know what to look for.

If you are trying to conceive, consult with a fertility specialist.

If you're trying to conceive, get educated about what's normal vs. abnormal.