

## **The best ally of women - Always® sanitary pads**

During the reproductive period, there are not many women who have not experienced extremely heavy menstrual bleeding at least once. This problem most often occurs in very young girls, whose menstrual cycle has not yet stabilized, and women who are on the threshold of menopause, but others are not spared either. It is common and normal for menstruation to occur at intervals of 21 to 35 days and to last between four and seven days. Anything more frequent and longer than this can be considered a disorder called profuse bleeding, i.e. menorrhagia.

The cycle is considered abundant when the pad has to be changed for less than an hour and at night, but also in the event that large clots are observed. The bleeding is sometimes so strong that the woman is unable to carry out her usual daily activities, and sometimes it is accompanied by pain and cramps in the lower abdomen, loss of breath and fainting.

Heavy menstruation is bleeding that lasts longer than 7 days or the amount of blood is greater than 100 ml per cycle. In addition to various hormonal imbalances, disorders of the reproductive organs (ovarian dysfunction, endometriosis, fibroids...), the reasons for heavy menstrual bleeding can also be diseases of other organs, such as diabetes, thyroid gland dysfunction, various autoimmune, kidney diseases. Abundant bleeding can introduce the body into anemia and thus impair important metabolic functions, increase the tendency to infections, and can lead to the development of chronic diseases.

Abundant menstruation should not be neglected and a gynecologist's examination is necessary in order to discover the cause of menorrhagia, as well as its elimination or therapy. The very process of establishing a diagnosis, as well as the effect of therapy, can take time, so it is necessary for patients to use adequate disposable sanitary napkins and pads like Always Platinum sanitary pads and panty pads .

Menstruation normally, and especially if it is heavy and prolonged bleeding, is a very unpleasant moment as well as an aggravating circumstance during normal activities and disrupts and disrupts the preservation of personal intimate hygiene.

Disposable feminine hygiene products such as Always® sanitary pads are a good ally for the necessary preservation of quality of life and the performance of daily regular work and private activities during the period of menstruation. Always Platinum is an advanced range of sanitary towels that enhances softness and protection with a dual layer top sheet and an absorbent core. The top sheet combines a soft non-woven top sheet with a mesh top sheet to combine the benefits of protection and comfort. The top sheet has an absorbent centre and cottony-soft micro-cushions at the sides, which absorb and also act as leakage barriers. Always Platinum is designed to absorb fast, while being dry and comfortable to wear. Always® sanitary pads undergo rigorous controls to ensure their safe use, and in addition to dermatological testing, they have passed an additional test for potential irritants that follows an internationally recognized clinical testing protocol.

## Reference:

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