

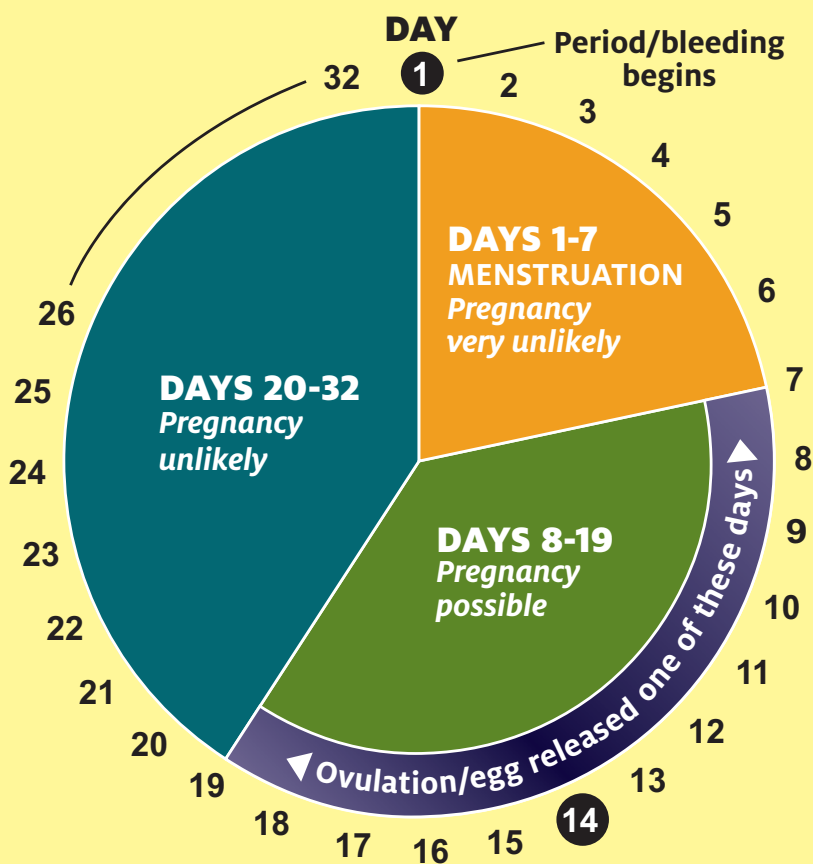
sex talk.

answers to your questions about sex and relationships

wildfact

The average woman is estimated to have 450 periods in her lifetime.

The Menstrual Cycle and Fertility Explained*



*Cycles vary among women and may change over time. Typically, cycles last between 21 and 32 days, with an average of 28 days. Ovulation occurs on or around day 14.



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Have a question? Email it to sextalk@email.arizona.edu



CAMPUS HEALTH

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