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What Is a Normal Period – And What Is Not?

Periods can vary, but some signs may
need medical attention.



Usually Normal:



Cycle every
28 to 35 days



Bleeding for about
5 to 6 days



Mild pelvic cramps or
discomfort



Not Normal:



Very heavy bleeding



Severe period pain



Bleeding between periods



Periods lasting more than 7 days



Very irregular or suddenly
changed cycles



Your **period** can be a window into **your health**.



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