

# Periods

Arelhe-le aretye-ke

# Pipe nhenhe akerte

Jean Hailes arelhe-ke health-le alengke-areme apmere-ke artweye areye ingkerrke Australia-enge ante alengke areme apmere, kwatye ante culture antwirrkeme mape. Anwerne respect-eme-ileme arrekwele-lenye, lyete-enge ante akwerrkerle-nge mape.

Warrke nhenhe mpwareke apurte-le Jean Hailes ante Alukura arelhe-kenhe Health Service CAAC Central Arrernte kenhe apmerenge.

Anwerne alengke-areme support ante warrke mpwareme NT Health-Primary ante Public Health-le Central Australia-enge.

Anwerne alengke-areme arelhe Mparntwe-arenye ante apmere arrpenhe arenye mape-le alpeme-ileke resource nhenhe mpwaretye-ke.



Areme-le Jeans Hailes [www.jeanhailes.org.au](http://www.jeanhailes.org.au)

Areme-le Congress [www.caac.org.au](http://www.caac.org.au)

Jeans Hailes arelhe-kenhe alengke areme Australian Government-le alpeme-ileme.

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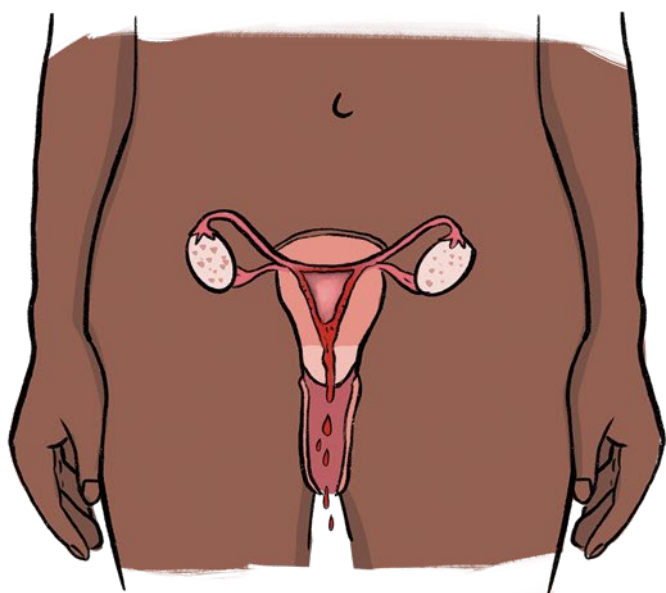
# Iwenhe period?

Period alhwe arrarrteme atne  
altywere ngkwinhe-enge-ntyete  
every month.

Ileme unte atnerte-atnerte  
-kwenhe.

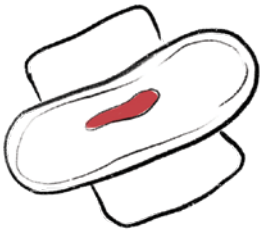
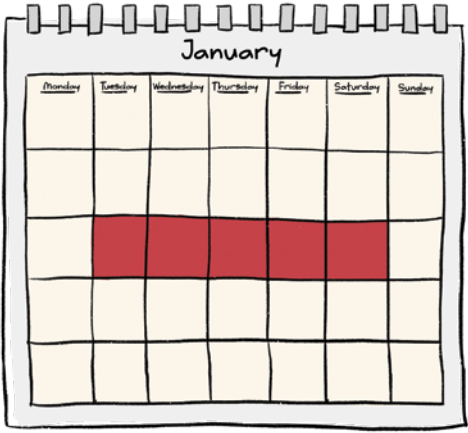
Periods ileme monthly.

Marle mape Australian-enge itne  
period atnyeme arrkwerle age  
12 or 13 years old-enge, ante  
itne ineme 9yr old-enge ante  
ingkerne ulkere 16yr old-enge.



# Nthakenhe irreme unte period ngkwinhe ineme-le

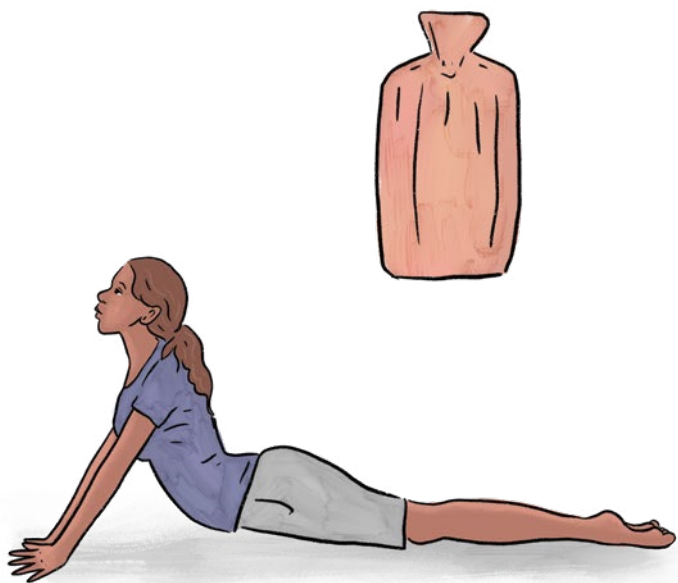
- Once a month unte alhwe ntheme 3-7 artle-nge.
- Alhwe thelhelemele change-ileme period ngkwinhe, akngerre awerne arrkwerlence ante urreme-le light awerne ingkerne.
- Colour change –irreme, athetheke arrkwerle ante urrperle irreme-me ingkerne-ulkere.
- Arrkwerle 1 -2 years period ngkwinhe start-irreme monthly arrangkwe atyneme.



# Period-le kwarneme

- Arrkwerle arlte anyentenge atherrame-enge period ngkwinhe, atnerte ante artepe ngkwinhe kwarne-me.
- Kwarnetye urrerreme heat pack-enge, merrithene Nurofen-ateke, exercise mwantye
- Angkemele health carer ngkwinhe-ke unte apeke kwarnetye akngerre awelheme-le or kwarnetye urretye-akenhe.
- Health carer ngkwinhe DR, nurse health worker apeke.





# Signs period ngkwinhe-enge arrkwerle

Week period ngkwinhe  
arrkwerle unte areme:

- mood change-irreme  
(Alwarrpe or ahele  
awelheme)
- mpele-mpele
- werlatye utyene
- uyarne atne ulheme or  
atnelthe-irreme.

Unte apeke worry-irreme sign  
nhenhe mape-ke angkeme-le  
health carer ngkwinhe-ke.

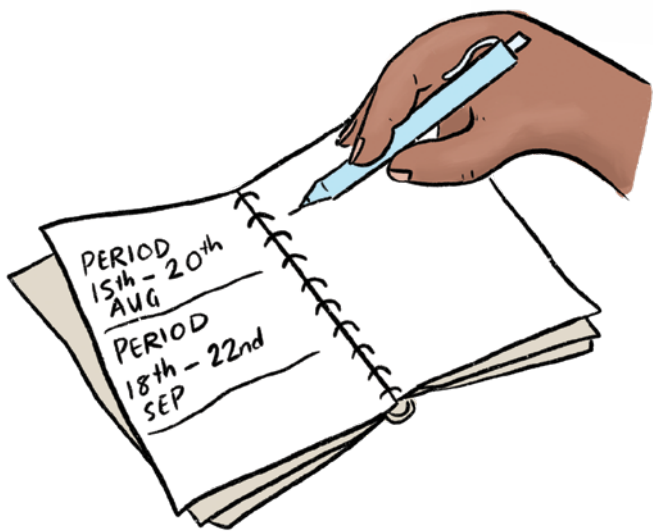


# Areme-le period ngkwinhe

Mwantye-le areme-le period ngkwinhe. Unte areme-le:

- a calendar
- a diary
- an app.

Ayeye nhenhe-le ngenge alpeme-ileme unte aretye-ke health carer period ngkwinhe akerte.



# Iwenhenge areme health carer

Angkeme-le health carer  
ngkwinhe-ke unte apeke worry-  
irreme-le ngkwinhe period-  
akerte. Unte apeke period pain  
akngerre akerte ngenge stop-  
eme-ileme urrkape –etyeke.



# Iwenhenge areme health carer

Angkeme-le health worker  
ngkwinhe-ke unte apeke worry  
-irremele period ngkwinhe-  
akerte. Period ngkwinhe apeke:

- Monthly inetye-akenhe
- Same time inetye-akenhe  
month-enge
- Arrangkwe inetye-akenhe

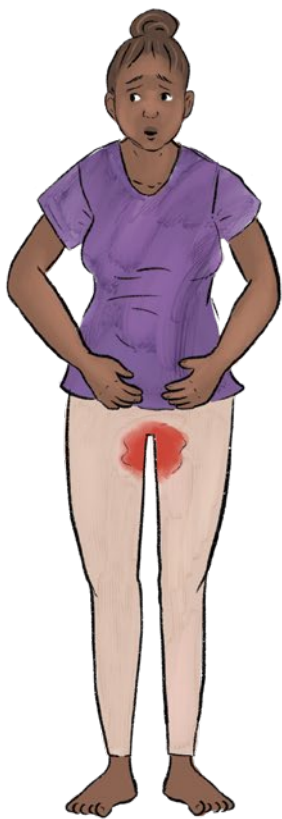
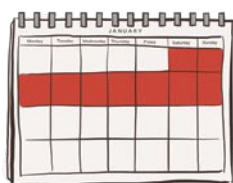




# Iwenhenge areme health carer

Angkeme-le health carer  
ngkwinhe-ke unte apeke worry-  
irremele Period ngkwinhe  
akerte.

Alakenhe, unte apeke alhwe –  
unteme akngerre anthurre.









# Artists nhenhe akerte



Intelentye arrkwerle nhenhe Arntarntarerreme (Looking after each other) Amunda Gorey-le mpware-ke “Nhenhe arelhe mape PCOS akerte. Areme-le support-ke services-enge ante arelhe arrpenhe-areye.

Ilthe mape iterele imerne-me mwantye anetye-ke ante angketye-arle anety-ke support nhenhe mape akerte.”

Amunda Gorey Arrernte artist amangke-ke Ltyentye Apurte-le, hour antekerre-ikngerre Mparntwe-nge-tyele.



Illustrations mpware-ke Coolamon Creative-le. Coolamon Creative 100% tyerrtye kenhe ante creative services agency Darwin-enge ante Mparntwe-enge.

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**Disclaimer:** Ayeye nhenhe-le arrangwe arrerneme medical advice.

Unte apeke worry-irreme health ngkwinhe akerte, health carer ngkwinhe-ke angkeme-le.

Jean Hailes-le anteke areme ante inclusive approach ayeye arelhe-ke health.

The terms 'Arelhe' ante 'marle' use-eme-ileme resource nhenhe-enge arelhe, marle ingkerrke ante marle, urreye arteke mape.

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