

# Period Poverty Awareness Week

STACI TANOUYE, MD  
BOARD CERTIFIED OBGYN PHYSICIAN

Period Poverty =  
lack of access to period  
products, period education,  
and/or bathroom facilities

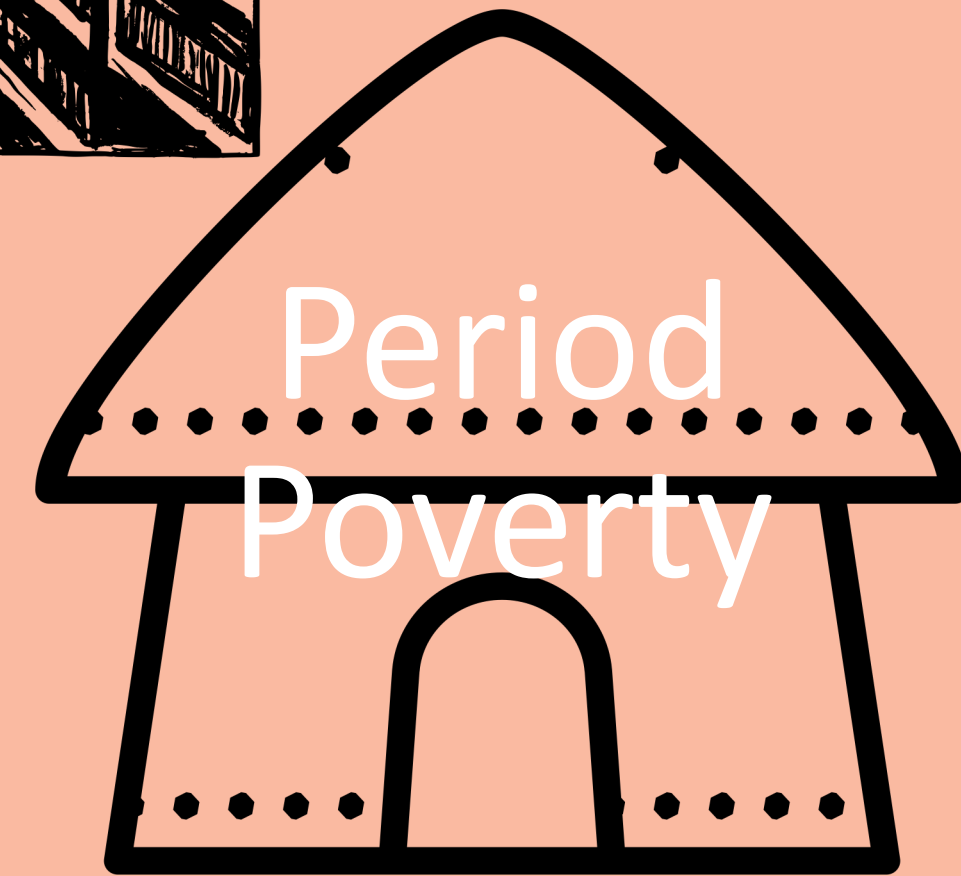
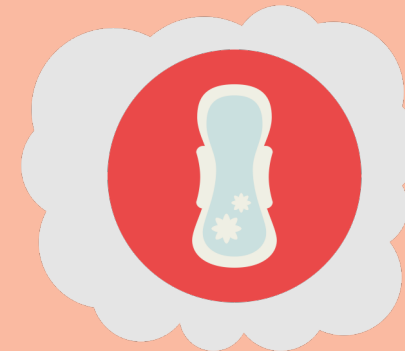
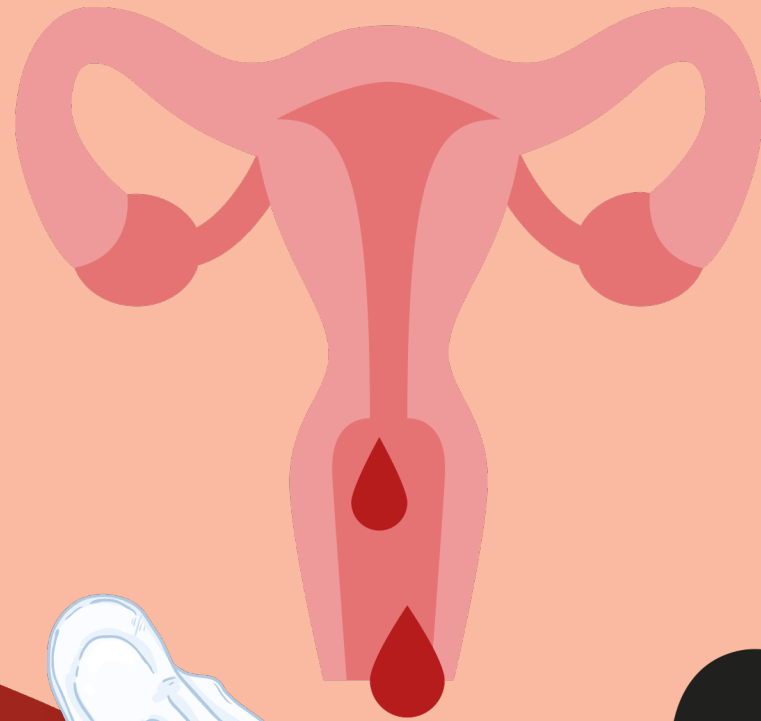
*2 in 5*





# Period Stigma

*dirty  
weak  
hysteria*



# Period Poverty

## Who does it affect?

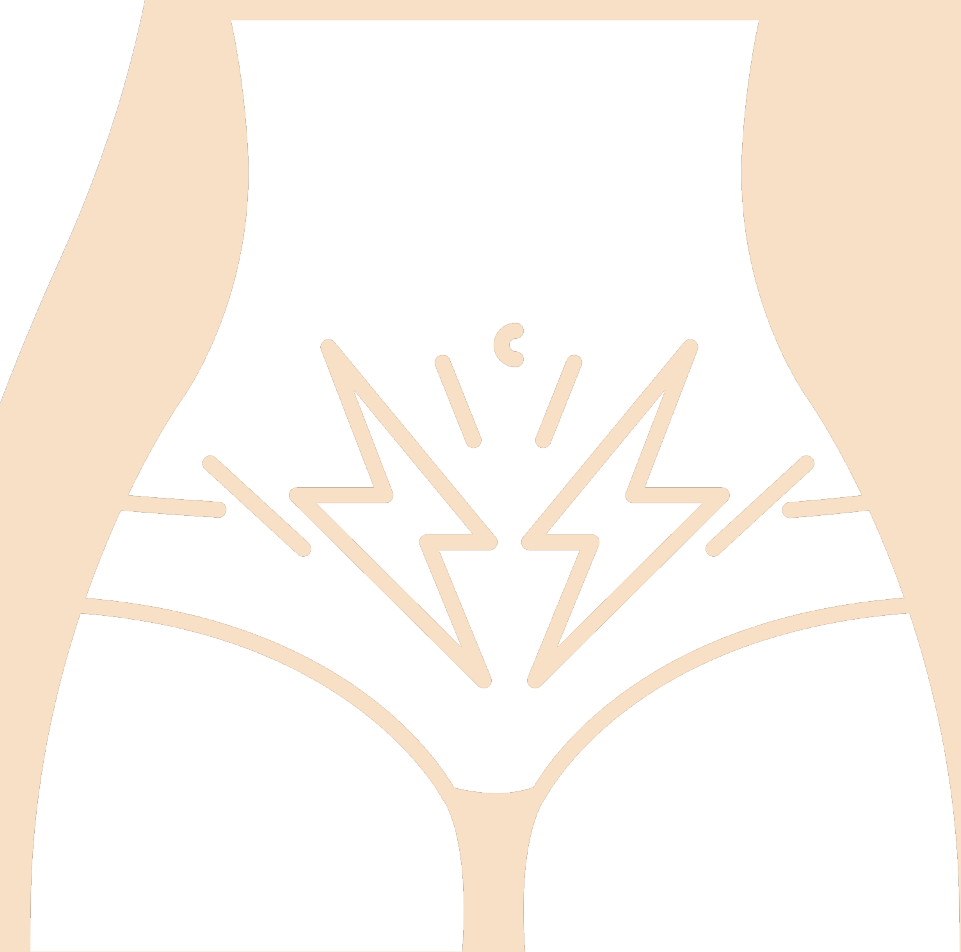
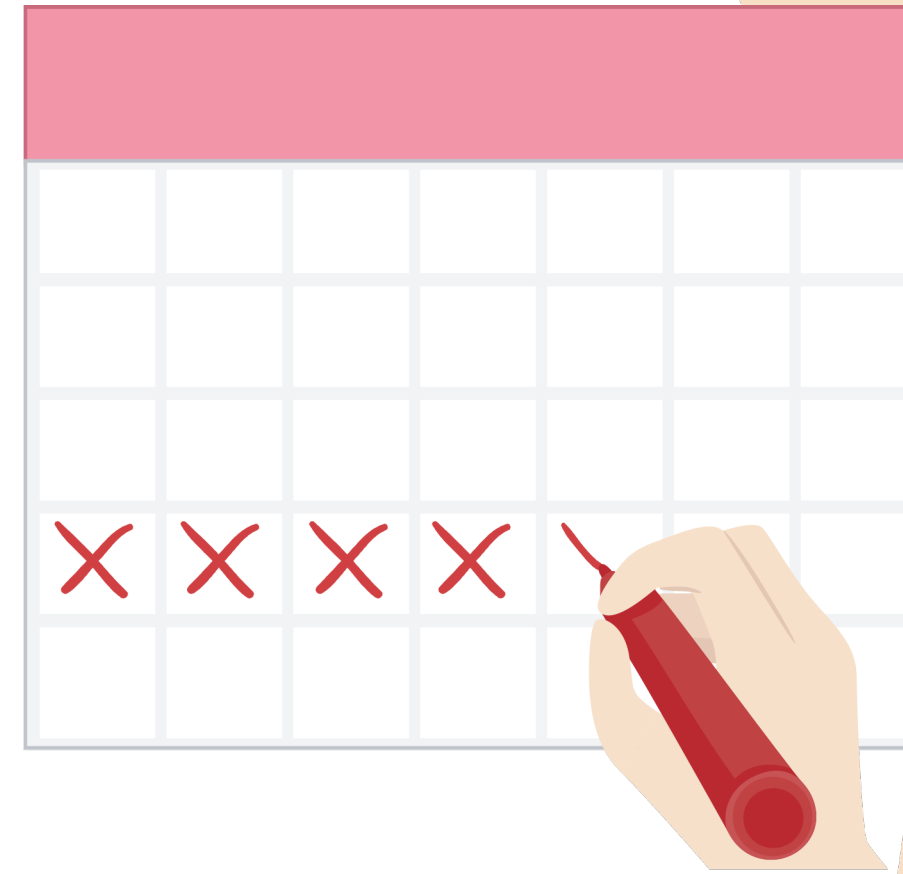
Prior to 2020: 25%

This past year: 40%

- 2021 survey by U by Kotex

Disproportionately affects:

Black & Latina menstruators



# Period Poverty

How does it affect  
menstruators?

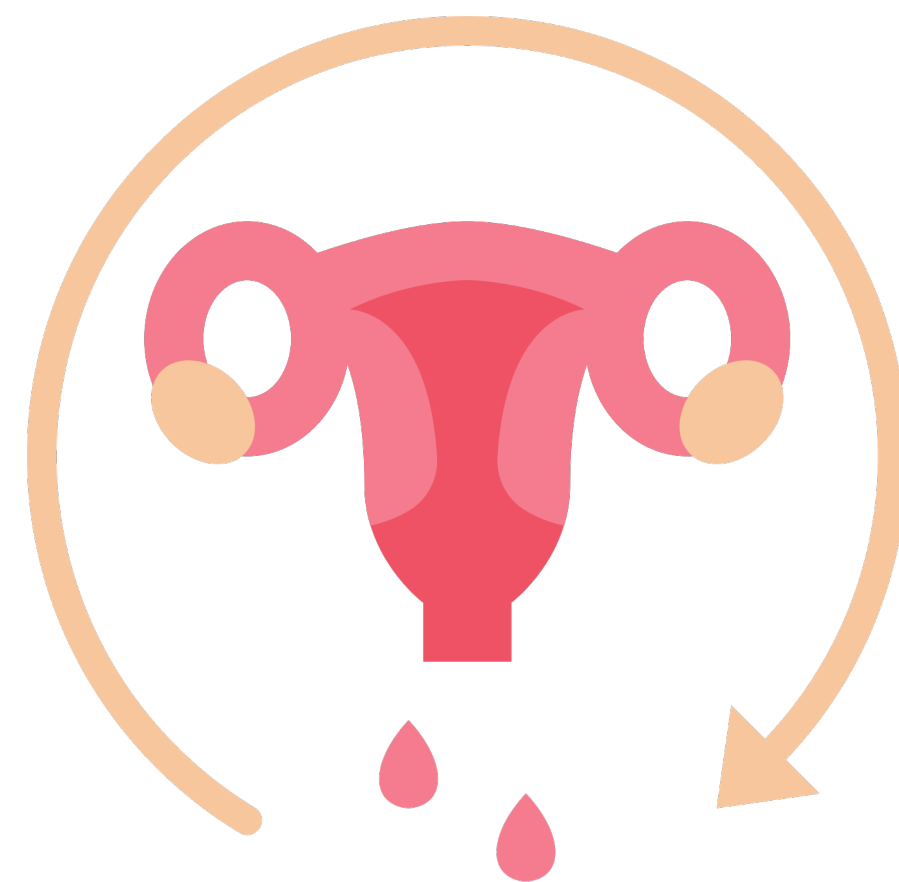
1 in 3 low-income women  
miss school or work

less income

less opportunity

less access to period products

Vicious Cycle



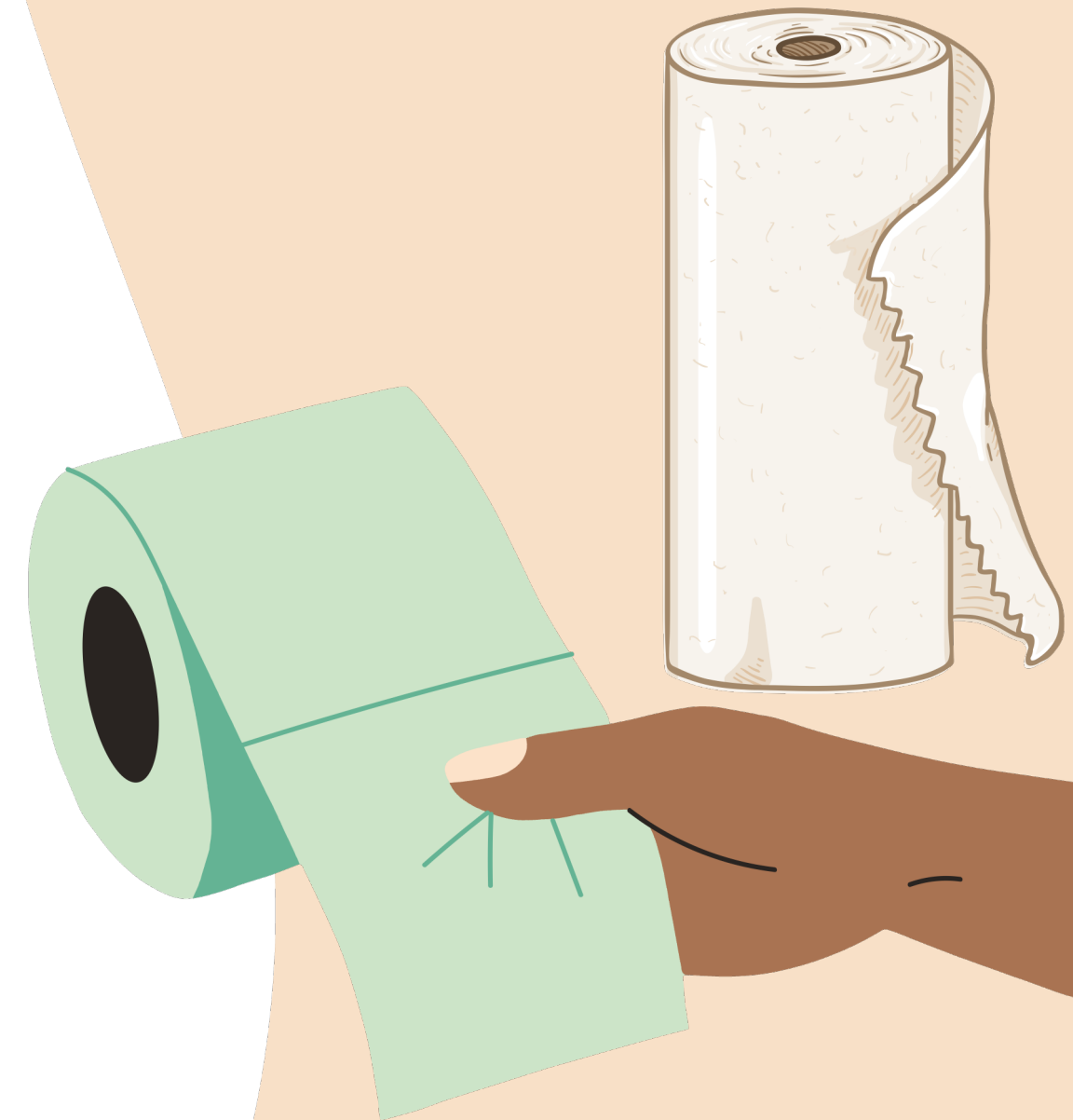
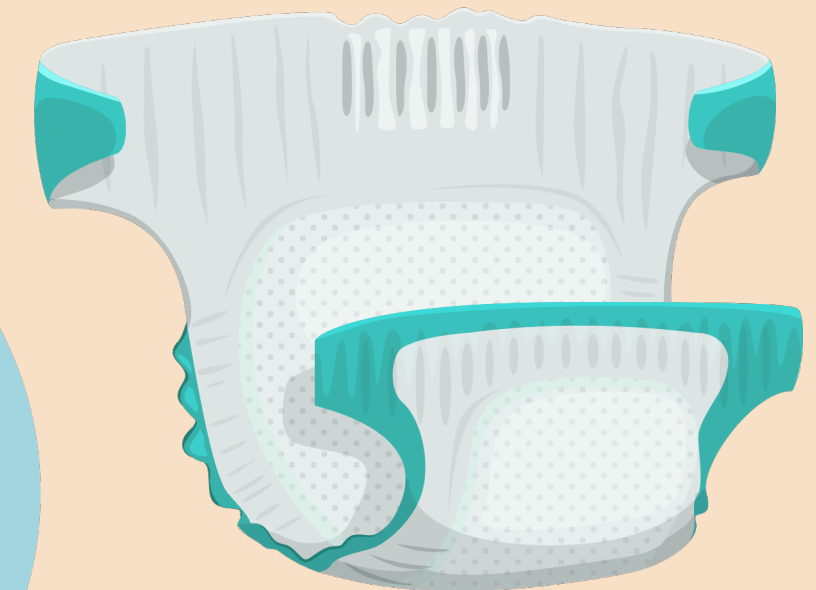
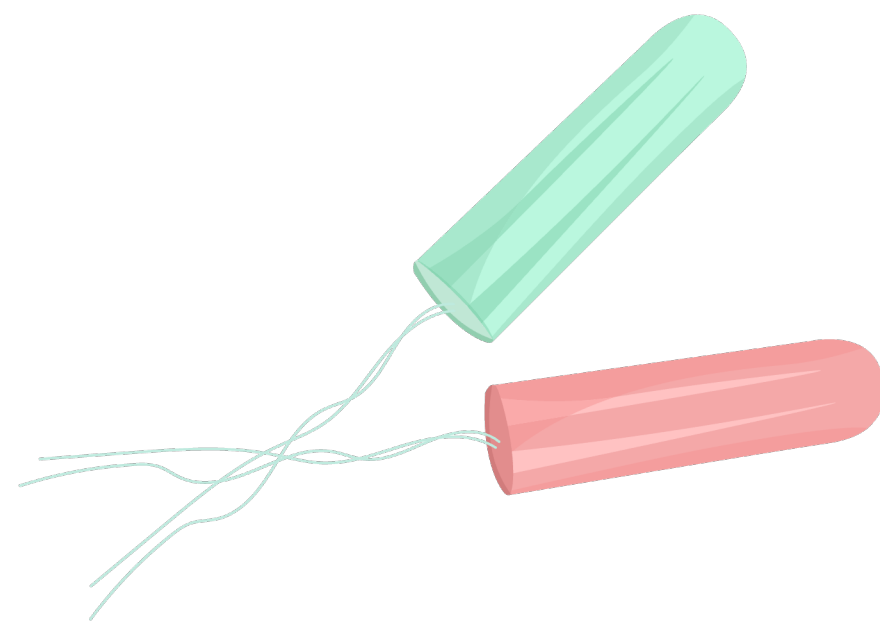
# Period Poverty

## What do menstruators do?

In a 2021 survey by U by Kotex

40% of Black menstruators used alternative products

36% of Black menstruators reported they stretched their period products beyond their recommended use



# Period Poverty

## Health Implications

Vulvar irritation

Chafing

Itching

Infections: UTI & Bacterial Vaginosis

Toxic Shock Syndrome

Increased embarrassment, shame, depression



Period Poverty reinforces the stigma that periods are dirty, embarrassing, and that menstruators shouldn't participate in society.

Because without access to essential menstrual products, their physical and mental health is negatively impacted in such a way that they actually begin to believe that they are dirty and unworthy when they are forced to self-isolate every month for a normal physiologic occurrence

*Period poverty is our society's menstrual hut*