

There is.



<http://pacificcoast.net/%7Emanymoons/divacup.html>

Menstrual cups are small silicone or latex cups that are worn in the vagina much like tampons. They are reusable, sanitary, safe, economical, and environmentally responsible. Most women who try them love them. And both the Keeper and Divacup (above) manufacturers offer money-back guarantees.

## Resources:

### Places to buy menstrual cups:

[www.thekeeper.com](http://www.thekeeper.com)

[www.divacup.com](http://www.divacup.com)

[www.mooncup.co.uk](http://www.mooncup.co.uk)

[www.lunette.fi](http://www.lunette.fi)

<http://pacificcoast.net/~manymoos/keeper.html>

### Still want more info?

[www.menstrualcups.org](http://www.menstrualcups.org)

[www.mum.org](http://www.mum.org)

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The average American woman will use over **12,000** disposable pads or tampons in her lifetime.

**(Imagine that in a landfill.)**

She will probably spend over **\$2000.**

**Isn't there a better way?**

**Q & A:**

**Why haven't I heard of menstrual cups before?**

Quite simply, menstrual hygiene is not a common topic of conversation. The media (and the pads/tampons industries)

have conditioned us to think of our periods of something dirty and shameful. As a result, many women are uncomfortable with the idea of a reusable menstrual product, no matter how safe and hygienic it may be.

### **Is it safe?**

Menstrual cups are non-absorbent, so they have no known associated risk of TSS as tampons do. The Keeper and Divacup have been approved by the FDA. The Mooncup and Lunette are not sold in America, but have been tested extensively and are made of medical-grade silicone, like the Divacup.

### **Can virgins use menstrual cups?**

Many virgins successfully use menstrual cups. If a woman has an intact hymen, she may have difficulty using a menstrual cup. As a general rule, if a woman successfully uses tampons, she can probably learn to use a menstrual cup.

### **How often do I have to empty it?**

Menstrual cups can be safely worn for up to 12 hours at a time. Some women find that this is all they need to keep from leaking, while women with heavier flows may have to empty it more often. One thing is generally agreed upon, though: menstrual cups need to be emptied less often than even the highest absorbency tampon needs changing.

### **Isn't it expensive?**

Yes, \$30 or \$35 may seem a lot to shell out at one time. But over the course of one year most women spend more than that on tampons and pads. And a menstrual cup lasts for 10 years, sometimes longer. Over 10 years, most women will spend at least \$500 on pads and tampons. A woman who bought a cup instead would save over \$450!

### **Are these like Insteads?**

No. Though Insteads are menstrual cups as well, they are disposable and are designed differently than reusable cups. As a result, they sit differently in the vagina.

### **What are the different types of menstrual cups?**

There are 4 brands of reusable menstrual cups.



<http://pacificcoast.net/%7Emanymoons/keeper.html>

The **Keeper**(above) was the first of the reusable menstrual cups. It is made of

natural gum rubber (making it unsuitable for women with latex allergies or sensitivities) and is produced and sold in the US. It has a 3 month money-back guarantee.

The **Divacup** (pictured earlier) is similar to the Keeper but has the advantage of being made of medical grade silicon and is hypoallergenic. It is produced in Canada and has a 1 year money-back guarantee.

The **Mooncup** is similar in shape to the Keeper but is made of medical grade silicon. It is produced in the U.K.

**Lunette** is similar to the Mooncup and produced in Finland.