



Creative DESIGN Contest

to support the women across India
for adopting better menstrual hygiene practice.

Topics for creating designs / videos for Creative Design Contest.

Disclaimer:

All the illustrations for the design / video you create have to be medical representation with a clean approach without any sensual content. Any kind of such sensual content will disqualify from the contest.

All the Topics given are with their respective explanation answer on which you can make the design / video with your creativity.

Topic 1:

Why should we stop using sanitary pads?

Some of the health disadvantages of using Pads are...

- Inflammation in the pelvic region.
- Cancer in the ovaries.
- Damaged immune system.
- Hormonal dysfunction.
- Malfunctioning of the thyroid.
- Vaginal allergies.
- Rashes.
- Ailments related to the endometrium.

Do you know what is the threat to nature, due to Pads ?

- According to Menstrual Health Alliance India, one sanitary pad could take **500 to 800 years to decompose** as the plastic used is non-biodegradable and can lead to health and environmental hazards.
- Sanitary Pads belong to **BIO HAZARDS waste** and so cannot be burnt also.
- **Burning sanitary pads** release harmful toxins, posing serious health risks for those in proximity. Without proper precautions, this method not only leads to pollution but can also pose serious health issues.

Topic 2:

Sanitary Pads VS Menstrual Cup



✓ Reusable upto 5 years	✗ Not reusable
✓ Wearable upto 12hours	✗ Wearable upto 4hours
✓ Eco-friendly	✗ Non Eco-friendly
✓ Medically safe material	✗ Not safe material
✓ No side/health effects	✗ Many side/health effects
✓ Cost effective	✗ High in cost

Topic 3:

How long can i wear a Lyvefresh menstrual cup ?

The Lyvefresh Menstrual Cup can be worn for up to 12 consecutive hours, depending on your flow. It should be emptied, washed and rinsed a minimum of two to three times per 24-hour period.

Topic 4:

Can i wear Lyvefresh Menstrual Cup when i _____ ?

You can wear the Lyvefresh Menstrual Cup for any activity you participate in while menstruating, **except for vaginal intercourse**. This includes swimming, scuba diving, camping, sleeping, running, yoga, weightlifting, gymnastics – you name it! If you are using the correct size and have inserted the Menstrual Cup correctly, it should not move out of place or leak no matter your activity level.

NOTE: The Lyvefresh Menstrual Cup should be used during menstruation only, and should not be inserted at any other time.

Topic 5:

Is it messy while using a Lyvefresh Menstrual Cup ?

Using the Lyvefresh Menstrual Cup does require you to get a little more up close and personal with your flow, but it is clean and comfortable to use. Be sure to wash your hands well before inserting and removing, as well as after you're finished reinserting.

Topic 6:

What if i can't get it out the Menstrual Cup from my vagina?

It can take some time to get the hang of insertion and removal. However, the vaginal canal is an elastic, muscular tube only about four (4) – five (5) inches (10.2 – 12.7 cm) long – there is nowhere for the menstrual cup to get “lost” inside you, as the vagina does not connect to other parts of the body.

When inserted correctly, the menstrual cup should sit low at the base of the canal, away from the cervix, making it possible for you to reach the stem and grip the base to remove it. Making sure you keep your muscles relaxed for removal is key!

Topic 7:

How to i clean Lyvefresh Menstrual Cup in public washroom?

When in a public washroom, some consumers are not comfortable washing their menstrual cup in the sink out in the open. If this is the case, wash your hands thoroughly before entering the stall, empty the contents of your cup into the toilet and simply use a dry or damp tissue to clean the cup. At the next convenient time, clean as per the User Guide instructions.

Always wash your menstrual cup using potable water that is safe to drink, including when traveling or camping.

Topic 8:

How should i get ready to use it for the first time?

Before your first menstrual cup use, submerge the cup in an open pot of boiling water for 5 – 10 minutes, using a stainless steel pot that is designated to boil your cup. This is a mandatory first step.

It is not necessary to boil your menstrual cup between cycles, as regular cleaning can be sufficient. For more information on proper care and cleaning you can check our cleaning instructions.

Topic 9:

When should you replace Lyvefresh Menstrual Cup?

While medical grade silicone can last up to 10+ years, the silicone in a Lyvefresh Menstrual Cup deserves special consideration because it is used in the vagina. Each body is different, and pH, acidity levels and vaginal bacteria can affect the lifespan of a menstrual cup. Additionally, the care and cleaning of the cup will also play a role in how often a cup should be replaced. So it is advised to change the cup every 2 years even it can be used for more than 5 years.

With proper care and cleaning, your cup can last for several years. However, if you notice any of the following characteristics in your cup, you should immediately replace it:

- Foul odour
 - Heavy staining
 - A white powder residue or any flaking on the cup
 - Any types of tears or cracks in the rim or the stem of the cup
 - A grainy texture
 - Sudden leaking where it has not been experienced before
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Topic 10:

Are there any special circumstances where i should not use Lyvefresh Menstrual Cup ?

If you have any medical concerns or conditions, please speak to your healthcare provider prior to using the Menstrual Cup.

There is no known increased risk of yeast infections with the use of menstrual cups. However, if you have a vaginal infection, it is best to discontinue use of the If you have any medical concerns or conditions; please speak to your healthcare provider prior to using the Menstrual Cup until the infection has cleared up completely. If you used your If you have any medical concerns or conditions, please speak to your healthcare provider prior to using the Menstrual Cup, while you had a yeast infection, we recommend replacing the cup with a new one.

Never use your If you have any medical concerns or conditions, please speak to your healthcare provider prior to using the Menstrual Cup at the same time that you are

using a topical medication in your vaginal area. The medication may compromise the silicone of your cup. If you have any medical concerns or conditions, please speak to your healthcare provider prior to using the Menstrual Cup and ruin it. If this happens, please replace the cup with a new one.

The menstrual cup should not be used for postnatal bleeding. Please contact your physician before using any internal period care product after childbirth.

Topic 11:

Is there any allergic reactions to Lyvefresh Menstrual Cup ?

It is extremely rare to have any kind of allergy or sensitivity because of silicone. As the cup is made from Medical grade Silicone and the studies indicate that medical grade silicone is biocompatible with the body, which is why it has been used in healthcare applications for over 50 years. If you do experience skin sensitivity, immediately discontinue use and contact your health care provider.

Topic 12:

How to sterilise the cup and at what intervals?

Yes, we advise sterilizing of your cup by boiling your cup for 5-10 minutes between each menstrual cycle to keep it fresh and clean. We also advise to sterilize the cup even after using it during your menstrual cycle before storing it, as this would increase the life cycle of the cup and maintain the cup in its original condition without any kind of germs / bacteria / virus on its surface.

Topic 13:

I notice odor, when i use tampons or Pads, is there any odor while using Lyvefresh Menstrual Cup ?

Typically, menstrual flow only begins to develop an odor when it is exposed to air, which means that you shouldn't experience the same odor that is present with tampons and pads. However, an odor could develop if you wear the cup longer than the recommended 12 hours without removing and cleaning.

Topic 14:

Can menstrual cup leak and spoil the clothes?

Usually your menstrual cups never leaks and spoil your clothes, but when your cup is inserted, it should "pop open" so that it suctions to the walls of your inner genitals. If the cup doesn't fully expand, there will be a crease that causes it to leak Or it can only leak in case if you have not chosen the right size of the cup.

Topic 15:

Can i swim wearing Lyvefresh Menstrual cup ?

Yes, you can go swimming while wearing the Lyvefresh menstrual cup. You wear the menstrual cup completely internally, so you don't need to worry about a string hanging out, and it holds more than a tampon, so you may be able to swim for longer.

Topic 16:

Can Menstrual cup widen the mouth of my vagina?

Nope. Vaginas have the capacity to stretch and expand to fit objects like menstrual cups, but once the object is removed, they return to their folded and compressed state. Vaginas are made of mucosal and muscle tissue that doesn't "stretch out"—it's not like an elastic hair band.

Topic 17:

Is washing and maintenance of menstrual cup expensive ?

Washing and maintaining of menstrual cup is not at all expensive as it requires basic care like sterilizing in warm water after every use and also before every use. Since it is made of medical grade silicone it does not attract any kind of bacteria or germs which needs to be replaced.

Topic 18:

Can i pee / poo while wearing Lyvefresh menstrual cup ?

Yes. the menstrual cup should not interfere with your ability to urinate or have a bowel movement.

Submission of your entry

Once you have created a design in form of Image or a video on any of the above topic, you can submit your piece of art on a telegram group (To join the Telegram group the link is present on the contest page) You also need to mention in the group after posting your creativity some details like

Your Name:

Centre Name:

Mobile Number:

Contest Page

<https://lyvefresh.com/creative-video-contest-at-frameboxx>