

The Indian Medical Minutes

"Your Family Doctor's Weekly Guide to Good Health."

Healthy Periods, Happy Life!



FAMILY PHYSICIAN-MODERN MEDICINE



Change sanitary pads/tampons every 4–6 hours



Wash hands before and after changing sanitary products



Keep genital area clean and dry



Use clean, absorbent underwear



Know symptoms of infection and seek timely care

Consult your Allopathic Family Physician for guidance



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***An Initiative of
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