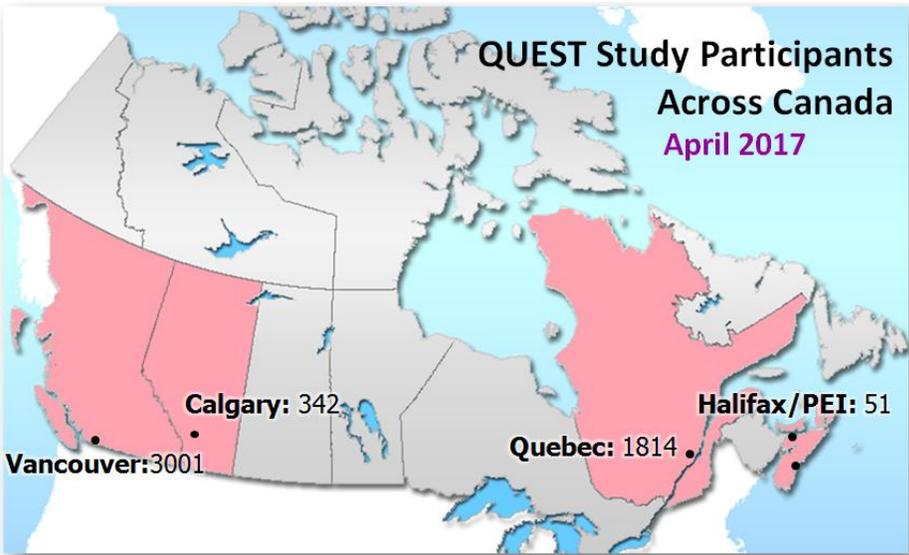




APRIL NEWSLETTER

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Refer A Friend to our [website!](#) When **they** fill out the Contact Us form, **you** will be entered to win a gift card!

Samantha was last month's winner! To thank her for telling her friends about the study, we sent her a Starbucks gift certificate!

Women's Health – The Uterus

By Claire Pitcher, Registered Nurse

Over the past few months, our newsletter has focused on women's health and it's impossible to talk about women's health without talking about the uterus! This month, we're answering your questions about this amazing and interesting body part!

What's the role of the uterus in the body? The uterus is the organ where a baby grows: from the time it's conceived (sperms meets the egg) until the baby is born. You may also hear the uterus referred to as the 'womb'. People may also mistakenly say that a baby grows in a person's stomach, but you can imagine the problems that might arise if a baby was growing in the same place where food was being digested. The uterus offers a safe space in the body specifically for a baby to grow.

What does a person's period have to do with the uterus? During puberty the ovaries (which are next to the uterus and are attached to the uterus by the

Currently enrolled:
5208 GIRLS

Our target:
8666 GIRLS

fallopian tubes) start to release an egg about once per month. Egg cells contain all of the information from the mom that would be needed if a baby were made (meaning if that egg met a sperm and developed into a baby). If an egg doesn't get fertilized, it travels through the fallopian tubes into the uterus and eventually dissolves. While the egg is maturing and eventually moving into the uterus, the inside layer of the uterus starts to become thicker in preparation for a possible pregnancy. If that egg doesn't get fertilized, the fresh healthy lining of the uterus isn't needed because no baby is going to be growing in the uterus, so the lining of the uterus sheds (along with the egg that has dissolved) and is passed out of the body through the vagina in the form of menstrual blood (ie. A period).

Why do people get their period and how often is it normal to get a period?
The menstrual cycle (or in other words, everything involving the egg being released from the ovary to the uterus lining growing and shedding) is carefully controlled by hormones. After puberty, the body starts to get these monthly hormone mediated messages to begin developing a fresh lining of the uterus so it's ready to support a healthy pregnancy someday. As for how often is "normal" to get a period – that can vary a lot between people! Especially in the first few years after you get your period while your body is still getting into its own unique menstrual cycle. If you notice you're regularly getting you're period really frequently (more than once ever 3 weeks) or you're going a long time with no period (more than 2 months) you may want to follow up with a health care provider just to make sure that everything is working as expected.

There are so many interesting facts about the uterus, periods and how it all works! We'll leave it at this for now but if you ever have questions feel free to email us, or speak with a doctor or nurse.

Contest of the Month

- 1) Menstrual cycle lengths can be different for everyone **True or False**
- 2) Babies grow and develop in a person's stomach **True or False**
- 3) You'll be entered to win a gift certificate if you refer a friend to the QUEST Study! **True or False**

[Email us](#) your answers for your chance to win a gift certificate!

Congratulations Vanessa!

She was our March

Contest Winner!!

**We sent her a
Starbucks Gift card!**

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