

The **doctors** of **Girlogy** combine the latest **facts** from **science** with **tips** from their **medical experience** to give you the **truth** about **tampons** and **pads**.

## Are tampons safe for me?

Tampons are safe for girls & women worldwide. Even if it's your very first period, you can safely use tampons if you want to. But as with *anything* you put in your body, you need to know *HOW* to use them correctly and safely! To learn more, get our free ebook: You Got IT ([click here!](#))

## What is TSS?

Toxic Shock Syndrome, or TSS, is a rare, but life-threatening infection that has been associated with tampon use. It is caused by a bacteria that is naturally present on our skin, but can create an infection and make a toxin (like a poison). It can occur in men, women and children, but there is a higher risk in menstruating girls & women, especially if they are using a menstrual product that is inserted into the vagina. TSS is treatable with timely medical attention, so it is important to know the symptoms and know what to do if you think you may have it.

## YOU NEED TO KNOW

**TSS is RARE:** You are more likely to be struck by lightning than to get TSS from using tampons.

**It's not more common** than it used to be, but there is more awareness, which is good.

### To **REDUCE** your risk for TSS

- If you use tampons, use the lowest absorbency that manages your flow
- Don't use tampons 24-7
- **KNOW the signs & symptoms of TSS** - it's like the flu: high fever, nausea, vomiting, diarrhea, rash, dizziness, confusion, muscle aches.
- If you think you could have TSS, remove your tampon or menstrual cup and get to your nearest ER asap.

## MYTHS

**The following statements are FALSE, so get out there and do some MYTH BUSTING!**

### **MYTH: Tampons make you lose your virginity**

**TRUTH:** Inserting a tampon does not change your hymen, and it has nothing to do with sex, so it doesn't affect virginity.

### **MYTH: Tampons have bleach in them, and it seeps into your body**

**TRUTH:** Chlorine bleach is not used in the process of making tampons or the fibers that tampons are made of. An older process used prior to the 1990s used Chlorine gas, but new purification (also called "bleaching") processes do not, so there's **NO** bleach in tampons.

### **MYTH: Tampons have bad stuff like asbestos and dioxins in them**

**TRUTH:** Asbestos has never been part of tampons or pads. Somebody just made that up and started a rumor. Dioxins are a harmful group of chemicals that used to be produced by bleaching wood pulp for rayon, which is an absorbent fiber used to make tampons. Today, fiber producers use a process that cannot form dioxins. Just to be sure, the FDA has the manufacturers monitor dioxin levels in tampons and pads. Today, the dioxin levels in tampons & pads are no higher than the levels found in the air, water and soil. That's almost none!

### **MYTH: Cotton is safer than rayon**

**TRUTH:** Rayon comes from wood fibers, cotton comes from... well, cotton. The scientific evidence is clear: cotton & rayon are equally safe materials.

## Are **ORGANIC** pads & tampons better for my health?

Organic or not, **ANY** tampon or other device used in your vagina can increase the risk for TSS. Then what about pesticides & chemicals from cotton farming? All cotton, organic or not, is processed with scalding hot water to remove its waxy coating, otherwise the cotton wouldn't absorb. That super hot process removes pesticides & herbicides so well, that they are no longer detectable even in non-organic cotton. **Bottom line: organic pads & tampons may not be any "healthier" for your body, but organic farming can be healthier for the environment. It's your choice.**