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Letter to Editor

Assessing the Safety Profile of Tampons in Women: A Potential Gynecological Hazard

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Dear Editor,

Madam/Sir, Menstruation is a typical physiological phenomenon that occurs in the body of a female every month to control the women who utilize various sorts of blood. One of these materials that is gaining popularity is the tampon. Tampons are a type of menstrual product that is inserted into the vaginal canal to collect vaginal secretions and blood during the menstrual cycle.

Tampon usage has several drawbacks despite its high absorbency. Tampons possess a tendency to absorb dissolved fluids in the vagina alongside blood from the periods. This could change the conditions and pH of the vagina and result in infections in females. Moreover, using dirty hands to insert tampons or leaving them in for long periods can increase the risk of bacterial and yeast infections as well as the rare but dangerous condition known as Toxic Shock Syndrome (TSS)[1]. A rare but possibly deadly sickness linked occasionally to tampon use and brought on by a bacterial toxin.

There are several reports of additional adverse effects which have been observed in females using tampons including vaginal irritation leading to allergic response caused by Irritant materials or compounds found in tampons[2]. Hazardous metals, including arsenic, lead and mercury, have been found in tampons recently; these metals can pose a serious risk to human health. Tampons, for instance, may contain up to 16 dangerous metals, according to Shearston, et al.[3]. This could increase the risk of cancer and harm organs. The information highlights the need for more stringent regulations and safer tampon products[3]. Regional differences exist in the cultural ideas on menstruation and menstrual products. In countries like Pakistan, where menstruation is often stigmatized, the use of tampons may be prohibited due to cultural and religious beliefs[4]. In contrast, in countries such as the USA, tampon use is widespread and quite normalized. It is essential to develop effective educational campaigns and wider global access to safe menstruation products so that these cultural distinctions can be recognized.

Women can't make choices about their reproductive health if they don't have the tools and education about menstruation. Therefore, ensuring all women can access sanitary and safe period products, along with promoting menstruation literacy and breaking the stigma surrounding the issue, is vital.

To minimize the risk, tampon use should be limited during the menstrual cycle, tampons need to be replaced every 4-6 hours; this way, useless effects can be decreased due risk of body waste. You should also select the lowest absorbency tampons needed for your

flow and not use them immediately. You'll need to see a doctor if you have strange side effects like pain or fever. Organic cotton and other safer alternative period products, such as pads and cups, are an option to conventional tampons.

Additional studies are required to better comprehend the degree of metal absorption and its associated health hazards so that women who use tampons can be protected from future harmful effects.

In conclusion, the safety profile of tampons is a critical problem that has to be addressed. From the data currently available, using tampons can subject individuals to potential health risks like heavy metal exposure, bacterial growth and vaginal irritation. Putting women's health and wellness can be accomplished by encouraging menstrual awareness and education alongside using less hazardous, healthier period products. Together, we can ensure that every woman can go through her period with dignity and safety. It is time to change direction.

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All authors.

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