



Beth yw

iechyd mislif?

What's

menstrual health?



## Mae deall mislif yn dy helpu i gefnogi dy hun neu fenywod sydd â mislif.

O wybod sut mae'r cylch mislif yn gweithio, cydnabod beth sy'n normal, a bod yn ymwybodol y gall symptomau fel crampiau, newidiadau hwyliau, poen a blinder ddigwydd, mae llawer i ddysgu amdano.

Dysga fwy am beth yw e a sut mae'n cael ei drin.

Sgania neu chwilia



Beth yw iechyd menywod Cymru?

## Understanding periods helps you to support yourself or women who have them.

From knowing how the menstrual cycle works, recognising what's normal, and being aware that symptoms such as cramps, mood changes, pain, and tiredness can happen, there's a lot to learn about.

Learn more about what it is and how it is treated.

Scan or search



What's women's health Wales?