

Be Prepared Period's #PeriodTalk Twitter Transcript

#PeriodTalk is held the 2nd Friday of the month at 2pm ET - New Topics Each Month!
Upcoming Topics & Transcripts posted at BePreparedPeriod.com

January 10, 2014 Toxic Shock Syndrome Awareness

[bpreparedperiod](#) Welcome to our first tweet chat of 2014! [#ToxicShockSyndrome](#) [#Awareness](#)
[#PeriodTalk](#) 1:00pm via [TweetChat](#) powered by [oneQube](#)

[Sue2Sueper](#) :-)) that is how I am following – [tweetchat](#) 1:01pm via [TweetChat](#) powered by [oneQube](#)

[Sue2Sueper](#) Bring on the new year and new information. [#PeriodTalk](#) 1:01pm via [TweetChat](#) powered by [oneQube](#)

[InsteadSoftcup](#) Hi everyone, happy Friday! [#PeriodTalk](#) 1:01pm via [HootSuite](#)

[bpreparedperiod](#) [#PeriodTalk](#) is a monthly chat designed to demonstrate our commitment to open
menstrual conversation & education 1:01pm via [TweetChat](#) powered by [oneQube](#)

[bpreparedperiod](#) Today's lineup features a special guest, helpful info, a time for sharing, Q&A, and a FUN
giveaway [#PeriodTalk](#) 1:01pm via [TweetChat](#) powered by [oneQube](#)

[kereku](#) I'm here! I'm a newbie! [#periodtalk](#) 1:02pm via [Twitter for Android](#)

[bpreparedperiod](#) We are thrilled to be joined today by our dear friends at [@youarelovedTSS](#) [#PeriodTalk](#)
1:02pm via [TweetChat](#) powered by [oneQube](#)

[bpreparedperiod](#) [@youarelovedTSS](#) is a wonderful organization whose mission is to spread [#TSS](#)
[#Awareness](#) [#PeriodTalk](#) [#SaveALife](#) 1:02pm via [TweetChat](#) powered by [oneQube](#)

[youarelovedTSS](#) Hi!! [#periodtalk](#) 1:02pm via [TweetChat](#) powered by [oneQube](#)

[bpreparedperiod](#) Today we'll be giving away a \$20 [BePreparedPeriod.com](#) gift card to one lucky
participant [#PeriodTalk](#) 1:02pm via [TweetChat](#) powered by [oneQube](#)

[bpreparedperiod](#) Tweeting with the hashtag [#PeriodTalk](#) is the only way to enter, so TWEET AWAY!!
1:03pm via [TweetChat](#) powered by [oneQube](#)

[GladRags](#) Hello everyone! Happy Friday :) [#periodtalk](#) 1:03pm via [TweetChat](#) powered by [oneQube](#)

[InsteadSoftcup](#) RT [@bpreparedperiod](#): Today we'll be giving away a \$20 [BePreparedPeriod.com](#) gift
card to one lucky participant [#PeriodTalk](#) 1:03pm via [HootSuite](#)

[bpreparedperiod](#) @[youarelovedTSS](#) is a wonderful organization whose mission is to spread [#TSS](#) [#Awareness](#) [#PeriodTalk](#) [#SaveALife](#) 1:02pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) @[kereku](#) Welcome Kelly, great to have you here! [#periodtalk](#) 1:03pm via [TweetChat powered by oneQube](#)

[Sue2Sueper](#) I am seeking information to pass onto my daughter. [#PeriodTalk](#) 1:03pm via [TweetChat powered by oneQube](#)

[GladRags](#) We'll be in and out today -- we have some crazy big orders going out today, so it's all hands on deck over here :) [#periodtalk](#) 1:03pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) If you are new to the tweet chat world we have some tips at http://bpreparedperiod.com/index.php?route=information/information&information_id=8 to help you w/your 1st chat [#PeriodTalk](#) 1:04pm via [TweetChat powered by oneQube](#)

[fingerscrossed](#) @[bpreparedperiod](#) happy Friday! [#periodtalk](#) 1:04pm via [Twitter for Android](#)

[InsteadSoftcup](#) RT @[bpreparedperiod](#): [#PeriodTalk](#) is a monthly chat designed to demonstrate our commitment to open menstrual conversation & education. 1:04pm via [HootSuite](#)

[bpreparedperiod](#) And for those of you that like reminders & copies of our tweet chat transcripts... [#PeriodTalk](#) 1:04pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) You can now opt-in to receive 2 monthly emails w/info on our tweet chats & transcripts at <http://bpreparedperiod.us4.list-manage2.com/subscribe?u=51254bdb0e7c19d197aa23604&id=d22539658a> [#PeriodTalk](#) 1:04pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) Let's begin by introducing ourselves [#PeriodTalk](#) 1:04pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) Q1:Please share ur first name &and a simple True or False answer 2 the statement "I've read the TSS warning on a box of tampons" [#periodtalk](#) 1:05pm via [TweetChat powered by oneQube](#)

[GladRags](#) Hi! Tracy here from [GladRags.com](#) - washable cloth menstrual pads that are healthy for you and the planet! [#periodtalk](#) 1:05pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) I'm Tara, founder of [BePreparedPeriod.com](#) - An online resource for all things menstrual [#PeriodTalk](#) 1:05pm via [TweetChat powered by oneQube](#)

[Lunettecup](#) @[bpreparedperiod](#) Cathy with Lunette menstrual cup here! Currently freezing cold in Montana. :)) [#PeriodTalk](#) 1:05pm via [Web](#)

[GladRags](#) Q1 ...and I have TOTALLY read the TSS warning on a box of tampons. But not until after I stopped using them! ;) [#periodtalk](#) 1:06pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) We're thrilled to announce we've just recently launched our new & improved website and welcome you all to check it out! [#PeriodTalk](#) 1:06pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) Offering healthy products, reviews, helpful articles, webinars, a Q&A forum & more, it's our goal to be a one stop shop! [#PeriodTalk](#) 1:06pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) 2 encourage more women to try new products we're offering 10% off all cups & cloth pads with promo code PERIODTALK (exp. 1/17) [#PeriodTalk](#) 1:06pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) It's so great to see all of you on this Funtastic Friday [#FF!](#) Thanks for joining us! [#PeriodTalk](#) 1:07pm via [TweetChat powered by oneQube](#)

[AuntFlo_28](#) Q1: Kylie & I have read it many times [#PeriodTalk](#) 1:07pm via [TweetChat powered by oneQube](#)

[Sue2Sueper](#) Thanks for having us [@bpreparedperiod](#) [#PeriodTalk](#) 1:07pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) Who's ready to get this [#TSS](#) [#Awareness](#) Party started? [#PeriodTalk](#) [#TweetChat](#) 1:07pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) I'm proud to welcome, Suzan, Director of You ARE Loved and [#TSS](#) [#survivor](#) to share with us today [#periodtalk](#) 1:07pm via [TweetChat powered by oneQube](#)

[fingerscrossed](#) [@bpreparedperiod](#) Q1 Lacey: true [#periodtalk](#) 1:07pm via [Twitter for Android](#)

[DivaCup](#) Sophie here from The DivaCup, a great option for women of all ages, w/ 12 hr leak-free protection, comfortable and cost saving! [#PeriodTalk](#) 1:07pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) Thanks Tara! Hi everyone! Welcome! [#periodtalk](#) 1:07pm via [TweetChat powered by oneQube](#)

[Sue2Sueper](#) A1: I have not read, going to see if there's a box in my daughters room [#PeriodTalk](#) 1:07pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) Suzan, are you ready to share with us your knowledge and experience with [#ToxicShockSyndrome?](#) [#PeriodTalk](#) 1:07pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) I'm totally ready! [#periodtalk](#) 1:08pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) As Tara said, I'm Suzan with You ARE Loved [#periodtalk](#) 1:08pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) Please take a few moments and visit our site [you-are-loved.org](#) and look around. There's a lot there. [#periodtalk](#) 1:08pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) The things you learn about [#TSS](#) may save a life. [#periodtalk](#) 1:09pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) And, the life you save may be your own! [#TSSawareness](#) [#savealife](#) [#periodtalk](#) 1:09pm via [TweetChat powered by oneQube](#)

[Lunettecup](#) [@bpreparedperiod](#) Q1: Meee! Though the first time, I was 13 and didn't really know what TSS really was. Or how serious it is! [#PeriodTalk](#) 1:09pm via [Web](#)

[InsteadSoftcup](#) Q1 [@GladRags](#) [#PeriodTalk](#) haha same. Read it after I stopped using them! ;) still counts, though! 1:09pm via [HootSuite](#)

[youarelovedTSS](#) You can find my TSS story here: <http://you-are-loved.org/767/meet-suzan-tss-survivor-and-director-of-connectivity> [#periodtalk](#) 1:09pm via [TweetChat powered by oneQube](#)

[GesundhtMassage@bpreparedperiod](#) Q1: Jessica & true, though I didn't REALLY read it until my second university year. [#periodtalk](#) 1:09pm via [Web](#)

[kereku](#) A1 Skimmed thru only. Have never really researched. [#periodtalk](#) 1:09pm via [Twitter for Android](#)

[austins_mom@bpreparedperiod](#) - Hola. Joined late. [#periodtalk](#) 1:10pm via [Twitter for iPhone](#)

[youarelovedTSS](#) I developed Toxic Shock Syndrome (TSS) when using RELY tampons. [#periodtalk](#) 1:10pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) RELY tampons were a new type of super absorbent tampon. [#periodtalk](#) 1:10pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) A more absorbent tampon meant fewer leaks and longer wear time. Like many, I thought that was a win/win [#periodtalk](#) 1:10pm via [TweetChat powered by oneQube](#)

[Sue2Sueper](#) Can you only get it from tampons? (how about pads?) [#PeriodTalk](#) 1:11pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) I, along with many young women, used them and got tampon related Toxic Shock Syndrome (TSS) because of them [#periodtalk](#) 1:11pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) The super absorbent material in RELY tampons provided a breeding ground for Staphylococcus Aureus bacteria . [#periodtalk](#) 1:11pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) @[austins_mom](#) We're just getting started! Welcome! [#periodtalk](#) 1:11pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) The super absorbent material in most tampons today provides a breeding ground for this same bacteria. [#periodtalk](#) 1:11pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) The bacteria produce a toxin that causes TSS. Tss can & does kill – especially young girls, teens, young women. [#periodtalk](#) 1:12pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) @[Sue2Sueper](#) Great question! would you mind asking it again near the end of the chat during Q&A? [#periodtalk](#) 1:12pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) This toxin is what killed Amy Elifritz on June 13, 2010. [#periodtalk](#) 1:12pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) That's 30 years after the RELY tampon TSS epidemic claimed so many lives and sickened so many of [#periodtalk](#) 1:12pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) And, still young women are dying from TSS while using tampons containing super absorbent fibers. [#periodtalk](#) 1:12pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) After Amy's death, her mom Lisa, founded YouARELoved you-are-loved.org [#periodtalk](#) 1:13pm via [TweetChat powered by oneQube](#)

[FebyTweets](#) Hi + happy Friday everyone at [#PeriodTalk](#) tweet chat. Alison + TRUE I have read TSS warnings on tampon boxes. Education is so important. [1:13pm via Web](#)

[youarelovedTSS](#) YouARELoved is a nonprofit dedicated to raising awareness of tampon related TSS [#periodtalk 1:13pm via TweetChat powered by oneQube](#)

[DivaCup](#) RT [@youarelovedTSS](#) YouARELoved is a nonprofit dedicated to raising awareness of tampon related TSS [#periodtalk 1:13pm via TweetChat powered by oneQube](#)

[GesundhtMassage](#) [@Sue2Sueper](#) You can get the equivalent of diaper rash from pads. That's bad enough for me. [#periodtalk #periodstories #periodproblems 1:13pm via Web](#)

[youarelovedTSS](#) In the yrs since Amy's death many girls/teens/young women have developed TSS while using super absorbent tampons [#periodtalk 1:13pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) As a reminder of the risk so many young women take in managing their flow, I keep a box of tampons on my desk. [#periodtalk 1:14pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q2: What is Toxic Shock Syndrome (TSS)? [#periodtalk 1:14pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) This is a question every girl, tween, teen and woman should know the answer to. [#TSSawareness](#) is important [#periodtalk 1:15pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) I'm amazed by the number of women who admit they've never really heard of [#TSS](#) and have no idea what it is [#periodtalk 1:15pm via TweetChat powered by oneQube](#)

[InsteadSoftcup](#) RT [@youarelovedTSS](#): Q2: What is Toxic Shock Syndrome (TSS)? [#periodtalk 1:15pm via HootSuite](#)

[youarelovedTSS](#) Q2 ans: TSS is a rare but serious disease that can cause death. (a quote taken from the tampon box on my desk.) [#periodtalk 1:15pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) This is a question every girl, tween, teen and woman should know the answer to. [#TSSawareness](#) is important [#periodtalk 1:15pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Just how rare it is has been hotly debated. Some say 1/700 (lifetime risk). Others, 1-2/100,000 (annual incidence). [#periodtalk 1:16pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) I'm amazed by the number of women who admit they've never really heard of [#TSS](#) and have no idea what it is [#periodtalk 1:15pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q 3: In the 30+ years since the RELY tampon epidemic of TSS, what has changed re: tampons? [#periodtalk 1:16pm via TweetChat powered by oneQube](#)

[Lunapads](#) RT [@youarelovedTSS](#): [#TSS](#) is a rare but serious disease that can cause death. (a quote taken from the tampon box on my desk.) [#periodtalk 1:16pm via HootSuite](#)

[youarelovedTSS](#) One would think much would change and that super absorbency tampons would be banned or content changed. [#periodtalk 1:17pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Another term for tampons containing super absorbent fibers is “traditional tampons”
[#periodtalk 1:17pm via TweetChat powered by oneQube](#)

[kereku](#) A2 Really have no idea. I always thought of it as an issue in the past. Didn't know it happens today. [#periodtalk 1:17pm via Twitter for Android](#)

[youarelovedTSS](#) By super absorbency I mean tampons containing super absorbent fibers. Even regular size traditional tampons pose TSS risk [#periodtalk 1:17pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) RT @[kereku](#) A2 Really have no idea. I always thought of it as an issue in the past. Didn't know it happens today. [#periodtalk 1:18pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q3 ans part 1: the FDA required a TSS warning on all boxes of tampons [#periodtalk 1:18pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q3 ans part 2: FDA issued standardization of absorbency ranges and terms and a limit on max absorbency. [#periodtalk 1:18pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT from @[youarelovedTSS](#) TSS is a rare but serious disease that can cause death. (a quote taken from the tampon box on my desk.) [#periodtalk 1:18pm via Web](#)

[bpreparedperiod](#) @[kereku](#) You are not alone, that is why accurate [#TSS](#) is so important to share [#periodtalk 1:18pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) History of the Regulation of Tampons:
<http://dash.harvard.edu/bitstream/handle/1/8852185/Kohen.html?sequence=2> [#periodtalk 1:18pm via TweetChat powered by oneQube](#)

[InsteadSoftcup](#) RT @[youarelovedTSS](#): In the yrs since Amy's death many girls & young women have developed TSS while using super absorbent tampons [#periodtalk 1:18pm via HootSuite](#)

[youarelovedTSS](#) FDA user label info for tampons:
<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcr/CFRSearch.cfm?FR=801.430> [#periodtalk 1:19pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q4: When's the last time you read the TSS info on a box of tampons? What about the girl in your life? [#periodtalk 1:19pm via TweetChat powered by oneQube](#)

[InsteadSoftcup](#) RT @[youarelovedTSS](#): [#TSS](#) is a rare but serious disease that can cause death. (a quote taken from the tampon box on my desk.) [#periodtalk 1:19pm via HootSuite](#)

[DudleyWellCo](#) Periods tend to be heavier, more painful, and longer in the colder months. How true is that? [#PeriodTalk 1:19pm via Web](#)

[youarelovedTSS](#) On the tampon box I have here on my desk it says: Tampon use has been associated with Toxic Shock Syndrome (TSS) [#periodtalk 1:20pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Umm...if use of tampons containing super absorbent fibers is associated with TSS does it make sense to use them? [#periodtalk 1:20pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q4a: What's in your tampon? A. cotton only, B. cotton/polyester blend, C. Rayon, D. Rayon/poly blend, E. other? [#periodtalk 1:21pm via TweetChat powered by oneQube](#)

[kereku](#) A4 Probably more than 5 yrs. [#periodtalk 1:21pm via Twitter for Android](#)

[Lunettecup](#) @[youarelovedTSS](#) Q4 Honestly- it has been years -over 10! Since I switched to menstrual cups- I don't keep tampons around. [#PeriodTalk 1:21pm via Web](#)

[youarelovedTSS](#) There've been no known cases of TSS developing in girls/women who use 100% organic cotton tampons exclusively. [#periodtalk 1:21pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#)@[Lunettecup](#) great! [#periodtalk 1:21pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) @[DudleyWellCo](#) Part of that could be true due to less activity in the winter months [#periodtalk 1:21pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) There have been no known cases of TSS in girls/women who use menstrual cups exclusively [#periodtalk 1:21pm via TweetChat powered by oneQube](#)

[ChiefMaxi](#) Need answers about Toxic Shock Syndrome? Join in the tweetchat going on now with guest @[youarelovedTSS](#) [#periodtalk #menstruationmadness 1:22pm via Web](#)

[GesundhtMassage](#)@[youarelovedTSS](#) Makes about as much sense to me as smoking when you know its relation to lung cancer. [#periodtalk #periodproblems 1:22pm via Web](#)

[kereku](#) A4a No idea! [#periodtalk 1:22pm via Twitter for Android](#)

[youarelovedTSS](#) There have been no known cases of TSS in girls/women who use cloth pads exclusively [#periodtalk 1:22pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) RT @[ChiefMaxi](#) Need answers about Toxic Shock Syndrome? Join in the tweetchat going on now with guest @[youarelovedTSS](#) [#periodtalk 1:22pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) It makes sense to choose products that don't create or increase risk of TSS [#clothpads #menstrualcups #cottontampons #periodtalk 1:22pm via TweetChat powered by oneQube](#)

[gfreemaui](#) Hi [#PeriodTalk!](#) Sorry I'm late. :) [1:22pm via Twitter for Mac](#)

[youarelovedTSS](#) Q4a ans: In the tampons in the box on my desk: rayon/polyester (I might add these are marketed to GIRLS) [#periodtalk 1:23pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Rayon is a super absorbent fiber often named in the proliferation of TSS causing toxin [#periodtalk 1:23pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) @[gfreemaui](#) Welcome, anytime is a great time for [#periodtalk 1:23pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q5: what is the maximum time recommended for tampon use? [#periodtalk 1:23pm via TweetChat powered by oneQube](#)

[ChiefMaxi](#) Education about menstrual hygiene options is critical. TSS is a real concern. Learn more via [#periodtalk](#) tweetchat now! @[youarelovedTSS](#) [1:23pm via Web](#)

[Lunettecup](#) @[GesundhtMassage](#) @[youarelovedTSS](#) Exactly! That's why TSS awareness is SO important! [#PeriodTalk 1:23pm via Web](#)

[FebyTweets](#) There are only 100% cotton tampons in my house to prevent any possibility of TSS amongst us. [#PeriodTalk](#) [1:23pm via Web](#)

[youarelovedTSS](#) Note: It's recommended (on the tampon box) that the user "choose the minimum absorbency necessary to control... (part 1) [#periodtalk](#) [1:24pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) RT @[FebyTweets](#) There are only 100% cotton tampons in my house to prevent any possibility of TSS amongst us. [#PeriodTalk](#) [1:24pm via TweetChat powered by oneQube](#)

[kereku](#) Q5 8 hrs? [#periodtalk](#) [1:24pm via Twitter for Android](#)

[youarelovedTSS](#)(part 2)...to control your menstrual flow in order to reduce the risk of contracting TSS. [#periodtalk](#) [1:24pm via TweetChat powered by oneQube](#)

[PeriodPanteez](#) Hello Lovelies! Hope everyone is having an amazing Friday! We all made it through the [#PolarVortex!](#) [#heatwave](#) :) [#periodtalk](#) [1:24pm via Twitter for Android](#)

[youarelovedTSS](#) Hmm, what exactly does "choosing minimum absorbency necessary to control your menstrual flow" mean?? [#periodtalk](#) [1:24pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q5 ans: "Use for 8 hours maximum." That's the advice given on the box of these cute tampons marketed to girls. [#periodtalk](#) [1:25pm via TweetChat powered by oneQube](#)

[PeriodPanteez](#) @[youarelovedTSS](#) Amen, Sister! No tampons here! [#periodtalk](#) [1:25pm via Twitter for Android](#)

[GesundhtMassage](#) @[youarelovedTSS](#) Q4a: I have the organic cotton brands like @[SeventhGen](#) & @[Emerita](#) in case a friend comes over unprepared. [#periodtalk](#) [1:25pm via Web](#)

[youarelovedTSS](#) Who here thinks it wise to recommend wearing a tampon for 8 straight hrs to a girl new to menstruation (or any girl)? [#periodtalk](#) [1:25pm via TweetChat powered by oneQube](#)

[Sue2Sueper](#) RT @[youarelovedTSS](#) RT @[FebyTweets](#) There are only 100% cotton tampons in my house to prevent any possibility of TSS amongst us. [#PeriodTalk](#) [1:26pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) I didn't see any hands ;) 8 hours is way too long esp for the young who have no defense against the toxin. [#periodtalk](#) [1:26pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q6: How long does it take the toxin that causes TSS to form? A. 2 hours or less, B. 4 to 6 hours, C. 6 to 8 hours [#periodtalk](#) [1:26pm via TweetChat powered by oneQube](#)

[InsteadSoftcup](#) RT @[youarelovedTSS](#): It makes sense to choose products that don't create/increase risk of TSS [#menstrualcups](#) [#periodtalk](#) [1:26pm via HootSuite](#)

[youarelovedTSS](#) When U understand how quickly TSS causing toxin can form, U realize what's meant by "minimum absorbency to control flow" [#periodtalk](#) [1:27pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) I am aware of two girls who developed TSS after < 2 hours of wear time. And, 1 within 1 hr of inserting her very 1st. [#periodtalk](#) [1:27pm via TweetChat powered by oneQube](#)

[kereku](#) Q6 I would have said C...but now thinking A. [#periodtalk](#) [1:27pm via Twitter for Android](#)

[DudleyWellCo](#) "Amenorrhea" is a term that describes a girl who doesn't get her period at all. Is it really possible? [#PeriodTalk 1:27pm via Web](#)

[youarelovedTSS](#) Are you ready for the answer to question 6? [#periodtalk 1:27pm via TweetChat powered by oneQube](#)

[InsteadSoftcup](#) @[youarelovedTSS](#) Q6: 2 hours or less? [#periodtalk 1:27pm via HootSuite](#)

[youarelovedTSS](#) RT @[InsteadSoftcup](#) @[youarelovedTSS](#) Q6: 2 hours or less? [#periodtalk 1:28pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q6 ans: toxin that causes TSS can form within less than 2 hours of tampon insertion. [#periodtalk 1:28pm via TweetChat powered by oneQube](#)

[Sue2Sueper](#) Whoah! That's incredible [#PeriodTalk 1:28pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) It's important to alternate between internal and external products when using traditional tampons. [#periodtalk 1:28pm via TweetChat powered by oneQube](#)

[PeriodPanteez](#) @[youarelovedTSS](#) A friend of ours got TSS in from wearing tampons for too long! It is just NOT worth it! [#periodtalk 1:28pm via Twitter for Android](#)

[youarelovedTSS](#) Using the lightest absorbency tampon to control ur flow means U choose based on need 2 change after 1 hour, 2 max. [#periodtalk 1:29pm via TweetChat powered by oneQube](#)

[Lunettecup](#) @[youarelovedTSS](#) -WOW- that is scary!!! I wish more girls/women were more aware of [#TSS #PeriodTalk 1:29pm via Web](#)

[bpreparedperiod](#) @[PeriodPanteez](#) @[youarelovedTSS](#) AGREE! Not when there are better alternatives :) [#periodtalk 1:29pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) By alternating between tampons & pads you allow any toxin present to dissipate & your body opportunity to overcome it [#periodtalk 1:29pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) If tampon after tampon is inserted, toxin (if present) will continue 2 build & invade til body is overwhelmed [#TSS #periodtalk 1:30pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT via. @[youarelovedTSS](#) The toxin that causes [#TSS](#) can form within less than 2 hours of tampon insertion. [#periodtalk 1:30pm via Web](#)

[GesundhtMassage](#)@[youarelovedTSS](#) Didn't someone get TSS from a collection of tampon particles? She changed regularly, but still got TSS? [#periodtalk 1:30pm via Web](#)

[DudleyWellCo](#) What do most women prefer for menstrual pain relief - Herbal Remedies or Medicines? [#PeriodTalk 1:30pm via Web](#)

[kereku](#) Thinking about how many used in my life. I'm freaked out. [#periodtalk 1:30pm via Twitter for Android](#)

[PeriodPanteez](#) @[youarelovedTSS](#) Awe, how horrible! Thank you for bringing more awareness to this very serious issue! [#girlpower #periodtalk #puberty 1:30pm via Twitter for Android](#)

[jessrdrummond](#) Good news. RT @[youarelovedTSS](#): There have been no known cases of TSS in girls/women who use menstrual cups exclusively [#periodtalk 1:31pm via HootSuite](#)

[youarelovedTSS](#) scary stuff! especially when you consider it's girls and tweens and teens and young women who get TSS most often [#periodtalk 1:31pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q7 What are the symptoms of tampon related TSS? [#periodtalk 1:31pm via TweetChat powered by oneQube](#)

[bpreparedperiod@kereku](#) I can relate, I know as a youth I didn't always use them properly either... very scary. [#periodtalk 1:31pm via TweetChat powered by oneQube](#)

[austins_mom](#) Avoid TSS completely by switching 2 a [#menstrualcup](#) - it offers up 2 12 hrs of leak-free protection. "[#periodtalk](#)" [1:31pm via Twitter for iPhone](#)

[youarelovedTSS](#) It's important you know the symptoms of Toxic Shock Syndrome and that those who love you know. [#periodtalk 1:31pm via TweetChat powered by oneQube](#)

[Lunapads](#) RT @[youarelovedTSS](#): There have been no known cases of TSS in girls/women who use cloth pads & menstrual cups exclusively [#periodtalk 1:31pm via HootSuite](#)

[PeriodPanteez](#) @[kereku](#) I can't remember either. But it sure doesn't take long! [#periodtalk 1:31pm via Twitter for Android](#)

[jessrdrummond](#) RT@[youarelovedTSS](#):There've been no known cases of TSS developing in girls/women who use 100% organic cotton tampons exclusively. [#periodtalk 1:31pm via HootSuite](#)

[FebyTweets@youarelovedTSS](#) Alarming information that it's possible to get TSS quicker than we ever knew. Awareness is critical. [#PeriodTalk 1:31pm via Web](#)

[youarelovedTSS](#) Also, someone besides you needs to know when you are menstruating and if you are using a tampon [#periodtalk 1:31pm via TweetChat powered by oneQube](#)

[jessrdrummond](#) Good news. RT @[youarelovedTSS](#): There have been no known cases of TSS in girls/women who use menstrual cups exclusively [#periodtalk 1:31pm via HootSuite](#)

[youarelovedTSS](#) Why tell someone you are or have been using a tampon? If you become ill and no one knows, no one will think of TSS. [#periodtalk 1:32pm via TweetChat powered by oneQube](#)

[jessrdrummond](#) RT @[youarelovedTSS](#): Q2 ans:TSS is a rare but serious disease that can cause death.(a quote taken from the tampon box on my desk.)[#periodtalk 1:32pm via HootSuite](#)

[youarelovedTSS](#) [#Periodtalk](#) can save your life. It's that important! [1:32pm via TweetChat powered by oneQube](#)

[jessrdrummond](#) RT @[DivaCup](#): RT @[youarelovedTSS](#) YouARELoved is a nonprofit dedicated to raising awareness of tampon related TSS [#periodtalk 1:32pm via HootSuite](#)

[youarelovedTSS](#) Q7 ans: (part 1)more about symptoms of TSS here: [you-are-loved.org/57/toxic-shock...](#) [#periodtalk 1:32pm via TweetChat powered by oneQube](#)

[Sue2Sueper](#) I certainly will be talking to my daughter about this. [#PeriodTalk](#) [1:33pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Q7 ans: (part 2) Symptoms: flu like w/ vomiting, diarrhea, fever over 102F, dizziness, very low bp, rash, confusion [#periodtalk](#) [1:33pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) RT [@youarelovedTSS](#) [#Periodtalk](#) can save your life. It's that important! [1:33pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Experience symptoms while menstruating or within days following? Seek medical attention w/o delay! [#TSSkills](#) [#periodtalk](#) [1:33pm via TweetChat powered by oneQube](#)

[GesundhtMassage@DudleyWellCo](#) Depends on the level and type of pain. I prefer to opt for tea and exercise. Meds only if absolutely necessary. [#periodtalk](#) [1:33pm via Web](#)

[InsteadSoftcup](#) [@youarelovedTSS](#) This is our Dr. Ko's blog about her first patient with TSS. Take a look! [#PeriodTalk](#) [http://softcup.com/blog/dr-ko-says-my-first-experience-tss-0](#) [1:33pm via HootSuite](#)

[austins_mom](#) Avoid TSS completely by switching 2 a [#menstrualcup](#) - it offers up 2 12 hrs of leak-free protection. "[#periodtalk](#)" [1:31pm via Twitter for iPhone](#)

[PeriodPanteez](#) [@bpreparedperiod](#) [@youarelovedTSS](#) Absolutely!! [#periodtalk](#) [1:33pm via Web](#)

[youarelovedTSS](#) Have you ever forgotten about the last tampon and found it within days later? (ew!) [#periodtalk](#) [1:34pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Why tell someone you are or have been using a tampon? If you become ill and no one knows, no one will think of TSS. [#periodtalk](#) [1:32pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) If U or someone U know experiences TSS symptoms, go to ER, tell them you/they are menstruating & using tampons [#periodtalk](#) [1:34pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) You ARE Loved exists for you. [#periodtalk](#) [1:34pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT via. [@youarelovedTSS](#) TSS Symptoms: flu like w/ vomiting, diarrhea, fever over 102F, dizziness, very low bp, rash, confusion [#periodtalk](#) [1:35pm via Web](#)

[youarelovedTSS](#) You ARE Loved is all about raising awareness about tampon related TSS & advocating for menstrual openness. [#periodtalk](#) [1:35pm via TweetChat powered by oneQube](#)

[GesundhtMassage](#) [@youarelovedTSS](#) Thankfully, no! I've always been too paranoid to forget! Gone over 12 hours with the cup, though... [#periodtalk](#) [1:35pm via Web](#)

[PeriodPanteez](#)[@bpreparedperiod](#) [@youarelovedTSS](#) How wonderful!!!! That is so true! :) [#periodtalk](#) [#girlpower](#) [1:35pm via Web](#)

[youarelovedTSS](#) If we're not open to discussing menstruation, we aren't open to learning about tampon related TSS [#periodtalk](#) [1:35pm via TweetChat powered by oneQube](#)

[gfreemaui](#)[@youarelovedTSS](#) Yes, yes I have. Life was just so busy. [#PeriodTalk](#) [1:35pm via Twitter for Mac](#)

[youarelovedTSS](#) You ARE Loved is all about raising awareness about tampon related TSS & advocating for menstrual openness. [#periodtalk 1:35pm via TweetChat powered by oneQube](#)

[Lunapads](#) Confession: I never knew about [#TSS](#).. It didn't even occur to me to read the [#tampon](#) box or find out what's in tampons. ^Tiffany [#periodtalk 1:35pm via HootSuite](#)

[youarelovedTSS](#) what we don't know can kill us [#periodtalk 1:36pm via TweetChat powered by oneQube](#)

[Sue2Sueper](#) So True RT @[youarelovedTSS](#) what we don't know can kill us [#periodtalk 1:36pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Ending menstrual taboos opens the door to the receipt of lifesaving and life giving information. [#TSSaware #periodtalk 1:36pm via TweetChat powered by oneQube](#)

[DudleyWellCo](#) Can we all share our love and gratitude by FOLLOWING each one of us here in [#periodtalk 1:36pm via Web](#)

[youarelovedTSS](#) I am Suzan, volunteer Managing Director @ [you-are-loved.org](#) a nonprofit org focused on raising TSS awareness [#periodtalk 1:37pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) If we're not open to discussing menstruation, we aren't open to learning about tampon related TSS [#periodtalk 1:35pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) We need your help in raising awareness about TSS [#periodtalk 1:37pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) follow us [#periodtalk1:37pm via TweetChat powered by oneQube](#)

[Lunettecup](#) RT via. @[youarelovedTSS](#) TSS Symptoms: flu like w/ vomiting, diarrhea, fever over 102F, dizziness, very low bp, rash, confusion [#periodtalk 1:35pm via Web](#)

[Lunapads](#) More girls need to be aware of [#TSS](#). For more information, click here: <http://you-are-loved.org/57/toxic-shock-syndrome-basic-facts> [#periodtalk 1:37pm via HootSuite](#)

[Lunettecup](#) @[youarelovedTSS](#) Oh my! This happened to a friend when we were at summer camp! She had left it in there for 2 weeks! She was 14! [#periodtalk 1:37pm via Web](#)

[youarelovedTSS](#) like us on facebook [#periodtalk 1:38pm via TweetChat powered by oneQube](#)

[PeriodPanteez](#) @[youarelovedTSS](#) Amen!!! We even launched The Period Pride Movement to help break the [#taboo!](#) [periodpride.org](#) [#periodtalk 1:38pm via Web](#)

[youarelovedTSS](#) @[Lunettecup](#) yep, happens all to often [#periodtalk 1:38pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Everyone here has what it takes to raise awareness about tampon related TSS [#periodtalk 1:38pm via TweetChat powered by oneQube](#)

[bpreparedperiod](#) Thank you Suzan (@[youarelovedTSS](#)) for sharing such important information [#PeriodTalk 1:39pm via TweetChat powered by oneQube](#)

[youarelovedTSS](#) Who are you & how can we count on you to raise awareness about Toxic Shock Syndrome? [#TSSawareness](#) [#savealife](#) [#periodtalk](#) 1:39pm via TweetChat powered by oneQube

[youarelovedTSS](#) thanks Tara! [#periodtalk](#) 1:39pm via TweetChat powered by oneQube

[Lunettecup](#) @[youarelovedTSS](#) I couldn't agree more! Thanks for sharing your story and informing us on the dangers of TSS! [#periodtalk](#) 1:39pm via Web

[youarelovedTSS](#) you are loved and appreciated! [#periodtalk](#) 1:39pm via TweetChat powered by oneQube

[DudleyWellCo](#) FOLLOWing everyone present in the [#periodtalk](#) 1:39pm via Web

[InsteadSoftcup](#) RT @[youarelovedTSS](#): If we're not open to discussing menstruation, we aren't open to learning about tampon related TSS [#periodtalk](#) 1:39pm via HootSuite

[kereku](#) Enlightening info! [#periodtalk](#) 1:39pm via Twitter for Android

[youarelovedTSS](#) RT @[Lunettecup](#) @[youarelovedTSS](#) I couldn't agree more! Thanks for sharing your story and informing us on the dangers of TSS! [#periodtalk](#) 1:39pm via TweetChat powered by oneQube

[bpreparedperiod](#) It's an honor to support the wonderful, lifesaving work you are doing [#TSS](#) [#Awareness](#) [#PeriodTalk](#) 1:39pm via TweetChat powered by oneQube

[PeriodPride](#) @[youarelovedTSS](#) AMEN! We are thinking the same things at the same time today! LOL! Please pass along our movement! [#periodtalk](#) 1:39pm via Web

[youarelovedTSS](#) thanks everyone for being present and for participating! [#periodtalk](#) 1:39pm via TweetChat powered by oneQube

[Sue2Sueper](#) True, My daughter will use them for swimming. I will talk to her about this to ensure it remains that way. [#PeriodTalk](#) 1:39pm via TweetChat powered by oneQube

[youarelovedTSS](#) RT @[bpreparedperiod](#) It's an honor to support the wonderful, lifesaving work you are doing [#TSS](#) [#Awareness](#) [#PeriodTalk](#) 1:40pm via TweetChat powered by oneQube

[bpreparedperiod](#) We realize with increased awareness of the dangers of [#TSS](#) brings an increased number of questions [#PeriodTalk](#) 1:40pm via TweetChat powered by oneQube

[Lunapads](#) RT @[youarelovedTSS](#): Ending [#menstrual](#) taboos opens the door to the receipt of lifesaving and life giving information. [#TSSaware](#) [#periodtalk](#) 1:40pm via HootSuite

[bpreparedperiod](#) We'd like to now open up the chat for some free discussion. [#PeriodTalk](#) is now "open!" Please share your comments or questions 1:40pm via TweetChat powered by oneQube

[youarelovedTSS](#) @[Sue2Sueper](#) i didn't see the convo that led up to your reply about your daughter and swimming - there are safer options [#periodtalk](#) 1:40pm via TweetChat powered by oneQube

[Lunapads](#) Thank you @[youarelovedTSS](#) for sharing your story and raising awareness on [#TSS](#)! [#periodtalk](#) 1:40pm via HootSuite

[PeriodPanteez](#) @[youarelovedTSS](#) Thank you!!! [#periodtalk](#) 1:40pm via Web

[Lunettecup](#) @[Sue2Sueper](#) Think about trying a menstrual cup! Great for swimming!! [#periodtalk](#) 1:41pm via Web

[bpreparedperiod](#) Everyone is welcome to respond to questions unless a question is directed to a specific person (@[name](#)) [#PeriodTalk](#) 1:41pm via TweetChat powered by oneQube

[Sue2Sueper](#) she doesn't go swimming much so still never thought much about it. (she is 19) [#PeriodTalk1:41pm](#) via TweetChat powered by oneQube

[PeriodPride](#) @[Lunapads](#) @[youarelovedTSS](#) Please join the Period Pride Movement to help [#BreakTheTaboo!](#) [periodpride.org](#) [#periodtalk](#) 1:42pm via Web

[Sue2Sueper](#) Will look into it for sure. RT @[Lunettecup](#) @[Sue2Sueper](#) Think about trying a menstrual cup! [#PeriodTalk](#) 1:42pm via TweetChat powered by oneQube

[bpreparedperiod](#) Suzan, you must have done a thorough job, NO QUESTIONS! ;) [#periodtalk](#) 1:43pm via TweetChat powered by oneQube

[youarelovedTSS](#) @[Sue2Sueper](#) Amy was only 20 [#periodtalk](#) 1:43pm via TweetChat powered by oneQube

[youarelovedTSS](#) @[bpreparedperiod](#) LOL let's hope that's the case! [#periodtalk](#) 1:43pm via TweetChat powered by oneQube

[bpreparedperiod](#) REMINDER: [#PeriodTalk](#) is going on 24/7 @ <http://bepreparedperiod.com/PeriodTalk> Post questions or contribute answers/suggestions & keep the convo going! 1:43pm via TweetChat powered by oneQube

[youarelovedTSS](#) Hooray! I didn't get thrown into twitterjail!!! [#periodtalk](#) 1:43pm via TweetChat powered by oneQube

[DudleyWellCo](#) Please see and share a word about our product. We respect your views. <http://www.dudleywellnesscompany.com/Mr-Dudley-s-Cycle-Relief-Cream-with-Nutmeg-p/58484-200-45.htm> [#periodtalk](#) 1:44pm via Web

[Lunapads](#) RT @[PeriodPride](#): @[youarelovedTSS](#) Please join the Period Pride Movement to help [#BreakTheTaboo!](#) [periodpride.org](#) [#periodtalk](#) 1:44pm via HootSuite

[bpreparedperiod](#) WINNER! WINNER! Who is ready to hear who has won today's giveaway? [#PeriodTalk](#) 1:44pm via TweetChat powered by oneQube

[Sue2Sueper](#) RT @[bpreparedperiod](#) WINNER! WINNER! Who is ready to hear who has won today's giveaway? [#PeriodTalk](#) 1:44pm via TweetChat powered by oneQube

[PeriodPride](#) Everyone, please join the Period Pride Movement, if you agree! We can [#breakthetaboo](#) together! [#girlpower](#) [#periodtalk](#) [periodpride.org](#) 1:44pm via Web

[bpreparedperiod](#) Drum roll please . . . (note: we will be in touch privately, via DM with the winner) [#PeriodTalk](#) 1:45pm via TweetChat powered by oneQube

[youarelovedTSS](#) RT @[PeriodPride](#) Everyone, please join the Period Pride Movement, if you agree! We can [#breakthetaboo](#) together! [#girlpower](#) [#periodtalk](#) 1:45pm via TweetChat powered by oneQube

[PeriodPride@Lunapads](#) @[youarelovedTSS](#) Awe, thanks Love! X0! [#periodtalk](#) [#sisters](#) [#powerinnumbers](#) 1:45pm via [Web](#)

[bpreparedperiod](#) The winner of our BePreparedPeriod .com Gift Card is @[kereku](#) - Congratulations!!! [#PeriodTalk](#) 1:46pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) RT @[PeriodPride](#) Everyone, please join the Period Pride Movement, if you agree! We can [#breakthetaboo](#) together! [#girlpower](#) [#periodtalk](#) 1:45pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) A big THANK YOU to this month's special guest, @[youarelovedTSS](#)! [#PeriodTalk](#) 1:46pm via [TweetChat powered by oneQube](#)

[Sue2Sueper](#) Congratulations @[kereku](#) [#PeriodTalk](#) 1:46pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) Congrats @[kereku](#) ! [#periodtalk](#) 1:46pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) For additional information on TSS we encourage you to check out the You-ARE-Loved .org website [#periodtalk](#) 1:47pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) Awww, thanks Tara! We appreciate this opportunity so much! [#periodtalk](#) 1:47pm via [TweetChat powered by oneQube](#)

[Lunettecup](#) @[bpreparedperiod](#) @[kereku](#) Congratulations!! [#periodtalk](#) 1:47pm via [Web](#)

[FebyTweets](#) Thanks @[bpreparedperiod](#) @[youarelovedTSS](#) for yet another important [#PeriodTalk](#) [#MenstruationMatters](#) 1:47pm via [Web](#)

[bpreparedperiod](#) You can also find TSS info at BePreparedPeriod .com in our [#TSS](#) section at [shar.es/9ljjH](#) [#periodtalk](#) 1:47pm via [TweetChat powered by oneQube](#)

[PeriodPride](#) @[youarelovedTSS](#) Thank you so much! [#periodtalk](#) [#BreakTheTaboo](#) [#teen](#) 1:47pm via [Web](#)

[gfreemaui](#) Nice to participate in [#PeriodTalk](#) today. Thanks! Such an important topic. 1:47pm via [Twitter for Mac](#)

[kereku](#) Woot, woot! The!!! [#periodtalk](#) 1:47pm via [Twitter for Android](#)

[bpreparedperiod](#) Some of our posts include, How You ARE Loved Changed My Life @ [http://bpreparedperiod.com/blog/?p=804](#) [#Periodtalk](#) 1:47pm via [TweetChat powered by oneQube](#)

[Sue2Sueper](#) Thanks for the chat! This type of new info is great! :-) [#PeriodTalk](#) 1:48pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) Article: Toxic Shock Syndrome: What Every Woman Should Know @ [http://bpreparedperiod.com/blog/?p=402](#) via @[youarelovedTSS](#) [#Periodtalk](#) 1:48pm via [TweetChat powered by oneQube](#)

[youarelovedTSS](#) RT @[bpreparedperiod](#) Article: Toxic Shock Syndrome: What Every Woman Should Know @ [http://bpreparedperiod.com/blog/?p=402](#) via @[youarelovedTSS](#) [#Periodtalk](#) 1:49pm via [TweetChat powered by oneQube](#)

[bpreparedperiod](#) @ [Sue2Sueper](#) Thanks for the feedback, great to hear you have found today's info helpful :) [#periodtalk](#) 1:49pm via [TweetChat](#) powered by oneQube

[PeriodPride](#) You ladies are just lovely! This is SO important! [#lifesaving](#) [#periodtalk](#) 1:49pm via [Web](#)

[Sue2Sueper](#) RT @ [bpreparedperiod](#): Article: Toxic Shock Syndrome: What Every Woman Should Know @ <http://bpreparedperiod.com/blog/?p=402> via @ [youarelovedTSS](#) [#Periodtalk](#) 1:49pm via [TweetChat](#) powered by oneQube

[bpreparedperiod](#) Article: A Scary Encounter With TSS: At Camp @ <http://bpreparedperiod.com/blog/?p=3033> [#PeriodTalk](#) 1:49pm via [TweetChat](#) powered by oneQube

[bpreparedperiod](#) Article: Tampon Awareness @ <http://bpreparedperiod.com/blog/?p=3012> [#Periodtalk](#) 1:49pm via [TweetChat](#) powered by oneQube

[DudleyWellCo](#) Lets FOLLOW each other now! What do you say wonderful people?? [#PeriodTalk](#) 1:50pm via [Web](#)

[bpreparedperiod](#) Thank you all for such wonderful conversation. It gives us great pleasure to chat with those open to speaking about menstruation [#PeriodTalk](#) 1:52pm via [TweetChat](#) powered by oneQube

[bpreparedperiod](#) Next months chat will be 2/14 [#ValetinesDay](#), we'll be discussing Reasons to Track Your Period w/ @ [jaldoretta](#) of @ [readytogroove](#) [#PeriodTalk](#) 1:51pm via [TweetChat](#) powered by oneQube

[bpreparedperiod](#) Help spread the word about [#PeriodTalk](#) by tweeting, posting on FB, blogging, pinning etc. Break the silence on this taboo topic! 1:52pm via [TweetChat](#) powered by oneQube

[bpreparedperiod](#) For more info on all things menstrual visit us @ [BePreparedPeriod.com](#) or on FB @ <https://www.facebook.com/BePreparedPeriod> [#PeriodTalk](#) 1:53pm via [TweetChat](#) powered by oneQube

[bpreparedperiod](#) Don't forget to use our special promo code PERIODTALK for 10% off all [#MenstrualCups](#) & [#Cloth](#) Pads (exp. 1/17) [#PeriodTalk](#) 1:53pm via [TweetChat](#) powered by oneQube

[periodwise](#) hmmm, i think @ [youarelovedTSS](#) may be on her way to twitter jail. LOL [#periodtalk](#) 1:53pm via [HootSuite](#)

[bpreparedperiod](#) Have a fabulous weekend everyone!! xx [#PeriodTalk](#) 1:54pm via [TweetChat](#) powered by oneQube

[DudleyWellCo](#) @ [bpreparedperiod](#) It's a nice way to connect and spread awareness. Thanks. [#periodtalk](#) 1:54pm via [Web](#)

[PeriodPanteez](#) Wishing everyone the most beautiful Friday yet! Thank you for your hospitality! [#periodtalk](#) [#puberty](#) [#girls](#) [#health](#) [#lifesaver](#) 1:54pm via [Web](#)

[Sue2Sueper](#) Have a great weekend:-) [#PeriodTalk](#) 1:54pm via [TweetChat](#) powered by oneQube

[bpreparedperiod](#)@ [periodwise](#) @ [youarelovedTSS](#) Oh no! I hate it when that happens :(I think Twitter limits are about 100 tweets a day [#periodtalk](#) 1:54pm via [TweetChat](#) powered by oneQube

[GesundhtMassage](#)@ [bpreparedperiod](#) You as well! Lunch time for me. Left over ratatouille, here I come! [#periodtalk](#) 1:54pm via [Web](#)

[austins_mom](#) Curious abt menstrual cups? Chk out my reviews on the @[bpreparedperiod](#) site. Here's review # 1 of 2: <http://bpreparedperiod.com/blog/?p=4107> [#periodtalk](#) 1:55pm via Twitter for iPhone

[PeriodPanteez](#) @[bpreparedperiod](#) Thank YOU!!! We appreciate you! Right back atcha!!! X0! [#periodtalk](#) 1:55pm via Web

[GesundhtMassage](#)@[periodwise](#) @[youarelovedTSS](#) Oh, is that where the after-party is? [#periodtalk](#) 1:55pm via Web

[bpreparedperiod](#)@[DudleyWellCo](#) Thank you! We really enjoy connecting during these chats :) [#periodtalk](#) 1:55pm via TweetChat powered by oneQube

[PeriodPanteez](#) @[Sue2Sueper](#) Thanks! You too! [#periodtalk](#) 1:55pm via Web

[Sue2Sueper](#) Thank You RT @[austins_mom](#) Curious abt menstrual cups? Here's review # 1 of 2: bpreparedperiod.com/blog/?p=4107 [#periodtalk](#) 1:56pm via TweetChat powered by oneQube

[austins_mom](#) Curious abt menstrual cups? Chk out my reviews on the @[bpreparedperiod](#) site. Here's review # 2 of 2: bpreparedperiod.com/blog/?p=4344 [#periodtalk](#) 1:56pm via Twitter for iPhone

[periodwise](#)@[bpreparedperiod](#) lol probably made that number during the chat! [#periodtalk](#) 1:56pm via HootSuite

[bpreparedperiod](#) @[GesundhtMassage](#) Mmm, sounds great! It's lunch time here too, I'll be right over ;) [#periodtalk](#) 1:57pm via TweetChat powered by oneQube

[periodwise](#)@[GesundhtMassage](#) looks that way! byob and join us! or, byoc (bring your own cup) [#periodtalk](#) 1:57pm via HootSuite

[bpreparedperiod](#) Next months chat will be 2/14 [#ValetinesDay](#), we'll be discussing Reasons to Track Your Period w/ @[jaldoretta](#) of @[readytogroove](#) [#PeriodTalk](#) 1:51pm via TweetChat powered by oneQube

[periodwise](#)@[youarelovedTSS](#) Next months chat be 2/14 [#ValetinesDay](#), discussing Reasons to Track Your Period w/ @[JAldoretta](#) of @[readytogroove](#) [#PeriodTalk](#) 1:59pm via HootSuite

[austins_mom](#) Lookup [#DivaCup](#), [#LunetteCup](#), [#Softcups](#), online. They could save u from TSS. [#periodtalk](#) 1:59pm via Twitter for iPhone