

Feminine hygiene and healthcare have been problematic topics for centuries. For as long as I can remember, women have always been told the “right way” to keep themselves fresh for men. In the past, particularly as early as the 1930s, ads circulated the country informing women that they wouldn’t get a husband if they had a feminine odor. It is a common fact that female healthcare is for the convenience of men instead of the well-being of women. I have viewed numerous Tik Toks and Snapchats from men that say if women need feminine hygiene products, then they are “dirty” or “for the streets.” Statements such as these lead women, including myself, to have negative perceptions of themselves because they believe they are unattractive or unhygienic. Despite this, more female healthcare professionals are using their platforms to explain the normalcy of what the female reproductive system entails, and how many of the products advertised to women are dangerous. I was never concerned with terms such as “douching” until I got on social media, and I thought that my hygiene wasn’t good enough. Though views on feminine hygiene have shifted from negative to more positive over the years, there are still issues that need to be addressed in the years to come.