

**EDUCATION ON CALCIUM SOURCES TO REDUCE
MENSTRUAL PAIN IN WOMEN OF FERTILIZING
AGE THROUGH MEDIA BOOKLET**

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SUMMARY

Background: Menstrual pain is severe pain in the stomach, especially the lower part, that women experience during menstruation. The pain that occurs will generally last before menstruation, during menstruation, until the end of the menstrual cycle with the quality of pain coming and going and some that occur continuously. Data from the Palembang City Health Service in 2023 shows that 64.3% of women experience pain during menstruation. For women of childbearing age who are experiencing menstrual pain, of course they do not feel comfortable and are less enthusiastic about carrying out activities such as working or doing other work. Menstrual pain can be influenced by a lack of nutritional intake, where these nutrients can be found in foods such as fruit and vegetables. The nutrients contained in these foods can reduce pain during menstruation, for example calcium. Calcium is a micronutrient that plays a role in protein interactions in muscles, namely actin and myosin. Lack of calcium in the blood can cause muscles to not be able to relax after contractions, causing the body to become stiff. Purpose: Communication, Information and Education This aims to implement calcium intake to reduce menstrual pain. Method: The method used in communication, information and education is booklets. The booklet was made using computer media with the Canva application. Results: The output was in the form of a booklet about providing calcium intake to reduce menstrual pain. Conclusion: A Media Booklet has been created to educate and increase knowledge for women of childbearing age who are experiencing menstrual pain and can be used as an alternative to reduce menstrual pain

Key Word : Menstrual pain, Calcium, booklet