



Mycup Menstrual cup

Problem Statement:

- During their menstrual cycle, the majority of underprivileged young girls stay away from school, or use unhealthy materials like newspapers or dirty cloths, to keep themselves dry because they lack money to buy sanitary towels,”
- The same unsanitary practices are carried forward to many grown woman in marginalized areas resulting in ostracizing them from their communities during their menstrual cycle.
- During our pilot projects it is apparent that unhygienic practices are common and that education in this regard is needed.

Solution:

MyCup:

- Is made from a thermoplastic Elastomer (TPE) that is 100% medical grade and FDA approved.
- Functions as a non-absorbent barrier that collects menstrual fluids in its cup-design.

Advantages:

MyCup:

- Is biocompatible (does not interfere with the body’s natural processes).
- Is not associated with Toxic Shock Syndrome (TSS) or any Thrush (Candida)
- Can be worn for up to 12 hours between emptying
- Can be used during all sports, including swimming
- Is eco-friendly – no papers or plastic packaging to be thrown away
- Does not contain any rubber, latex, silicone, additives, bleach, chemicals or synthetics
- It can hold up to 3 times the amount of fluid than the average disposable sanitary product
- Is comfortable and discrete, with no part of it visible once it has been inserted
- Is easily sterilised by boiling

Pricing and Price Advantages:

- The average women will purchase over 216 tampons/pads per year. This totals to an expense of almost 8,424 purchased in her lifetime *
- * This figure was calculated by assuming 18 tampons per cycle, 28 days per cycle and 39 years of menstruation on average
- MyCup will be available for approx R70.00 per cup and will last for approx. 5 years.
- MyCup in conjunction with their NGO partner can distribute the product nationally with woman’s health and sanitary training for approx. R70.00 per cup.

Distribution and Empowerment:

- MyCup will enable and empower women who cannot afford to purchase feminine sanitary products on a monthly basis because of its reasonable price.
- Disposable sanitary products are not a sustainable solution.
- Mycup hopes to distribute the product in conjunction with community education programs and corporate social development initiatives.

Pilot Project Overview

This report aims at providing feedback on MyCup presentation and subsequent feedback session conducted at Kgaphamadi High School in Hammanskraal on the 24 June 2011 and 20 July respectively. The group consisted of 21 learners and 1 teacher from the local High School; Kgaphamadi. The learners are supported by their parents and consent forms were completed and retained. This group of young girls informed me that their mothers / female relative did not teach them about menstruation.

Discussion

The learners were extremely positive about using MyCup. They expressed the need for a product that could save them and their family's money, but also help save their environment. The teacher approached me and asked if it were possible for her to assist on a part time basis by educating and distributing MyCup to learners in Kgaphamadi High School.

Results after 1 Month Trial

- None of the participants experienced any medical condition as a result of using the Mycup.
- 18 out of 22 participants said it was comfortable wearing the Mycup in the first month.
- All participants said they found the Mycup more convenient than pads.
- 1 out of the 22 participants said their family had religious objections to them using the Mycup.
- 2 out of the 22 participants said their family had cultural objections to them using the Mycup.
- All participants listed that they will tell other woman positive comments about using Mycup.
- All participants listed that they will keep on using the Mycup.