

Zahra, 17

A teenager's journey toward comfort, confidence & menstrual wellbeing, SYDNEY

Zahra, 17, Sydney, is entering an exciting new chapter – life after high school. A keen tennis player, avid reader and volunteer, she's preparing to study Occupational Therapy (OT), motivated by her caring nature and interest in helping others.

Like many teenage girls, Zahra has also faced challenges managing period pain (known as dysmenorrhoea). Defined as pain during your period, the condition is usually felt in the lower belly, and sometimes spreads to the back or inner thighs.¹

After a few years of trial and error, Zahra has learned the importance of open discussion, self-care, and exploring different options aligned with her personal preferences.¹

This is Zahra's story.

Zahra is in an exciting transition between high school and university life. Her days are full of activity and ambition. Having just completed her HSC, she's looking forward to starting university.

However, since her early teens, Zahra has experienced period pain. The discomfort often affected her concentration and participation at school.

"I developed period pain at 14 years of age, but it wasn't until two years later that I realised something wasn't right.

"The cramps were unbearable, especially the day before, and during the first two days of my period. I'd get pounding headaches and feel completely exhausted," said Zahra.

At 16, Zahra visited Sydney gynaecologist, Dr Talat Uppal, and was diagnosed with dysmenorrhoea. The diagnosis helped her understand what was happening and prompted her to explore ways to manage her symptoms.¹

"When I had my period at the same time as my friends, it seemed to have a much heavier toll on me.

"My symptoms made it hard to focus during lessons at school," Zahra said.



For Zahra, period pain affected her education and mental wellbeing.

“Although I rarely missed school, my symptoms often limited what I could do.

“I couldn’t participate in PE classes, especially water sports. Sometimes my teachers didn’t fully understand the pain I was going through,” said Zahra.

“I tried a few things, but it took time to find what suited me.

“I wanted something I could use confidently that would be gentle on my body,” Zahra said.

On her doctor’s recommendation, Zahra tried *Hey Sister! Khapregesic*® – a non-hormonal, plant-based product providing fast-acting, dual-action support for period pain and pre-menstrual syndrome (PMS).²

“I found it easy to access and take. When I used it regularly, I felt more comfortable during my period,” said Zahra.

For Zahra, choosing a natural, non-hormonal option felt right.

“I prefer natural options. They make me feel more in control of my wellbeing,” Zahra said.

While Zahra believes attitudes toward period pain are gradually improving, she says the stigma still lingers, making increasing awareness and education essential, especially for teenage girls.

“PMS and period pain are still uncomfortable topics, but people are starting to talk about them more, especially on social media.

“Even so, I hesitated to bring it up with my mum or seek treatment because of the stigma,” said Zahra.

“Discussions on PMS and period pain should be better covered in schools. It shouldn’t be something girls just ‘put up with’.”

Zahra has a simple but poignant message for those living with PMS and period pain.

“Don’t be embarrassed to ask for help or talk about what you’re going through.

“Everyone is different, so it’s really about finding what works for you, and getting medical advice when you need it,” Zahra said.

To learn more about *Hey Sister! Khapregesic*®, head here: www.heysister.com

To access the recent *Khapregesic*® clinical trial, click [here](#)

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Important information

- Hey Sister! Khapregesic® is an ARTG-listed medicine. *Khaya senegalensis* is the active ingredient in the Hey Sister! Khapregesic® range.
- Supported by a randomised, double-blind, placebo-controlled clinical trial published in the *International Journal of Women's Health* (July 2025), Khapregesic® demonstrated efficacy in alleviating mild-to-moderately-severe period pain and premenstrual syndrome (PMS) symptoms, including improvements in emotional wellbeing and reduced use of rescue medications.
- Traditionally used in Western herbal medicine to relieve mild menstrual symptoms such as period pain, bloating, and mood changes.
- Not approved for treatment of medical conditions like endometriosis, PCOS, adenomyosis, anxiety, or arthritis. If you have, or suspect you have any such conditions, speak to a qualified healthcare professional.
- This case study reflects one individual's experience; results may vary.
- Always read the label and follow the directions for use. If symptoms persist, talk to your health professional.

To coordinate an interview with Zahra, please contact:

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References

1. Khan. HNKMA. Dysmenorrhea. StatPearls. 2023.
2. Lopresti AL, et al. An Examination into the Safety and Efficacy of Khapregesic®, a *Khaya senegalensis* Preparation, on Women Experiencing Menstrual Pain and Menstrual Distress. *Int J Women's Health*. 2025;17:2025–2038.