MENSTRUA (Version 1.2 - 1/94)

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MENSTRUA is a Charity-Ware MS-DOS program requiring a color monitor and an 8086 or higher machine. The purpose is to allow an individual female to enter information about her menstrual cycle, including dates of onset of the period, and characterization of types of days throughout the cycle and use this individual-based information to: predict the probable day of ovulation, the probable beginning of the next menstrual cycle, the probable fertile days of the next cycle, and graph the past history of day types throughout the cycle. Ovulation prediction allows for the calendar method as well as the temperature method to be used, if the user has temperature data available. Partial support for the development of this program came from the National Science Foundation, Undergraduate Curriculum Development Grant USE-9150354 to the University of Tennessee.

This program is the result of student research projects at the University of Tennessee, Knoxville. Students involved were: Jeff Duncan, Milena Holmgren, Aimee Hughes, Gary Huxel, Staci Kehrmeyer, Stephen Killefer, Lisa Manne, Shannon Peak, Michael Schroda, and Amy Wales. Programming is by Michael Schroda and Shannon Peak. This program is CharityWare - if you find it useful, we request that you send a donation representing its worth to you ($15 suggested) to:

Institute for Environmental Modeling / 121 Ayres Hall /
University of Tennessee / Knoxville, TN 37996-1300

Donated funds will be used to provide financial support for student research projects in environmental problems. As another method to aid continuing research in menstrual cycling, we request that individuals send us a floppy disk containing the data file you create using this program. The floppy can be either 3.5 or 5.25 size, any density. Please include a note indicating the age of user, any special medical condition, and any medication taken regularly. Please do this anonymously. We request that this floppy be sent after 6 months of data has been accumulated.

How to obtain MENSTRUA:

MENSTRUA is archived in the Mathematics Archives at the University of Tennessee, Knoxville, an archive of information useful in the teaching of mathematics, maintained with partial support from National Science Foundation (grant DUE-9351398). It is available as a zipped file (MENSTRUA.ZIP) which must be unzipped by the user. It may be obtained by anonymous ftp to archives.math.utk.edu in the directory /software/msdos/life.sciences/menstrua It also may be obtained by gopher to archives.math.utk.edu in location

Software (Packages, Abstracts and Reviews)
MSDOS Software arranged by subjects
Life Sciences
MENSTRUA v.1.2

and is available on the Wide World Web at URL http://archives.math.utk.edu/ under Mathematics Archives Gopher in the above gopher file location.

Individuals who do not have access to the above electronic distributionmethods may obtain the program by sending a check for $10 postage and handling to the above address, specify the size of

floppy disk requested (5.25 or 3.5), and a mailing address. The program may be freely distributed in either it's zipped format, or unzipped format as long as all files (menstru.exe, start2.txt, page2.txt, menstr.txt, help.txt, tag.txt, descrip.txt, temp.txt, datafile.txt and a couple of examples labeled example#.dat) are included.

NOTE TO ALL USERS - DISCLAIMER OF RESPONSIBILITY

This program is designed to be used as an aid in understanding of an individuals menstrual cycle, and provide a basic guide to prediction of future cycle lengths and occurrences of cyclic patterns of certain types of days, as categorized by the user. IT IS NOT MEANT TO BE USED AS A MEANS OF BIRTH CONTROL PLANNING. IT IS NOT MEANT IN ANY SENSE TO REPLACE CONSULTATIONS WITH MEDICAL PERSONNEL.

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