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Autore	Freidenfelds Lara <1972->
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Nota di contenuto	Before "modern" menstrual management : keeping secrets, wearing diapers, avoiding chills -- The modern way to talk about menstruation : education, the scientific narrative, and public discussion -- The modern way to behave while menstruating : changing health beliefs and practices -- The modern way to manage menstruation : technology and bodily practices -- Tampons : a case study in controversy.