

《“洪荒少女”坦言遭遇“大姨妈”引热议》

导读：“洪荒少女”傅园慧毫不避讳，再次耿直发言。然后，全世界都知道她来例假了。



Competing in the Olympics is stressful at the best of times - but imagine doing so while having your period.

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Fu Yuanhui, one of China's swimming stars, became an overnight social media sensation thanks to her frank post-race interviews and exaggerated expressions.

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Now, she's become a talking point online again - for breaking a sporting taboo by talking about her period.

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China missed out on a medal in the women's 4x100m medley relay on Sunday, coming fourth.

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According to one industry survey, only 2% of women in China use tampons -compared to 42% of US women.

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Many women weren't familiar with how to use them, or had not heard of them before, the survey by Cotton Inc said.

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"Someone accused Fu of lying, asking how she could have gone in the water on her period," weibo user Dvingnew wrote. "Chinese people have prejudices about tampons - women in their 30s around me are ignorant about tampons, and full of fear about tampons."

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And there may also be cultural factors at play too - some Chinese women have been told to avoid using tampons because it could stop them from being virgins, despite health experts pointing out that the two things are unrelated.

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One poster defending tampons wrote: "Who told you virgins can't use tampons?...Come on, it's the 21st Century."

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According to reports, China's first domestic tampon brand may be launched soon - which may encourage more women to swim while on their periods.

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So can menstrual cycles affect sporting performance?

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The subject of competing while menstruating is "definitely a taboo", Georgie Bruinvels, a sports scientist, tells the BBC.

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"A lot of [elite] sport coaches are men, and that makes it harder for women, who don't want to say 'I'm on my menstrual cycle'.

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