



Menstrual Cycle



Menstrual Cycle

- During puberty girls bodies begin for reproduction
- Begin a monthly cycle known as menstrual cycle or period
- This cycle last 28 days

Menstrual Cycle

- Menstrual cycle is regulated by fluctuating levels of sex hormones
- Produce certain changes in the ovaries and uterus
 - Egg production
 - Develops a lining the uterus

Menstrual Cycle

- Humans are nearly unique among species in having a menstrual cycle
- Other species of mammals have estrous cycles

Menstrual Cycle

- The menstrual cycle has 4 phases:
- 1. Menstruation
- 2. Follicular phase
- 3. Ovulation
- 4. Luteal phase

Menstrual Phase

- 1-4 Days
- If fertilisation does not occur
- Progesterone and oestrogen levels drop
- Uterus lining breaks down. (menstruation)

Follicular Phase

- 5-13 Days
- Production of the egg
- Follicle secretes oestrogen
- Oestrogen stimulates the building of the uterine lining

Ovulation

- Day 14
- More of an event rather than a stage
- Takes 2-3 days to travel down the fallopian tube

Luteal Phase

- 15-28 Days
- Egg moves along the fallopian tube
- Progesterone produced
- Uterine lining prepares for implantation
- Fertilisation can occur during this stage

Menstrual Cycle

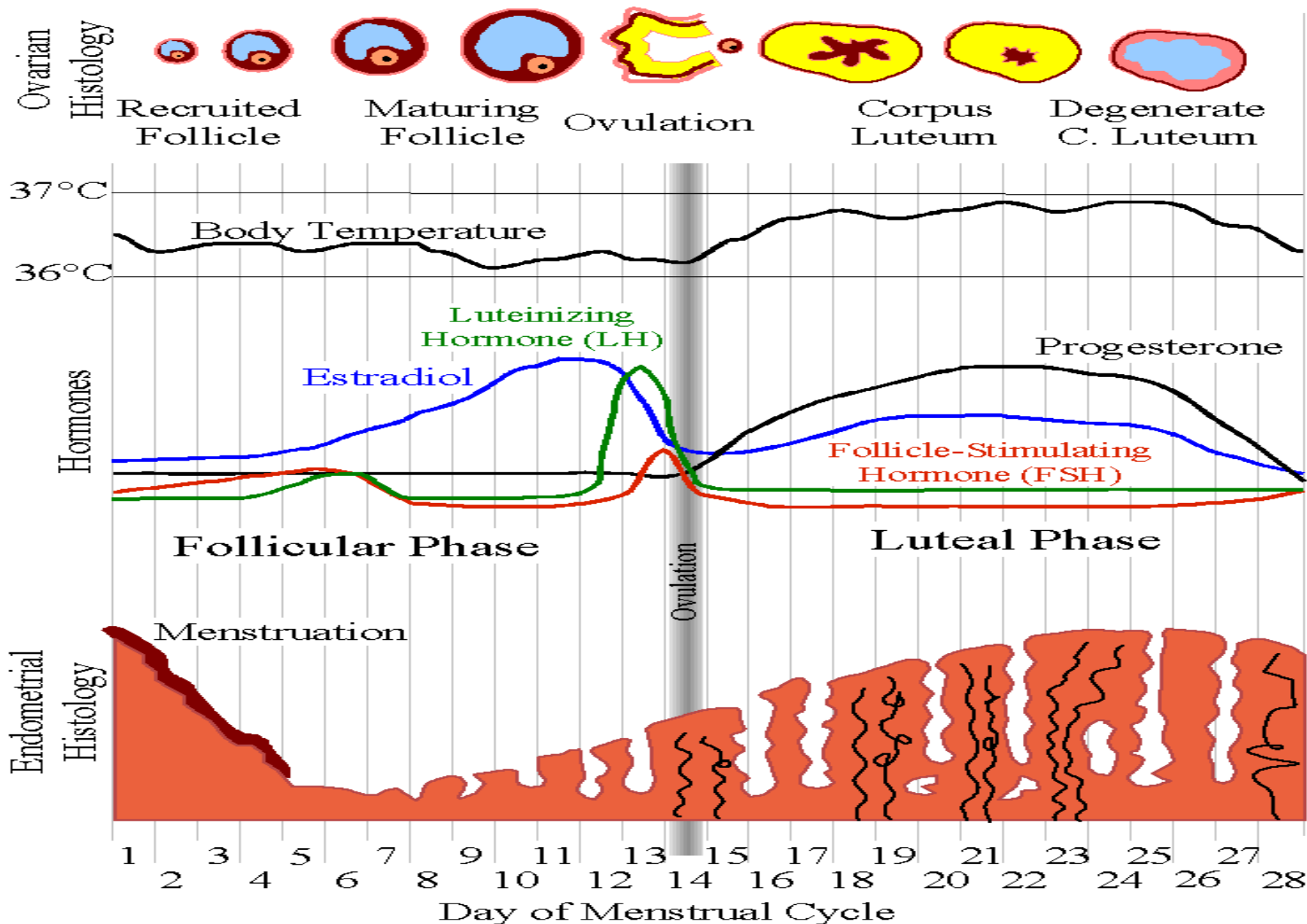
- If the embryo does not implant, oestrogen is no longer produced and the uterus lining breaks down
- Cycle begins again

Menstruation Cycle

- A woman's first menstruation is termed *menarche* (later stages of puberty).
- The average age in humans is 12 years.
- Factors that affect menarche
 - genetics
 - diet
 - overall health

Menopause

- The end of menstrual cycles
- The average age of menopause in women is 50 years
- Factors that affect menopause
 - genetics
 - illness
 - certain surgeries
 - medical treatments



(Average values. Durations and values may differ between different females or different cycles.)