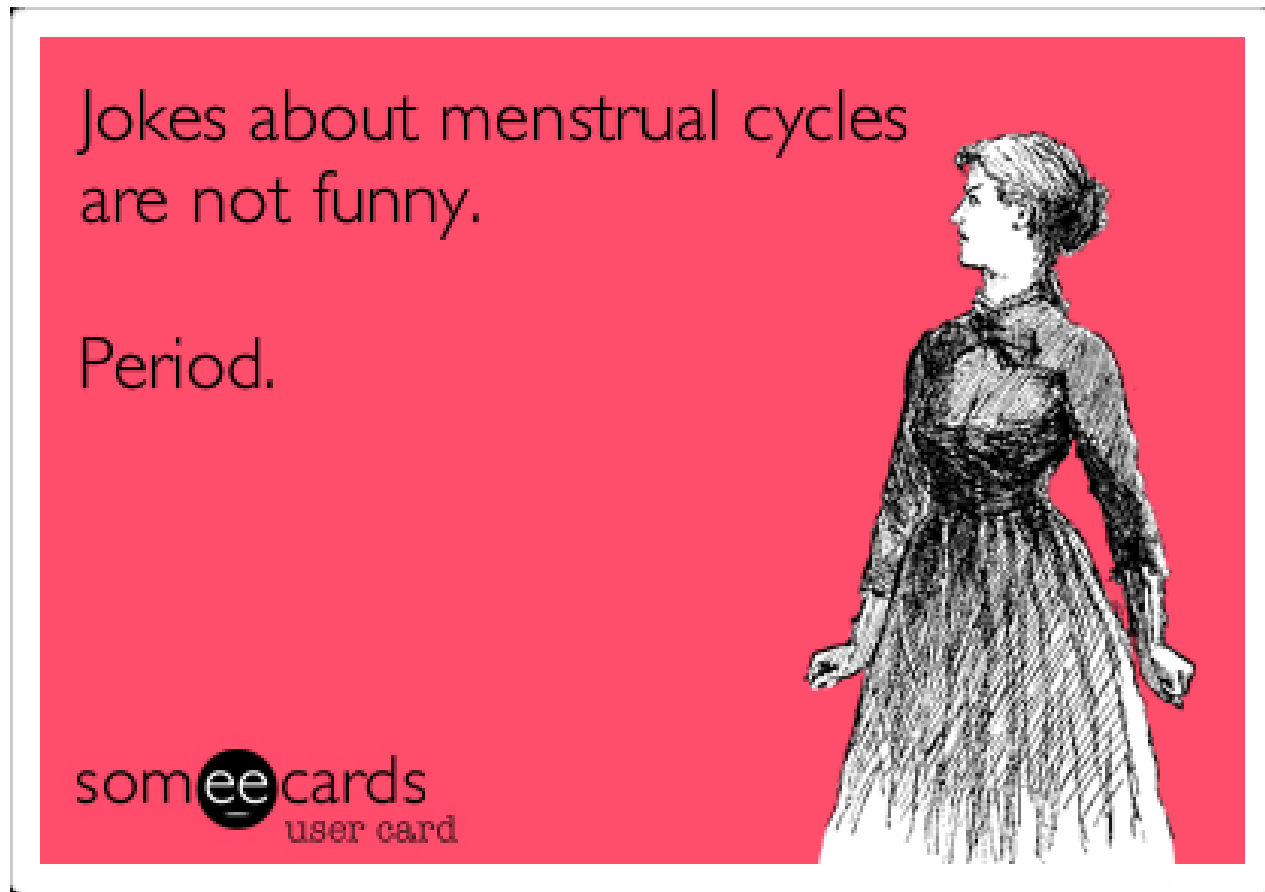


# The Menstrual Cycle



S1-1-09 Describe the structure and function of the male and female human reproductive systems. Include: role of hormones

# The Menstrual Cycle...

- Occurs once every **28 DAYS** in **NON-PREGNANT, SEXUALLY MATURE** women.

It has two functions:

- **PRODUCE** and **RELEASE** a mature **EGG**.
- **PREPARE UTERUS** for possible **PREGNANCY**.

At puberty, once the menstrual cycle starts, it continues until:

1. The woman becomes **PREGNANT**.
2. The woman goes through **MENOPAUSE** (around **50** years old).

# Stages of the Menstrual Cycle...

1. Each month the PITUITARY gland releases a hormone called Follicle Stimulating Hormone (FSH), which causes an IMMATURE EGG in the OVARY to develop into a MATURE EGG.
2. The developing FOLLICLES produce ESTROGEN, that travels throughout the BLOOD stream, causing the uterine lining to THICKEN. ESTROGEN also travels to the PITUITARY gland telling it to produce Luteinizing Hormone (LH) → Responsible for OVULATION.

# Stages of the Menstrual Cycle...

3. ESTROGEN levels SURGE from the OVARY, causing a surge in LH levels, which results in OVULATION (RELEASE of the EGG cell from the FOLLICLE into the FALLOPIAN tubes).
4. The OLD FOLLICLE now produces PROGESTERONE, which tells the uterus to prepare for possible PREGNANCY.
5. If the egg is not fertilized, there is a sharp DECREASE in PROGESTERONE and ESTROGEN, so the UTERINE LINING breaks down, and MENSTRUATION begins.

# The menstrual cycle

