

MENSTRUAL CYCLE LAB

Background Information

Puberty and the Menstrual Cycle

When a human female is born, her ovaries already contain all the immature eggs that will later mature and produce functional eggs during her lifetime. Eggs usually begin to mature between the ages of 12 and 14, when a release of hormones triggers **puberty**, and a young woman reaches sexual maturity. Most commonly, eggs mature every 28 days or so. They usually mature **ONE** at a time, in alternating ovaries. This rhythmic maturation of eggs and of chemical and physical events are called the **menstrual cycle**.

Endocrine Gland	Hormone	Function
Anterior Pituitary 	FSH	<ul style="list-style-type: none">• Stimulates follicular growth in ovaries• Stimulates estrogen secretion (from developing follicles)
	LH	<ul style="list-style-type: none">• Surge causes ovulation• Results in the formation of a corpus luteum
Ovaries 	Estrogen	<ul style="list-style-type: none">• Thickens uterine lining (endometrium)• Inhibits FSH and LH for most of cycle• Stimulates FSH and LH release pre-ovulation
	Progesterone	<ul style="list-style-type: none">• Thickens uterine lining (endometrium)• Inhibits FSH and LH

The Pituitary Gland

The pituitary gland is located at the base of the brain and secretes the hormones **FSH** and **LH**. Increasing levels of a hormone, **FSH (follicle stimulating hormone)**, eggs start to mature in a woman's ovary. Each egg matures inside an egg sac, or follicle. When the egg is fully mature, another hormone, **LH (luteinizing hormone)** reaches peak level, causing the follicle to burst and the release of the egg. The process is called ovulation. Tiny microscopic hairs called cilia at the opening to the Fallopian tube will sweep the egg into the tube which leads to the uterus.

- **FSH** stimulates the egg to mature
- **LH** causes the egg to rupture from the ovary in a process called **ovulation!**

The Ovary

The ovary produces the hormones **estrogen** and **progesterone**. As a result of the increasing levels of the hormone **estrogen**, the lining of the uterus has been prepared to receive a fertilized egg by building up its lining with nurturing tissues and blood vessels. After ovulation, the ovary releases the hormone **progesterone**. High levels of **progesterone** to help maintain the uterine lining.

- **Estrogen** builds up the uterine lining
- **Progesterone** maintains the uterine lining

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