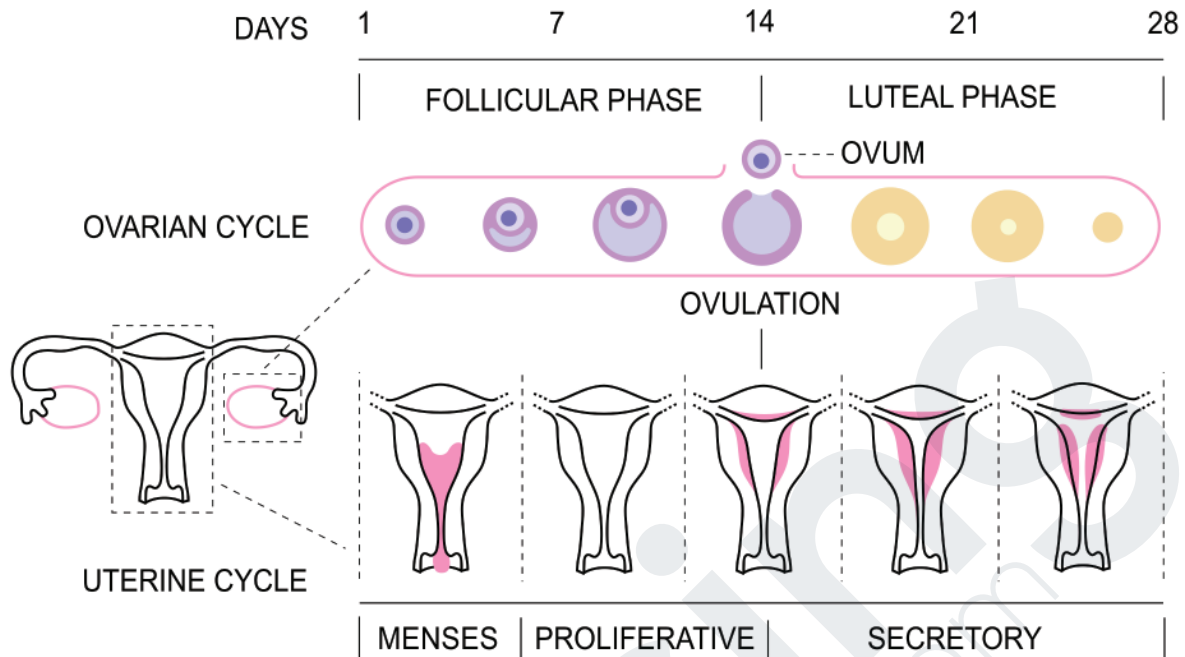


MENSTRUAL CYCLE



By Isometrik and Kaldari - Derivative of File: MenstrualCycle2 en.svg, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=57018712>

Uterine Phases

- Menstrual phase (Days 1-5)
 - Lasts 4-6 days
 - Starts with menstruation → ends with ↑ FSH, starting a new cycle (all if pregnancy did not occur)
 - Endometrial tissue is shed, "self cleaning"

Ovarian Phases

- Follicular phase
 - Days 1-13
 - Before the egg release/Pre-Ovulation
 - Starts follicle stimulating hormone (FSH) + luteinizing hormone (LH) secretion (follicles are maturing)
- Ovulatory phase
 - Day 14
 - Egg is released → follicular rupture and release of ovum
- Luteal phase
 - Day 15-28
 - Egg has been released
 - Corpus luteum secretes progesterone and continues to if pregnancy occurs