

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	• Stimulates follicular growth in ovaries • Stimulates estrogen secretion (from developing follicles)
	LH	• Surge causes ovulation • Results in the formation of a corpus luteum
 Ovaries	Estrogen	• Thickens uterine lining (endometrium) • Inhibits FSH and LH for most of cycle • Stimulates FSH and LH release pre-ovulation
	Progesterone	• 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

Menstrual Cycle Lab Answer Chapter 43

Jesse C. DeLee



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Table of Contents Menstrual Cycle Lab Answer Chapter 43

1. Understanding the eBook Menstrual Cycle Lab Answer Chapter 43
 - The Rise of Digital Reading Menstrual Cycle Lab Answer Chapter 43
 - Advantages of eBooks Over Traditional Books
2. Identifying Menstrual Cycle Lab Answer Chapter 43
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Menstrual Cycle Lab Answer Chapter 43
 - User-Friendly Interface
4. Exploring eBook Recommendations from Menstrual Cycle Lab Answer Chapter 43
 - Personalized Recommendations
 - Menstrual Cycle Lab Answer Chapter 43 User Reviews and Ratings
 - Menstrual Cycle Lab Answer Chapter 43 and Bestseller Lists

5. Accessing Menstrual Cycle Lab Answer Chapter 43 Free and Paid eBooks
 - Menstrual Cycle Lab Answer Chapter 43 Public Domain eBooks
 - Menstrual Cycle Lab Answer Chapter 43 eBook Subscription Services
 - Menstrual Cycle Lab Answer Chapter 43 Budget-Friendly Options
6. Navigating Menstrual Cycle Lab Answer Chapter 43 eBook Formats
 - ePub, PDF, MOBI, and More
 - Menstrual Cycle Lab Answer Chapter 43 Compatibility with Devices
 - Menstrual Cycle Lab Answer Chapter 43 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Menstrual Cycle Lab Answer Chapter 43
 - Highlighting and Note-Taking Menstrual Cycle Lab Answer Chapter 43
 - Interactive Elements Menstrual Cycle Lab Answer Chapter 43
8. Staying Engaged with Menstrual Cycle Lab Answer Chapter 43
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Menstrual Cycle Lab Answer Chapter 43
9. Balancing eBooks and Physical Books Menstrual Cycle Lab Answer Chapter 43
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Menstrual Cycle Lab Answer Chapter 43
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Menstrual Cycle Lab Answer Chapter 43
 - Setting Reading Goals Menstrual Cycle Lab Answer Chapter 43
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Menstrual Cycle Lab Answer Chapter 43
 - Fact-Checking eBook Content of Menstrual Cycle Lab Answer Chapter 43
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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