

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

Menstrual Cycle Lab Living Environment Answers

Puja Mehta



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Annotated Instructor's Edition for Investigating Biology Judith Giles Morgan,1999 *EPA Publications Bibliography, 1984-1990: Report summaries* United States. Environmental Protection Agency,1990 **ERDA Energy Research Abstracts** ,1977 **Fix Your Period** Nicole Jardim,2024-04-16 Nicole Jardim walks the talk and I am confident that Fix Your Period will help ignite the hormone balance you are seeking and restore your vitality Sara Gottfried MD New York Times bestselling author of The Hormone Cure A life changing step by step natural protocol to ignite lasting hormone balance and improve everything from PMS period pain and heavy periods to irregular cycles and missing periods from Nicole Jardim certified women s health coach and co host of the podcast The Period Party For most women getting their period sucks Bloating Cramps Acne Aches Moodiness Messiness No wonder we call it The Curse For many it s not just an inconvenience it s a colossal life disruption forcing them to miss work school appointments or dates We ve been encouraged to medicate away common period problems with birth control and ibuprofen and just survive the mood swings as best we can But as Nicole Jardim explains periods aren t a nuisance they re information When you learn to decode your period or lack thereof you ll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim s proven six week protocol to resolve even the most challenging hormone imbalances and menstruation issues Joining the ranks of books by Jolene Brighten Sara Gottfried and Aviva Romm Nicole Jardim s Fix Your Period is essential for women plagued by PMS irregular painful or heavy periods PCOS Endometriosis or fibroids and for anyone who wants to take charge of her hormonal health and regain control of her life naturally **EPA publications bibliography, 1977-1983** ,1983 *ERDA Energy Research Abstracts* United States. Energy Research and Development Administration. Technical Information Center,1977 *ERDA Energy Research Abstracts* United States. Energy Research and Development Administration,1977 **Te HS&T a** Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004-02 **Energy Research Abstracts** ,1988 *EPA Publications Bibliography* ,1987 *My Body, My Health* Felicia Hance Stewart,1981 *EPA Publications Bibliography, 1984-1990: Report summaries* ,1990 **Readers' Guide to Periodical Literature** Anna Lorraine Guthrie,1904 An author subject index to selected general interest periodicals of reference value in libraries *Oceanic Abstracts* ,1997 **Ecology: Teacher's ed** ,2005 **The Practice of Statistics in the Life Sciences** Brigitte Baldi,David S. Moore,2013-12-15 This remarkably engaging textbook gives biology students an introduction to statistical practice all their own It covers essential statistical topics with examples and exercises drawn from across the life sciences including the fields of nursing public health and allied health Based on David Moore s The Basic Practice of Statistics PSLS mirrors that 1 bestseller s signature emphasis on statistical thinking real data and what statisticians actually do The new edition includes new and updated exercises examples and samples of real data as well as an expanded range of media tools for students and instructors Teacher's Wraparound Edition: Twe Biology Everyday

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