

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 Answers

Susan Baxter

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

Menstrual Cycle Lab Answers:

The Menstrual Cycle Anne Walker, 2008-03-07 Anne Walker shows that women are neither the victims of raging hormonal fluctuations nor entirely unaffected by them Unlike most previous publications that focus on menstruation a part of the cycle The Menstrual Cycle presents a well researched study of the entire menstrual cycle and its relationship to women's lives Women's own experiences in different cultures are contrasted with medical textbook descriptions and the normal is found to be rather elusive This book will be read by discourse analysts doctors nurses and any woman who has felt curious about her menstrual cycle and its possible effects Diversity, Divergence, Dialogue Katharina Toeppe, Hui Yan, Samuel Kai Wah Chu, 2021-03-19 This two volume set LNCS 12645 12646 constitutes the refereed proceedings of the 16th International Conference on Diversity Divergence Dialogue iConference 2021 held in Beijing China in March 2021 The 32 full papers and the 59 short papers presented in this two volume set were carefully reviewed and selected from 225 submissions They cover topics such as AI and machine learning data science human computer interaction social media digital humanities education and information literacy information behavior information governance and ethics archives and records research methods and institutional management *The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility* Lisa Hendrickson-Jack, 2019-01-21 MENSTRUATION ISN'T JUST ABOUT HAVING BABIES Your menstrual cycle is a vital sign just like your pulse temperature respiration rate and blood pressure And it provides you with essential information about your health The Fifth Vital Sign Master Your Cycles and Optimize Your Fertility brings together over 1 000 meticulously researched scientific references in a textbook quality guide to understanding your menstrual cycle In this book you'll learn What a normal cycle looks like The best way to chart your cycle and increase your fertility awareness How best to manage critical aspects of your health including better sleep exercise and a healthier diet Natural methods for managing period pain and PMS How to successfully avoid pregnancy without the pill and How to plan ahead if you do want to get pregnant The Fifth Vital Sign aims to better connect women with their menstrual cycles to break the myth that ovulation is only important when you're ready to have a baby READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY Whether children are a part of your future plans or not your health matters Start learning more now and take control of your health ABOUT THE AUTHOR Lisa Hendrickson Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner She teaches women to chart their menstrual cycles for natural birth control conception and overall health monitoring In her work Lisa draws heavily from the current scientific literature and presents an evidence based approach to fertility awareness and menstrual cycle optimization *The Hormone Survival Guide for Perimenopause* Nisha Jackson, 2004-05-01 Explaining why women between the ages of 35 and 50 often experience significant changes in mood weight sex drive and general well being due to hormonal imbalances this guide shows women how to regain control of their hormones and their lives and feel good again through natural means Women who have had long standing physical and

emotional complaints written off by doctors as normal or genetic are provided with step by step solutions to such hormone related problems as weight gain fibroids sex drive doldrums adult acne depression anxiety irritability chronic fatigue and facial hair Perimenopausal women will be able to regain control of their health by putting together a game plan for renewal including hormone balancing and weight management plans that will help them feel better with dramatic life changing results *Teacher's Wraparound Edition: Two Biology Everyday Experience* Albert Kaskel, 1994-04-19 **Problems and**

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Broun, 1986 **Cases** Kenneth S. Broun, James H. Seckinger, 1990 The Hormonally Vulnerable Woman Geoffrey

Redmond, Geoffrey P. Redmond, 2005-09-20 According to Geoffrey Redmond M D a majority of the 42 million American women between the ages of thirty five and fifty five suffer from vulnerability to their own hormones Appearance emotions and even sex drive may be affected Symptoms include thinning hair persistent acne mood swings low energy loss of pleasure in sex weight gain irregular periods and pain While the media has emphasized the problems of menopause Dr Redmond explains that all too many women experience hormonal miseries even in their thirties Lab tests are often normal because the problem is not the hormones themselves but how a woman's body reacts to them Healthy active women suddenly find that once quiescent hormones have taken over control of their lives Because their problems are often dismissed as trivial women who are hormonally vulnerable are frequently thwarted in their quest for help Too often they are brushed off with remarks such as Your tests are normal there's nothing wrong with you This is tragic because as Dr Redmond demonstrates hormonal balance can nearly always be restored with the treatments he details which include individualized use of prescription medications herbal supplements lifestyle changes and even spiritual practices Many women have heard that testosterone can help sex drive but most have not been warned about the damage that careless testosterone therapy can cause on skin and hair In this book Dr Redmond an internationally recognized authority on testosterone in women explains the only safe ways to use testosterone With informative sidebars quizzes and personal stories of women who have overcome hormone vulnerability this helpful book will empower you to find treatments for your hormone problems that are tailored to fit your own body biochemistry symptoms and lifestyle **Health**, 1988 *The Estrogen Errors* Susan Baxter, 2009-05-19 In this revealing work a medical writer and an internationally known physician team up to explain the controversy over medicine prescribing estrogen for perimenopausal women in the United States and to detail why progesterone is actually a far more effective and a far less risk ridden approach Citing long standing and emerging research patient vignettes and personal experience endocrinologist Jerilynn Prior and writer Susan Baxter tell us how false beliefs on estrogen became entrenched in U S medicine and culture and why business and politics have played a role in this erroneous thinking *A Woman Doctor's*

Guide to Miscarriage Lynne Friedman, 1996-08-16 An authoritative guide to miscarriage explains how to cope with pregnancy loss and its aftermath discusses reasons for miscarriage provides new information on carrying a baby to term and answers questions about recovery health emotional upheaval and trying again Original **Cases in Trial Advocacy** Kenneth S. Broun, John H. Seckinger, 1977 Lab World, 1976 Biology Joseph S. Levine, Kenneth Raymond Miller, Prentice-Hall Staff, 1998-05 **Ms. Magazine** Gloria Steinem, Robin Morgan, Joanne Edgar, Patricia Theresa Carbine, Nina Finkelstein, Letty Cottin Pogrebin, 1993 *Human Sexuality: Diversity in Contemporary America* Bryan Strong, 2008 Human Sexuality Diversity in Contemporary America is a pioneering text in many ways The first text to achieve a full integration of cutting edge research with a contemporary sex positive approach it also strives to represent the modern diverse world that students encounter outside the classroom Both within the text itself and throughout the exemplary art and photo program the focus is on inclusion Written by a leading sexuality researcher and experienced teachers of the human sexuality course Human Sexuality has been lauded by students and instructors alike for providing the most integrated and non judgmental view of sexual orientation available This modern theme along with the thorough coverage of sexuality and the media engaging writing style and biopsychosocial orientation make the text a perennial best seller The new sixth edition builds on these strengths and adds updated information a new design and a highly crafted resource program to make the book more useful than ever

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