

## Genes

## 2. Human reproduction

## CONCEPT 2

## MENSTRUAL CYCLE

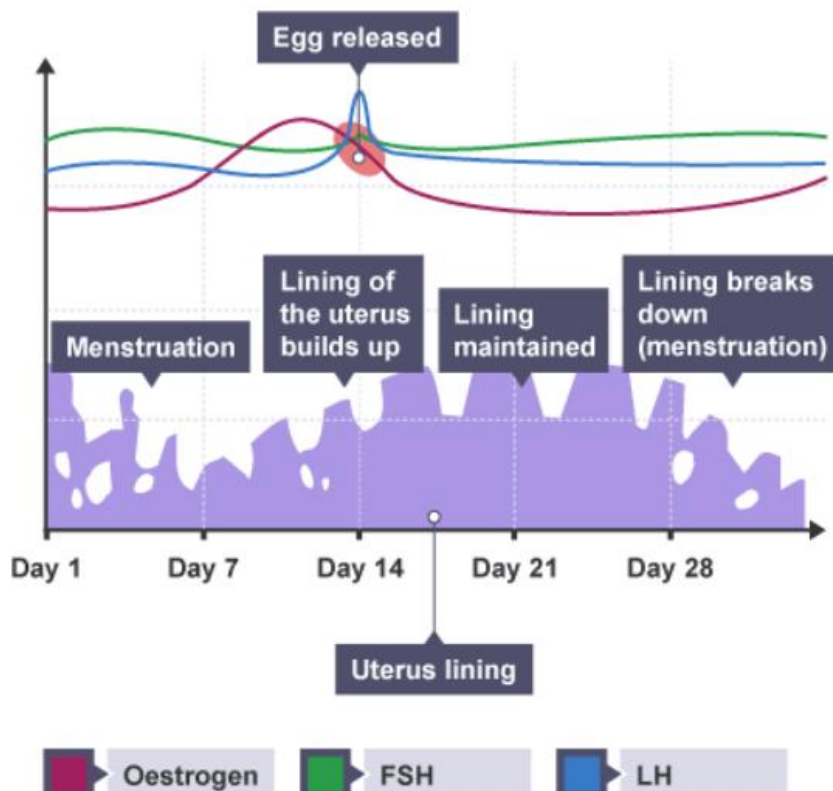
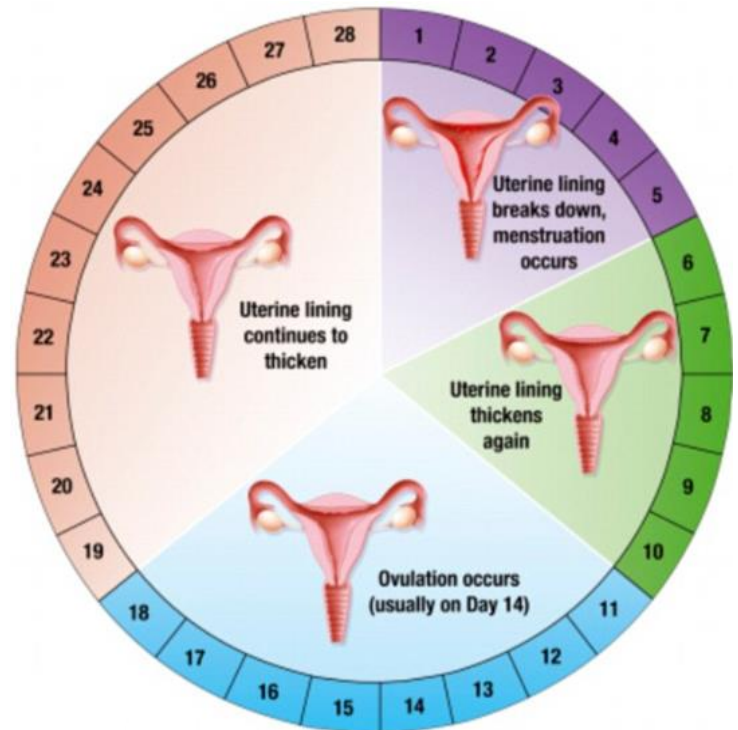
## NOTES

The female reproductive system includes a cycle called the menstrual cycle that on average lasts about 28 days. It is a series of events that prepares the body for possible fertilisation and pregnancy. The cycle begins when a female reaches and puberty and stops in the first instance if she becomes pregnant. These are the main features in the cycle;

Day 1 to 5 – The Period – This is when bleeding from the vagina begins, this bleeding is mainly tissue from the uterine wall.

Day 6 to 13 – Maturation – Approximately by the end of day 5 the bleeding stops and the uterine wall begins to repair itself. During this time a follicle in one of the ovaries (it alternates each month) begins to mature in preparation for ovulation.

Day 14 – Ovulation – A mature egg is released and travels down to the oviduct towards the uterus. In the meantime, the uterine lining is still thickening.



Day 15 to 28 – The Last Stage – During this time the uterine wall continues to replenish. However, if the egg is not met by a sperm and fertilised by day 28 the uterine wall starts to break down and the cycle starts again.

Extend Notes - To further extend you could discuss the relationship between FSH, LH and Oestrogen in the menstrual cycle. And use this information to evaluate hormonal contraceptives.