

LAB _____ STAGES OF THE HUMAN 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 the other chemical and physical events that accompany the process are called the menstrual cycle.

As a reaction to increasing levels of the hormone FSH (follicle stimulating hormone), eggs start to mature in a woman's ovary. Each egg matures inside an egg sac, or follicle, near the surface of one of the ovaries. When the egg is fully mature, another hormone — LH (luteinizing hormone) — reaches peak level. As a reaction to these high hormone levels, the follicle bursts open and releases the egg. This process is called ovulation. Tiny microscopic hairs, called cilia, on the cells at the opening to the fallopian tube or oviduct, sweep the egg into the tube which leads to the uterus.

As a reaction to 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 the egg is released from the follicle in the ovary, the remaining follicle tissue becomes a hormone-secreting gland, the corpus luteum ("yellow body"). The gland releases the hormone progesterone. High levels of progesterone help maintain the uterine in its built up, nurturing phase.

If the released egg remains unfertilized, it does not implant in the uterus lining. This triggers further hormonal changes. Both estrogen levels and progesterone levels drop. This causes the lining of the uterus to deteriorate. As a result both unfertilized egg and uterus lining are shed and pass out of the body. This periodic loss of tissues and fluids from the uterus is a normal function known as menstruation (a period). Menstruation is considered the beginning of the monthly menstrual cycle.

All of these changes are governed by coordinated hormones carried in the bloodstream from their releasing gland to their responding target cells. These hormones act through feedback mechanisms. The pituitary gland, at the base of the brain, secretes the two hormones that trigger the growth and development of the egg in the ovary — FSH (follicle stimulating hormone) and LH (luteinizing hormone). In response, the ovary then secretes the two sex hormones that control development of the egg and uterus lining — estrogen and progesterone. When ovarian hormones reach low levels, this "feeds back" and stimulates the pituitary gland to once again secrete its hormones to stimulate the development of another egg for another cycle.



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