

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.



Human Menstrual Cycle Lab Answers

AW Chickering



Human Menstrual Cycle Lab Answers:

This book delves into Human Menstrual Cycle Lab Answers. Human Menstrual Cycle Lab Answers is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Human Menstrual Cycle Lab Answers, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Human Menstrual Cycle Lab Answers
 - Chapter 2: Essential Elements of Human Menstrual Cycle Lab Answers
 - Chapter 3: Human Menstrual Cycle Lab Answers in Everyday Life
 - Chapter 4: Human Menstrual Cycle Lab Answers in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Human Menstrual Cycle Lab Answers. This chapter will explore what Human Menstrual Cycle Lab Answers is, why Human Menstrual Cycle Lab Answers is vital, and how to effectively learn about Human Menstrual Cycle Lab Answers.
3. In chapter 2, the author will delve into the foundational concepts of Human Menstrual Cycle Lab Answers. This chapter will elucidate the essential principles that must be understood to grasp Human Menstrual Cycle Lab Answers in its entirety.
4. In chapter 3, this book will examine the practical applications of Human Menstrual Cycle Lab Answers in daily life. This chapter will showcase real-world examples of how Human Menstrual Cycle Lab Answers can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Human Menstrual Cycle Lab Answers in specific contexts. This chapter will explore how Human Menstrual Cycle Lab Answers is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Human Menstrual Cycle Lab Answers. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Human Menstrual Cycle Lab Answers.

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