

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

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Table of Contents Human Menstrual Cycle Lab Answers

1. Understanding the eBook Human Menstrual Cycle Lab Answers
 - The Rise of Digital Reading Human Menstrual Cycle Lab Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Human Menstrual Cycle Lab Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Human Menstrual Cycle Lab Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Human Menstrual Cycle Lab Answers
 - Personalized Recommendations
 - Human Menstrual Cycle Lab Answers User Reviews and Ratings
 - Human Menstrual Cycle Lab Answers and Bestseller Lists
5. Accessing Human Menstrual Cycle Lab Answers Free and Paid eBooks

- Human Menstrual Cycle Lab Answers Public Domain eBooks
 - Human Menstrual Cycle Lab Answers eBook Subscription Services
 - Human Menstrual Cycle Lab Answers Budget-Friendly Options
6. Navigating Human Menstrual Cycle Lab Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Human Menstrual Cycle Lab Answers Compatibility with Devices
 - Human Menstrual Cycle Lab Answers Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Human Menstrual Cycle Lab Answers
 - Highlighting and Note-Taking Human Menstrual Cycle Lab Answers
 - Interactive Elements Human Menstrual Cycle Lab Answers
 8. Staying Engaged with Human Menstrual Cycle Lab Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Human Menstrual Cycle Lab Answers
 9. Balancing eBooks and Physical Books Human Menstrual Cycle Lab Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Human Menstrual Cycle Lab Answers
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Human Menstrual Cycle Lab Answers
 - Setting Reading Goals Human Menstrual Cycle Lab Answers
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Human Menstrual Cycle Lab Answers
 - Fact-Checking eBook Content of Human Menstrual Cycle Lab Answers
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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