Biology

Puberty and menstrual cycle

Menstrual cycle

- Every month a woman's body releases one egg from her ovaries
- This happens as a part of the menstrual cycle

Hormones and puberty

- When you reach puberty your body make sex hormones
- These hormones cause secondary sexual characteristics to Appear
- In boys these include like facial hairs
- In girls these include things like breasts
- In girls these hormones also make eggs mature

Hormones in boys

- The main hormone in boys is testosterone
- It is made in the testes
- It help the body makes sperm

Hormones in the girls

- the main hormone in girls is oestrogen
- It is made in the ovaries
- estrogen causes physical changes
- estrogen is also important in menstrual cycle

The four stages of menstrual cycle

Stage 1 (day 1 - 4)

- Menstruation starts
- the lining of the uterus breaks down for about 4 days

Stage 2 (day 4 to day 14)

- The uterus lining builds up again
- It becomes thick and spongy
- It fills with blood vessels ready to receive a fertilized egg

Stage 3 (Day 14)

- The egg develops and is released from the ovary
- This is called ovulation

Stage 4 (day 14 to day 28)

- The uterus wall is kept thick for about 14 days
- if no fertilized egg attaches to the wall by day 28
- the lining brakes down and the cycle starts again

Hormones that controls the menstrual cycle

there are four main hormones

FSH (follicle stimulating hormone)

- Made in pituitary gland
- makes an egg mature in the ovary inside the follicle
- makes the ovaries produce oestrogen

estrogen

- It is made in the ovaries
- makes the uterus lining grow
- causes the release of LH
- stop the release of FSH

LH (Luteinising hormone)

- It is made in pituitary gland
- causes the egg to be released at day 14 of ovulation

Progesterone

- Made in ovaries by the remains of follicle after Evolution
- maintain the uterus lining during the second half of the cycle
- when progesterone levels for all the uterus lining breaks down
- it stops LH and FSH from being released