Biology

Puberty and menstrual cycle

Menstrual cycle

- Every month a woman body releases one egg from her ovary
- this happens as a part of menstrual cycle

Hormones and puberty

- When you reach people puberty your body make hormones
- these hormones cause can be sexual characteristics to appear
- in boys these includes patient hairs
- in girls these include things like breast
- in girls these hormones also make egg mature

Hormones in boys

- The main hormone in boy is testosterone
- it is made in testes

Hormones in girls

- The main hormone in girl is Estrogen
- it is made in the ovaries

- estrogen causes physical changes
- it is very important in menstrual cycle

The four stages of menstrual cycle

Stage 1 (day 1 - day 4)

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

Stage 2 day 4 - 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 breakdown and the cycle starts again