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MATRIC NO: 17/MHS01/304

NURSING DEPARTMENT

PHS212 ASSIGNMENT

Questions

1. Briefly discuss the cyclic changes in the following:
 - a. Cervix
 - b. Breasts
2. Explicate on Menstrual cycle

Answers

1. (a) Cyclic changes of cervical mucus in women

- Definite inhibition of sperm migration in cervical mucus.
- Absence of crystallization.
- Decreased spinnbarkeit.
- Modification of the normal protein pattern.

(b) Cyclic changes in breasts during menstrual cycle

- Growth of milk ducts in the breast due to production of estrogen by the ovaries.
- Formation of the milk glands due to production of progesterone which leads to swelling, pain and soreness of the breast.

- Change in breast texture. The breast may feel very lumpy.

2. Menstrual cycle

Menstrual cycle is the series of changes in which the uterine lining is shed, rebuilds and prepares for implantation.

A menstrual cycle is considered to begin on the first day of a period. The average cycle is 28 days long; however, a cycle can range in length from 21 days to about 35 days.

Phases of menstrual cycle

- a. Proliferative phase- in this stage, proliferation of the uterine endometrium occurs.
- b. Secretory phase- in this stage, development of secretory changes in the endometrium occurs.
- c. Menstruation (menses phase)- in this stage, desquamation of the endometrium occurs.

Girls start menstruating at the average age of 12. However, girls can begin menstruating as early as 8 years to as late as 16 years. Women stop menstruating at menopause which occurs at the age of 51.

Symptoms of a normal menstruation

- a. Moodiness
- b. Trouble sleeping

- c. Food cravings
- d. Bloating
- e. Cramps in the lower abdomen and back
- f. Tenderness in the breasts