NAME: TAJOMAVWO, AKPEVWE MARTHA

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ASSIGNMENT

1.CYCLICAL CHANGES IN CERVIX

Cyclic changes in uterine cervix

* Mucosa of uterine cervix does not undergo cyclic desquamation as the body of uterus
* regular changes in cervical mucus under influence:

1. estrogens (ovulation) mucus thinner and more alkaline - promotion of survival and transport of sperm, spinnbarkeit at ovulation

2. progesterone (after ovulation, during pregnancy) mucus thick, tenacious, cellular

2.CYCLICAL CHANGES IN VAGINA

In the course of the reproductive cycle, the vaginal epithelium is subject to normal, cyclic changes, that are influenced by estrogen: with increasing circulating levels of the hormone, there is proliferation of epithelial cells along with an increase in the number of cell layers. As cells proliferate and mature, they undergo partial cornification. Although hormone induced changes occur in the other tissues and organs of the female reproductive system, the vaginal epithelium is more sensitive and its structure is an indicator of estrogen levels. Some Langerhans cells and melanocytes are also present in the epithelium.The epithelium of the ectocervix is contiguous with that of the vagina, possessing the same properties and function. The vaginal epithelium is divided into layers of cells, including the basal cells, the parabasal cells, the superficial squamous flat cells, and the intermediate cells. The superficial cells exfoliate continuously and basal cells replace the superficial cells that die and slough off from the stratum corneum. Under the stratus corneum is the stratum granulosum and stratum spinosum.The cells of the vaginal epithelium retain a usually high level of glycogen compared to other epithelial tissue in the body.The surface patterns on the cells themselves are circular and arranged in longitudinal rows.The epithelial cells of the uterus posess some of the same characteristics of the vaginal epithelium.

3.MENSTRUAL CYCLE

The menstrual cycle is the hormonal driven cycle; Day 1 is the first day of your period (bleeding) while day 14 is the approximate day you ovulate and if an egg is not fertilized, hormone levels eventually drop and at about day 25; the egg begins to dissolve and the cycle begins again with the period at about day 30. Menstruation begins day 1 and normally ends days 3-5 of the menstrual cycle.

Most periods vary somewhat, the flow may be light, moderate or heavy and can vary in length from about 2 to 7 days; with age, the cycle usually shortens and becomes more regular.Treatment for the causes of menstrual pain depend on what the cause is, and may include birth control pills, heavy or prolonged periods, IUDs, noninflammatory steroid drugs (NSAIDs), for example, ibuprofen (Advil, ), aspirin, naproxen (Aleve), and other-the-counter pain (OTC) medications to relive pain and cramping.

Menstruation is bleeding from the vagina that happens about once a month, as a normal part of the menstrual cycle. It is also known as having a period.During this cycle, your hormones make the lining of the uterus become thicker, getting ready in case of pregnancy. Hormones also cause an egg to be released from an ovary, which is known as ovulation.If you don’t become pregnant, your periods start about two weeks after you ovulate. The lining of the uterus falls away and, along with some blood, flows out through the vagina. Periods can be light or heavy, and the blood can range from bright red to dark brown. You might also notice small clots

Girls have their first period during puberty. Most often that is around the age 12 or 13 years old, but girls can start menstruating as young as 9, or as late as 16.

When you menstruate, your body sheds the lining of the uterus (womb). Menstrual blood flows from the uterus through the small opening in the cervix and passes out of the body through the vagina. Most menstrual periods last from 3 to 5 days.

Menstruation affects every woman, but the experience can differ between women. When periods (menstruations) come regularly, this is called the menstrual cycle. Having regular menstrual cycles is a sign that important parts of your body are working normally. The menstrual cycle provides important body chemicals, called hormones, to keep you healthy. It also prepares your body for pregnancy each month. A cycle is counted from the first day of 1 period to the first day of the next period. The average menstrual cycle is 28 days long. Cycles can range anywhere from 21 to 35 days in adults and from 21 to 45 days in young teens. The rise and fall of levels of hormones during the month control the menstrual cycle.

Some women get symptoms leading up to and during menstruation, for example, cramps or pains low in the abdomen, bloating or swelling in the abdomen, constipation before your period, diarhrea when your period starts, acne, tiredeness, and mood changes.

Women usually have periods until menopause. Menopause occurs between the ages of 45 and 55, usually around age 50. Menopause means that a woman is no longer ovulating (producing eggs) or having periods and can no longer get pregnant. Like menstruation, menopause can vary from woman to woman and these changes may occur over several years.

For the first few years after menstruation begins, longer cycles are common. A woman's cycle tends to shorten and become more regular with age. Most of the time, periods will be in the range of 21 to 35 days apart.Periods stop during pregnancy, and often while you are breastfeeding. Some women find their periods stop for a time because of long-term illness, low body weight, stress, lots of strenuous exercise and hormone problems. Some medications, such as contraceptives, might stop your period. This can be helpful for some women, especially if their periods are heavy or painful. Sometimes after stopping the pill or other contraceptive, it can take a while for your periods to come back. Periods stop altogether when women reach menopause - the average age is 51-52.