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**ANSWERS**

### **THE CYCLIC CHANGES OF THE BREASTS**

**During menstrual cycle.**

Each month, women go through changes in the hormones that makes up the normal menstrual cycle. **The hormone estrogens** produced by the ovaries in the first half of the menstrual cycle. It stimulates the growth of milk ducts in the breasts. The increasing level to ovulation halfway through the cycle. Next the **hormone progesterone** takes over in the second half of the cycle. It stimulates the formation of milk glands. **These hormones are believed to be responsible for the cyclical change that many women feel in their breasts just before menstruation i.e. (swelling, pains and soreness) and also changes in breasts texture. Their breasts may feel very lumpy.** This is because the glands in the breast are enlarging to get ready for a possible pregnancy. if not, it goes back to its normal size.

**During pregnancy and milk production.**

Breast are one of the early signs of pregnancy. This result of the **hormone progesterone**. The dark areas of skin around the

nipples ( the areolas) begins to swell. This is followed by the rapid swelling of the breasts themselves. Most pregnant women feel soreness down the sides of the breasts, and nipple tingling or soreness. **This is because of the growth of the milk duct system and the formation of many more lobules.**

By the fifth or sixth month of pregnancy, the breasts are fully capable of producing milk. **Estrogen controls the growth of the duct, and progesterone controls the glandular buds. Many other hormones also play vital roles in milk production. These include follicle-stimulating hormone (FSH), luteinizing hormone (LH), prolactin, and human placental lactogen (HPL).**

During **menopause...**

By the time a woman reaches her 40s and early 50s, perimenopause is starting or is well underway. At this time, the levels of estrogen and progesterone begins to change. estrogen and progesterone begin to change. Estrogen level begins to dramatically decrease. This leads to many symptoms commonly linked to menopause. Without estrogen, the breast's connective tissue becomes dehydrated and its no longer elastic . the breasts tissue, which was prepared to make milk, shrinks and loses shape. This lead to the saggy breast associated with women of this age.

### **THE CYCLIC CHANGE OF THE VAGINA**

Humans uterus mycoses undergo cyclic morphologic changes, which depend on the ovarian function. In rodents not only the

urinary mucosa and vaginal secretion show cyclic morphologic change determined by the ovarian function. Hence it is probable to assume that the human vagina is also under the influence of the ovarian hormones. In 1927 it was showed that during the menstrual cycle definite proliferative and destructive, changes occur in human vaginal epithelium. In the first days after the beginning of the last menstrual period a division of the vaginal epithelium into three layers is noticeable. This is more strikingly marked during the premenstrual period. Through the early appearance of an intra-epithelial zone of cornification. The human vaginal epithelium may be divided into a functionalist, layer of regeneration and change.

**NSWER TO NO 2;**

### **THE MENTRUAL CYCLE**

The menstrual cycle is the monthly series of changes a woman's body goes through in preparation for the possibility of pregnancy. Each month, one of the ovaries releases an egg, a process called **ovulation**. at the same time, hormonal changes prepare the uterus for pregnancy. If ovulation takes place and the egg isn't fertilized, the lining of the uterus sheds through the vaginal. This Is a menstrual period.

The menstrual cycle, which is counted from the first day of one period to the first day of the next, isn't the same for every woman. Menstrual flow might occur every 21 to 35 days and last two to seven days. For the first few years after menstruation begins, long cycle is common. However,

menstrual cycle tends to shorten and become more regular as you age.

Your menstrual cycle might be regular- about the same length every month- or somewhat irregular, and your period might be light or heavy, painful or pain-free, long or short, and still be considered normal. Within a broad range.

### **WHAT HAPPENDS DURING THE TYPICAL 28 DAYS MENSTRUAL CYCLE?**

**DAY 1** starts with the first day of your period. The blood and tissue lining the uterus brakes down and leaves the body. This is your period, for many women, bleeding lasts for 4 to 8 days. Hormone level are low. Low level of the hormone estrogen can make you feel depressed or irritable.

**DAY 1THROUGH 5;** During day 1 through 5 of the cycle, fluid filled pockets called follicles develop on the ovaries. Each follicle contains an egg.

**DAY 5 THROUGH 8;** Between day 5 and 7, just one follicle continues growing while the other stop growing and are absorbed back into the ovary. Levels of the hormone estrogen from the ovaries continues rising. By **Day 8** the follicle puts out increasing levels of estrogen and grows large. Usually by Day 8 period bleeding has stopped. Higher estrogen levels from the follicle make the lining of the uterus grow and thicken.

**DAY 14;** few days before day 14, your estrogen levels peak and causes the mature follicle to burst and release an egg from the

ovary, called ovulation, on day 14. A woman is most likely to get pregnant if she has sex on the day of ovulation or during the three days before ovulation. Few days before ovulation, your estrogen levels are at their highest. You may feel best around this time, emotionally and physically.

**DAYS 15 THROUGH 24;** Over the next week, the fallopian tubes help the newly released egg travel away from the ovary down to the uterus. The ruptured follicle on the ovary makes more of the hormone progesterone which also helps the uterine lining thicken even more. If a sperm joins with the egg in the fallopian tube, the fertilized egg will continue down the fallopian tube and attach to the lining of the uterus. Pregnancy begins once a fertilized egg attaches to the womb.

**DAY 24 THROUGH 28;** If the egg is not fertilized, it breaks apart. Around day 24, your estrogen and progesterone level drop if you are not pregnant. This rapid change in levels of estrogen and progesterone can cause your moods to change. In the final step of the menstrual cycle, the unfertilized egg leaves the body along with the uterine lining, beginning on Day 1 of your next period and menstrual cycle.