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CYCLIC CHANGE IN BREAST

As you age, the tissue and structure of your breasts begin to change. This is due to differences in your reproductive hormone levels caused by the natural process of aging. As a result of these changes, your breasts begin to lose their firmness and fullness.

Also with age comes an increased risk of developing growths in the breasts, such as fibroids, cysts, and cancer. Keep in mind that women of any age can develop these conditions. Give yourself regular self examination. Breast can go through changes during a menstrual cycle. They get tender, and even seem to shift a bit in size and shape.

Chalk it up to the ebb and flow of hormones such as estrogen and progesterone over the course of your cycle.

Breast symptoms are the strongest just before your period starts, and improve either during or right after it.

- * Swelling
- * Tenderness
- * Aches
- * Soreness
- * Changes in texture.
- * downward pointing nipples
- * an elongated, stretched, or flattened appearance
- * wider space between the breasts
- * lumpiness, which may be due to benign fibrocystic changes in the breast or serious conditions like breast cancer
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CYCLIC CHANGE IN VAGINA

The vagina epithelium is the inner lining of the vagina consisting of multiple layers of (squamous) cells. The basal membrane provides the support for the first layer of the epithelium-

the basal layer. The intermediate layers lie upon the basal layer and the superficial layer is the outermost layer of the epithelium. Anatomists have described the epithelium as consisting of as many as 40 distinct layers. The mucus found on the epithelium is secreted by the cervix and uterus. The rugae of the epithelium create an invaginated surface and result in a large surface area that covers 360 cm². This large surface area allows the trans-epithelial absorption of some medications via the vaginal route.

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 hormones 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 cell 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 layer, 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 stratum 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 possess some of the same characteristics of the vaginal epithelium.