**AKANIMO EMEM**

**18/MHS02/026**

**NURSING SCIENCE**

**200L**

**PHS 212 (assignment II)**

1.(A)**CYCLIC CHANGES IN THE VAGINA**

The vaginal epithelium is the inner linning of the vagina consisting of multiple (squamous) cells. The basal membrane provides support for the first layer of the epithelium- the basal layer. Cyclic changes can also be influnced by estrogen. The intermediate layers lie upon the basal layer and the superficial layer is the outermost layer of the epithelium. The cells of the vaginal epithelium retains a usually high level of glycogen compared to other episthelial tissue in the body .the surface pattern on the cells are circular and arranged in longitudinal rows. the epitheial cells of the uterus possess some of the same charteristics of the vaginal epithelium.

PROLIFERATIVE PHASE: epithelia cells of the vagina are cornified. Estrogen is responsible for this.

SECRETORY PHASE: vagina epithelium poliferates due to the actions of progesterone. It is also infiltrated with leukocytes. These two changes increase the resistance of vagina for infection.

(B) **CYCLIC CHANGES OF THE CERVIX**

Mucus membrane of the cervix also shows cyclic changes during different phases of menstrual cycle.

PROLIFERATIVE PHASE: during proliferative phase, the mucus membrane of the cervix becomes thinner and more alkaline due to the influence of estrogen. It helps in the survival and motility of spermatozoa.

SECRETORY PHASE: vagina epithelium proliferates due to the actions of progesterone. It is also infiltrated with leukocytes. These two changes increase the resistance of vagina for infection.

2.(A) **MENSTRUAL CYCLE**

Menstrual cycle is the monthly hormonal cycle a female's body goes through to prepare for pregnancy. Your menstrual cycle is counted from the first day of your period up to the first day of the of your next period. Your hormones levels (estrogen and progesteroe) usually change throughout the menstrual cycle and can cause menstrual symptoms.

The typical menstrual cycle is 28 days long, but each woman is different. also, a womans' menstrual cycle length maybe different from month to month to month. a womans period is said to be regular if they usually come evry 24 to 38 days. Some women's periods are so irregualar that they can't predict the day and time that thier periods will start. Other women are regular but can only predict the start of their period within a few days.

Your menstrual cycle may change in different ways as you get older. Often, oeriods are heavier when you are younger and they usually get lighter in your 20's amd 30's and this is normal. Menstrual cycle changes as you get older.

For young girls whose menstrual cycle lasts longer than 38 days is quite common. But this usually lasts within their first 3 years of starting their first period, if it lasts longer than that they are advised to see their doctor or nurse for consultation.

Women in their 20's and 30's, their cycles are usually regular and can last anywhere from 24 to 38 days.

For women in their 40's as their bodies start the transition to menopause, your cycles become irregular. their periods may stop for like a month and then start again, they might also be shorter or last longer than usual, or be lighter or heavier than normal.

Women should keep track of their menstrual cycle because tracking them will help you know when you ovulate, when you are most likely to get pregnant, and when your next period is expected to start. It also helps you know if your periods are not regular so that you can see a doctor or a nurse.