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Nursing science

Phs212

200lvl

1.CYCLIC CHANGES ON THE CERVIX

The cervix undergoes various changes throughout the menstrual cycle and in early pregnancy, which we discuss in the following sections.

POSITION

When a woman is not pregnant, the position of her cervix changes throughout the stages of the menstrual cycle:

- during ovulation, the cervix is higher in the vagina
- after ovulation and before menstruation, if the woman has not become pregnant, the cervix drops lower in the vagina.

If a woman has conceived, the cervix will remain higher in the vagina, with this position being similar to that during ovulation.

Texture

The texture of the cervix also changes in early pregnancy due to increased blood flow. If the woman has not conceived, the cervix will feel firm to touch, like the tip of a nose. If she has conceived, the cervix will feel softer, more closely resembling the lips.

Cervical discharge

The consistency and colour of cervical discharge changes in different stages of the menstrual cycle. Some women use the consistency of their discharge, or cervical fluid, to track the stages of their menstrual cycle. This technique is one of the components of natural family planning. Understanding the typical cervical mucus changes throughout the menstrual cycle can help women identify early pregnancy.

- immediately after a period, women may notice reduced or mild vaginal dryness.
- A few days after this but well before ovulation, discharge becomes sticky and may appear white or yellow.
- In the fertile window, in the days before ovulation, discharge will increase and become creamy and opaque.
- At ovulation and a day or so before, the cervical mucus will be stretchy and resemble egg white.
- After ovulation, cervical mucus will begin to dry up and thicken if the woman is not pregnant.

A woman who has conceived during her cycle may notice cervical mucus increasing instead of drying up after ovulation.

2. MENSTRUAL CYCLE

Definition:

This cycle is the monthly series of changes a woman's body goes through in preparation for possibility of pregnancy each month, one of ovaries releases an egg which is a process called ovulation. At the same time, hormonal changes prepare the uterus for pregnancy. If the ovulation takes place and the egg isn't fertilized for pregnancy, the lining of uterus sheds through the vagina. This is called menstrual period. Menstrual flow might occur every 21 to 35 days and last 2 to 7 days. For the first few years after menstruation begins long cycles are common. However, menstrual cycle tends to shorten and become more regular as you age.

How to track menstrual cycle .

To find out what is normal for you, start keeping a record of your menstrual cycle on a calendar. Begin by tracking your start date every month for 7 months in a row to identify the regularity of your period.

If you are concerned about your period, then also make note of the following every month.

- end date
- flow
- abnormal bleeding
- pain
- other changes .

What causes menstrual irregularities

- pregnancy or breastfeeding
- eating disorder, extreme weight loss or excessive exercising
- polycystic ovary syndrome
- premature ovarian failure
- pelvic inflammatory disease
- uterine fibroids

What you can do to prevent menstrual irregularities

Some women, use of birth control pills can help regulate menstrual cycle. Treatment of any underlying problems, such as an eating disorder, also might help. However, some menstrual irregularities can't be prevented.

In addition, consult your health care provider if,

- your period suddenly stops for more than 90 days and you are not pregnant
- your period becomes erratic after having been regular
- you bleed for more than 7 days

- you bleed more heavily than usual or soak more than one pad or tampon every hour or two
- your period are less than 21 days or more than 35 days apart
- you bleed between period
- you develop severe pain during your period
- you suddenly gets a fever and feel sick after using tampon.