NAME: AKUNA PEREMOBOERE

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DEPARTMENT: NURSING

Cyclic Changes in;

-Cervix; the cervix changes position many times throughout the stages of the menstrual cycle. During ovulation, the cervic is higher in the vagina. After ovulation and before menstruation (if the woman doesn’t get pregnant), the cervix drops lower in the vagina.

-Breast; the hormone estrogen is produced by the ovaries in the first half of the menstrual cycle. It stimulates the growth of milk ducts in the in the breasts. The increasing level of estrogen leads to ovualtion half way through the cycle. Next, the hormone progesterone takes over in the second half of the cycle. It stimulates the formation of the milk glands. These hormones are believed to be responsible for the cyclical changes that women feel in their breasts just before menstruation. They include; swelling, pain and soreness.

1. Menstrual Cycle; menstrual cycl refers to the cycles in which a woman’s uterus grows and sheds a lining (the endometium). The median menstrual cycle lasts 28days, beginning and ending just before the subsequent menstrual period. The variable first half of the cycle is termed the follicular phase and is characterised by increasing follicle-stimulating hormone (FSH) production, leading to the selection of a dominant follicle that is primed for release from the ovary.

In a normally functioning ovary, simultaneous estrogen production from the dominany follicle leads to a surge of luteinizing hormone(LH), resulting in ovulation and the release of the dominant follicle from the ovary and commencing the liteinizing phase of the ovulation.

The luteinizing phase begins with a surge in luteinizing hormone and follicle-stimulating hormone levels. Luteinizing hormone stimulates egg release(ovulation), which usually occurs 16-32hours after the surge begins. The estrogen level decreases during the surge, and the progesterone level starts to increase.

The luteal phase which is the last phase of menstrual cycle, occurs after ovulation. It lasts for about 14days ,and ends just before period starts. During this time, the rupturedfollicle closes after releasing the egg anf forms a structure called a corpus luteum, which produces increasing quantities of progesterone.