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## 1. CYCLIC CHANGES IN VAGINA;

The most striking changes in the vagina is the marked basal cell proliferation and thickening of the stratum granulosum during the follicular phase of the menstrual cycle.

The histological changes observed in the vagina demonstrated a good correlation with the observation on cytological examination of the smears.

## 2. CYCLIC CHANGES IN BREAST;

These hormones are believed to be responsible for the cyclical changes that many women feel in their breasts just before menstruation. These includes; swelling, severe pains, soreness etc...

During menstruation, many women also have changes in breast texture, their breasts may feel lumpy.

### 3. MENSTRUAL CYCLE;

A cycle is counted from the first day of 1 period to the 1st day of the next period. The average menstrual cycle is 28 days, long cycles can range anywhere from 21-35 days in adults and from 21-45 days young teens. The rise and fall of levels of hormones during the month control the menstrual cycle.

#### HOW TO COUNT MENSTRUAL CYCLE;

To figure out how long your cycle is, start at cycle day 1 of your last menstrual cycle and begin counting (cycle day 1, 2, 3, 4 and so forth) the length = the last cycle day before you started bleeding again.

#### THE FOUR PHASES/STAGES OF MENSTRUAL CYCLE ARE;

- i. Menstruation phase
- ii. The follicular phase.
- iii. Ovulation phase.
- iv. The luteal phase.

Common menstrual problems include heavy or painful periods and premenstrual syndrome (PMS) knowing when in the menstrual cycle a woman is most likely to conceive can increase the chance of pregnancy.