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1:CYCLIC CHANGES OF THE BREAST

The volumes and spin lattice (T1) relaxation times of the breast tissues and parenchymal water content were measured non~invasively by magnetic resonance imaging (MRI) in eight healthy women during four to eight consecutive menstrual cycle.Total breast volume and parenchymal volume ,T1 relaxation times and water content were lowest between days 6 and 15.Between days 16 and 28, water content rose sharply by 38.9%, 15.1% and 24.5%and peaked after day 25 . Within 5days of the onset of menses ,parenchymal volume, fell sharply by 30.3% ,while water content declined by 17.5% .Rising parenchymal volume in the second half of the menstrual cycle is not solely due to increased tissue water content and provides in vivo evidence for both growth and increased tissue fluid at this time.

2: OF THE VAGINA

Vaginal cytology was evaluated weekly over 12s months in 20 adult female cynomolgus monkeys (macAca fascularis) .After sacrifice of the animals the histology of the ovaries , uterus and vagina were studied in different phases of te menstrual cycle.The cytological examination of the vaginal smears showed that the superficial cells increased in number towards the middle of the cycle and number of intermediate cells declined gradually .Parabasal cells were observed mainly at the beginning of the cycle , they disappear towards the middle of the menstrual cycle .During the early follicular phase , the cells were moderately separated from each other and during the second half of the proliferative or follicular phase , the superficial appeared clumped together .Leucocytes were usually absent except for at the beginning of the cycle and in the last few days of the late secretory or luteal phase. The maturation index of the vaginal smears can be considered as a tool for distinguishing the different phases of the menstrual cycle.The microscopic examination of the genital organs showed that during the proliferative or follicular phase of the cycle , which corresponds to the development of the ovarian follicles , the uterus showed growth of endometrial glands, stroma and endothelial cell proliferation with capillary sprouts . Shortly after ovulation and parallel to the formation of the corpora lutea, the endometrium enters the secretory or luteal phase , which is characterized by coiling of endometrial glands , glandular secretion and differenciation of the spiral artery. The most striking changes in the vagina is the marked basal cell proliferation and the 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 the cytological examination of the smears .The present study demonstrated that the process of angiogenesis in the uterus during the different phases of the menstrual cycle is a multiple phenomenon involving proliferation , maturation and differenciation.

2 MENSTRATION

Menstruation is also known by the term menses , menstrual period or cycle .it is the monthly shedding of the lining of a womans uterus(more commonly known as the womb),The menstrual blood which is( partly blood and partly tissue from inside the uterus) flows from the uterus through the cervix and out of the body through the vagina .A menstrual cycle is considered to begin on the first day of a period.The average cycle is 28days lond, however a cycle can range in length from 21days to about 35days.The steps in the menstrual cycle are triggered by the rise and fall of chemicals in the body called HORMONES. The pituitary gland in the brains and the ovaries in the female reproductive tract manufacture and release certain hormones at certain times during the cycle that cause the organs of the reproductive tracts to respond in certain ways ,the specific events that occurs during the cycle can be described as follows:

The menses phase;this phase which typically last from day 1 to day 5, is the time when the linning of the uterus is actually shed out through the vagina if pregnancy has not occurred ,Most women bleeds for 3 to 5 days but a period lasting only 2 days to as many as 7 days is still considered normal

The follicular phase;this phase typically takes place from 6 to 14. During this time , the level of hormone estrogen rises which causes the lining of the uterus called the endometrium to grow and thicken.

Ovulation;this phase occurs roughly at about day 14 in a 28day menstrual cycle.A sudden increase in another hormone (lutenizing hormone)causes the ovary to release its egg,This event is called ovulation.

AT WHAT AGE DOES MENSTRUATION BEGINS

Girls start menstruating at the average age of 12, however girls can begin their period as early as 8 years of age or late as 16 years of age.Women stop menstruating at menopause , which occurs at about the age of 51.At menopause at woman stop producing eggs (stops ovulating).Menopause is defined as one year without periods, and after this time a woman no longer get pregnant.

WHAT ARE SOME OF THE SYMPTOMS OF A NORMAL MENSTRUATION

Moodiness, trouble sleeping, food cravings,cramps in the lower abdomen and back, bloating ,tenderness in the breasts, acne.

WHAT SYMPTOMS MAY INDICATE A NEED TO CONTACT MY DOCTOR ABOUT MY PERIOD||:contact your doctor if;

1;You have not started your period at the age of 16

2;your period stops suddenly

3;youre bleeding for more days than usual

4;you have severe pain during your period

5; you have bleeding between periods

6;your period has not returned within 3 months after stopping birth control pills and you know you are not pregnant etc

TREATMENT FOR MENSTRUAL PAIN

Treatment for the causes of menstrual pain depend on what the cause is , and may include birth control pills,heavy or prolonged periods,IUDS, noninflammatory steroid drugs, for example ibuprofen also known as Advil , aspirin ,naproxen, and other medications to relieve pains and cramping.