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## **CYCLIC CHANGE IN CERVIX**

The mucus change rhythmically throughout the cycle in response to ovarian function. Between the post menstrual and the mid-cycle phase the quantity of mucus increases ten times and the maximum at mid-cycle precedes the rise in basal temperature by 1 to 3 days. At this time the mucus is very elastic, showing maximum spinnbarkeit and sperm will penetrate readily. The secretion of cervical mucus is stimulated by oestrogen and inhibited by progesterone. If the mucus is spread on a slide and left to dry it shows a crystal pattern which is maximal about ovulation at other times of the cycle, in pregnancy or after the menopause, crystallization is reduced or absent. This crystallization has been described as resembling

fern or palm leaves. Progesterone exerts an inhibitory effect on the crystals as on mucus itself.

## **Cyclic change in breasts**

Each month, women go through changes in the hormones that make up the normal menstrual cycle. 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 breasts. The increasing level of estrogen leads to ovulation halfway 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 many women feel in their breasts just before menstruation. These include swelling, pain, and soreness. During menstruation, many women also have changes in breast texture. Their breasts may feel very lumpy.

# **MENSTRUAL CYCLE**

The menstrual cycle is controlled by a complex orchestra of hormones, produced by two structures in the brain, the pituitary gland and the hypothalamus along with the ovaries.

Menstrual cycle includes several phases. The exact timing of the phases of the cycle is a little bit different for every woman and can change over time.

## **Days 1-5**

The first day of menstrual bleeding is considered Day 1 of the cycle.

Your period can last anywhere from 3 to 8 days, but 5 days is average.

Bleeding is usually heaviest on the first 2 days.

## **Days 6-14**

Once the bleeding stops, the uterine lining (also called the endometrium) begins to prepare for the possibility of a pregnancy.

The uterine lining becomes thicker and enriched in blood and nutrients.

## **Day 14-25**

Somewhere around day 14, an egg is released from one of the ovaries and begins its journey down the fallopian tubes to the uterus.

If sperm are present in the fallopian tube at this time, fertilization can occur.

In this case the fertilized egg will

travel to the uterus and attempt to implant in the uterine wall.

## **Days 25-28**

If the egg was not fertilized or implantation does not occur, hormonal changes signal the uterus to prepare to shed its lining, and the egg breaks down and is shed along with lining.

The cycle begins again on Day 1 menstrual bleeding.