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MENSTRUATION

The **MENSTRUAL CYCLE** occurs in women from puberty to menopause to prepare the body for a possible pregnancy. Every woman is different, but most women experience a cycle between 21-35 days.

THE FEMALE BODY WILL PREP TO ACHIEVE PREGANCY IN 2 WAYS

Releasing an egg from an ovary. The **EGG** will travel through the fallopian tube and wait for sperm

Building TISSUE LINING in the uterus. If the egg is fertilized by a sperm, it will attach to the uterine wall.



IF NO SPERM ENTERS EGG:

The unfertilized egg and uterine lining shed (period occurs). After the period, the uterine lining will start to grow anew and the cycle will begin again.

IF SPERM ENTERS EGG:

The now fertilized egg will attach to the wall of the uterine cavity. A baby will begin to develop and periods will cease for 9 months.

Let's look at an example 28-day cycle!

27 28 26 3 PHASES OF EGG RELEASE: 1. Follicular (before) 2. Ovulatory (during) 3. Luteal (after) ovulation

DAYS 1-13: FOLLICULAR PHASE

1. DAYS 1-7:

The body removes an unfertilized egg from the previous cycle and the uterine lining sheds. This is called the "menstrual period."

2. DAYS 8-13:

The body preps for another chance at pregnancy. A new egg matures and the uterine lining grows.

DAY 14: OVULATORY PHASE

The uterine lining is fully formed and a mature egg is released, waiting for potential sperm.

DAYS 15-28: LUTEAL PHASE

If no sperm penetrates the egg (no fertilization), the egg and uterine lining will break down. Premenstrual symptoms (PMS) may now occur. IF FERTILIZATION HAPPENS:

The fertilized egg may implant into the uterine wall. Pregnancy begins!

YOUR QUESTIONS, answered!

What does a period look like?

As the egg and uterine lining leave the body, it will appear as a mixture of black tissue and blood.

CYCLING LIKE A PRO!

How long does it last?

The average period is 2 to 7 days. Flow is heaviest in the first 3 days and lighter towards the end.

How much blood is lost?

On average, 2-4 tablespoons of blood are lost per cycle, though it depends on many factors. (Note: blood loss does NOT equal total fluid loss).

Is the period painful?

Pain and discomfort may manifest as cramps, joint or muscle pain, fatigue, and other symtoms.

What causes cramps?

Hormone-like molecules cause the uterine muscle to contract, producing cramps.

What does it feel like?

Before or during the period females may experience emotional, behavioral, or physical symptoms called Premenstrual Syndrome (PMS).