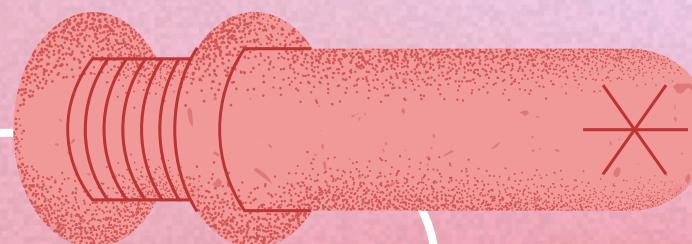
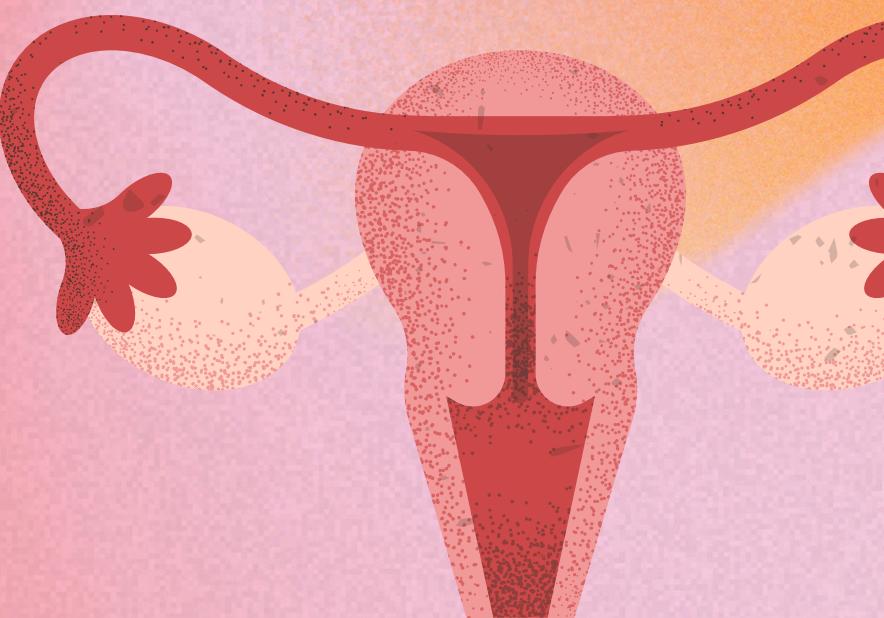
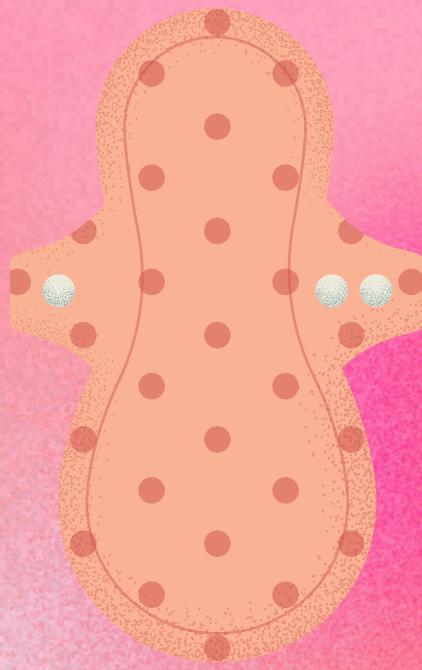
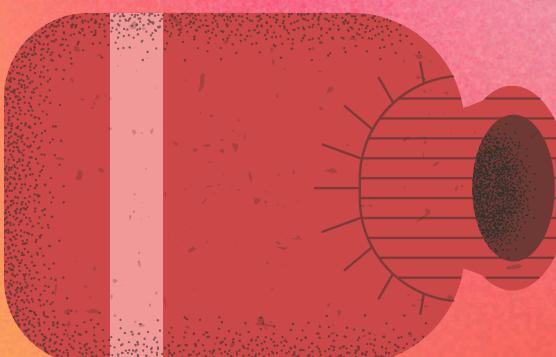


LESSON 10



The Menstrual Cycle



LET'S TRY

Try to answer the riddle:

“I am vessel that serve as a house for guests for about nine months. My guess can vary in size and number, but I prepare for all of them. Every month, I lay out a thick red carpet for the guest. However, if no guest comes, I have to clean up the carpet and send it out. After a month or so, I repeat the process. What am I?”

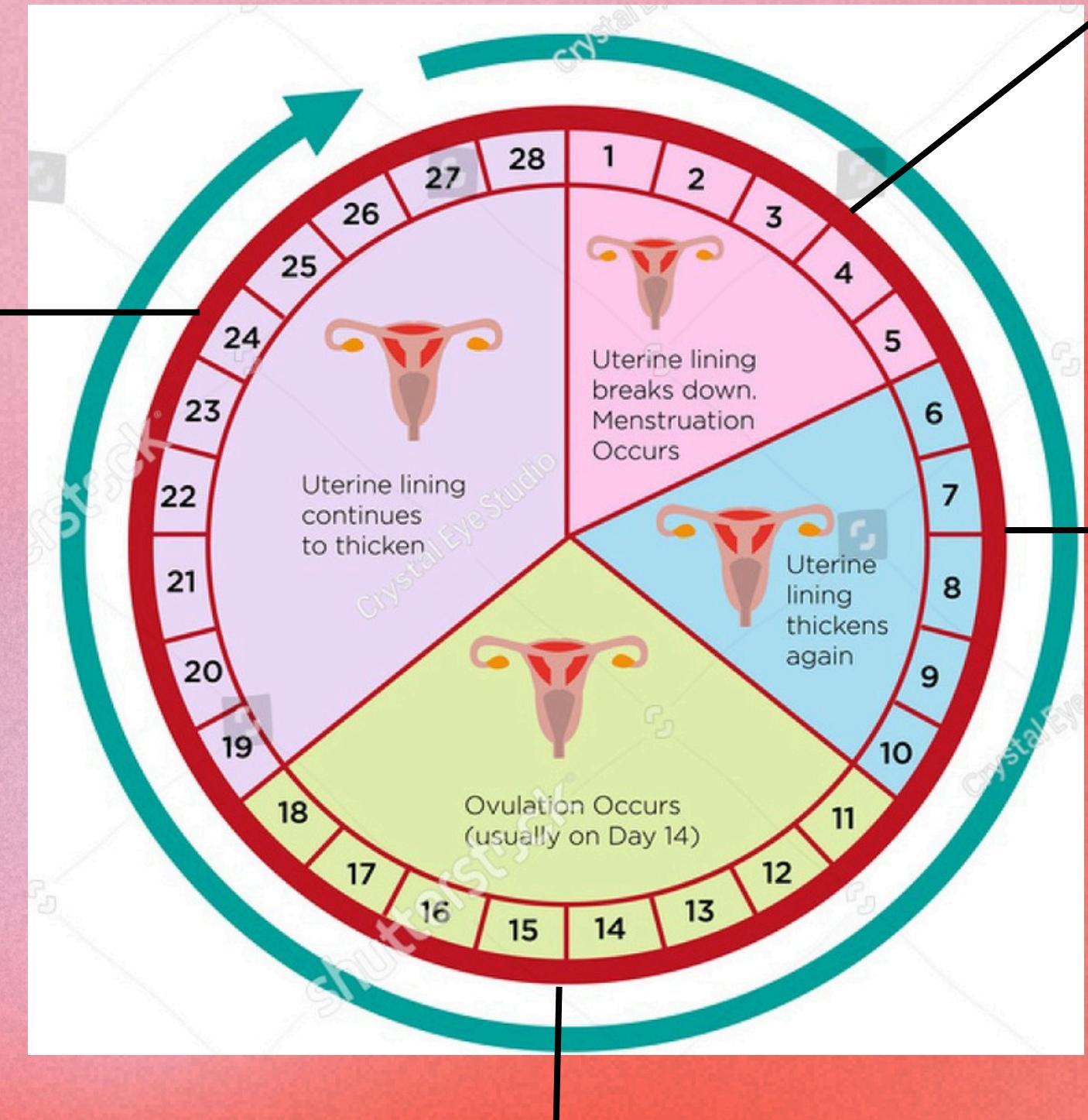
IMPORTANT QUESTION?

What happens during one menstrual cycle and why is it important to reproduction?



During this period, uterus prepares for a possible fertilization and implantation by making the uterine lining grow and thicken.

At day 14, ovulation takes place. Ovulation occurs when an egg is released by the ovary. The egg cell travels along the oviduct and waits for a sperm cell.



The first day of menstruation is the first day of the menstruation cycle. The uterus lining breaks down and blood comes out of the vagina.

Menstruation usually lasts for five days. Days 6 to 13 is a repair period for the uterine lining and development period for an egg to mature.



The menstrual flow usually lasts for three to five days while the menstrual cycle lasts for 28 days. However, other factors like stress, fatigue, illness, and malnutrition can alter the cycle. The menstrual cycle will eventually stop when there are no more egg cells to be released. This phase is called the menopausal stage and could take place between 445 to 55 years of age.

