Female Reproductive System.....

**Ovary** -
site of ovum production (maturing of a “follicle” each month as part of the menstrual cycle). Ovaries produce **estrogen** and **progesterone**.

**Follicle** -
cells made by meiosis, 4 primary follicles....the largest develops into a secondary follicle....containing the ovum... **ovulation** from the ovary surface somewhere around day 14 of the menstrual cycle

**Oviduct (Fallopian tube)**
Fimbriae
Uterus
Endometrium
Cervix
Vagina

**Estrus cycle vs menstrual cycle**
Menstrual Cycle:

The monthly release of an ovum timed to coincide with a thickening of the endometrium lining. Averages 28 days....ranges 20 to 45 days.

Its control mechanism....

\[
H \rightarrow RF \rightarrow AP \rightarrow FSH \rightarrow FD \\
LH
\]

3 Stages....

1. Follicular stage:
   FSH levels rise, follicle cells release estrogen into the blood circulation. Thickens endometrium, increases blood flow to it. Inhibits FSH levels. Promotes LH production.

2. Ovulation:
   Midpoint of the cycle. Ovum bursts out of its follicle covering...released from the surface of one ovary...guided into an
oviduct by the fimbriae. Follicle remaining behind begins to make progesterone (the follicle now called the “corpus luteum”)...inhibits other follicle developments...only one egg at a time.

3. Luteal stage:

Corpus luteum begins to degenerate, progesterone levels drop. Decreases blood flow to endometrium. Endometrium begins to disintegrate and blood vessels break. Endometrial tissue and blood form the monthly menstrual period.
Hormone Replacement Therapy (HRT)... (Page 493)

Be aware of........

- who is prescribed HRT and why
- what the benefits and risks of HRT are