

Reproductive System

Gaining more knowledge on how the female menstrual cycle works helps women gain more insight into their general well-being and also when planning a pregnancy.



To understand the menstrual cycle, it would be best to learn more about the female's internal reproductive organs.

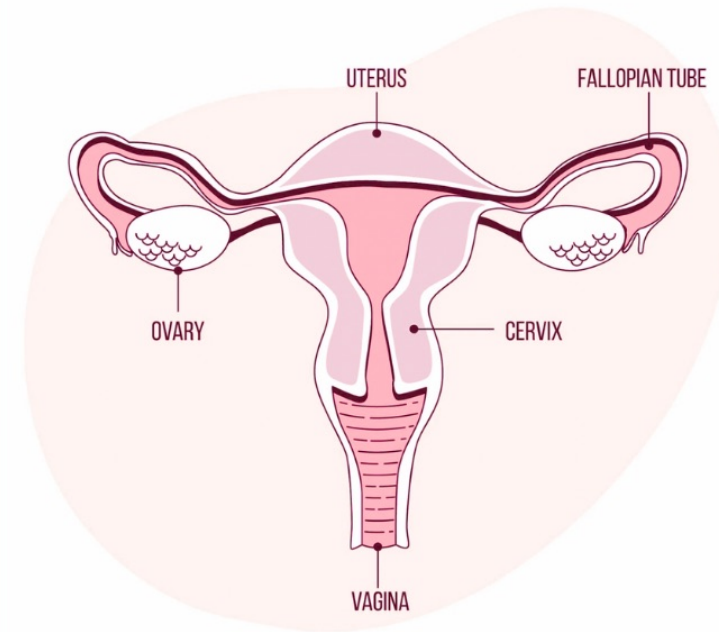
Ovaries: They produce, store and release eggs into the fallopian tube.

Fallopian tubes: These are two tubes that connect the ovaries to the uterus. Once an egg is released from the ovaries it will enter the fallopian tube, here is where fertilisation (the sperm meets the egg) takes place.

Uterus: Commonly described as a pear shaped organ, this will host the fertilised egg and lead to the development of a baby.

Cervix: The neck of the uterus, this is normally closed just allowing blood to pass through.

Vagina: Muscular tube leading from the cervix to the vulva (outer part of a woman's genitals)



The purpose of the menstrual cycle is for the women's body to prepare for any possible pregnancy. This is a natural process and mainly it is controlled by hormones. The cycle is categorised into four phases, menstruation, the follicular phase, ovulation and the luteal phase.

The menstrual cycle is measured from the first day of your period till the day before your subsequent period. The average length of the menstrual cycle is usually 28 to 29 days; however, this is known to vary.