

UNDERSTANDING THE PHASES OF YOUR PERIOD

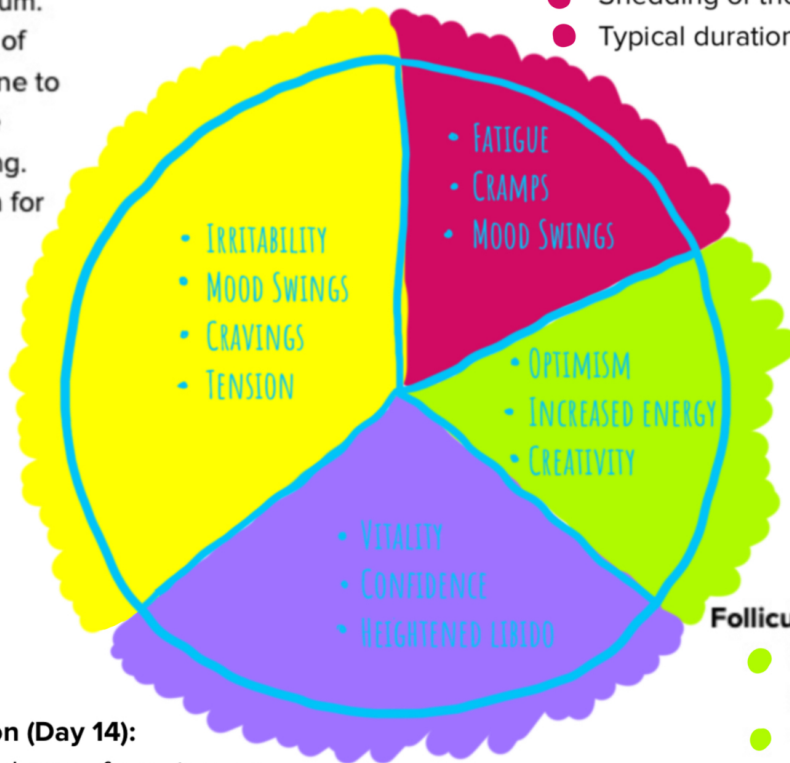
THE PHASES OF THE MENSTRUAL CYCLE:

Luteal Phase (Days 15-28):

- Development of the corpus luteum.
- Production of progesterone to support the uterine lining.
- Preparation for potential pregnancy.

Menstrual Phase (Days 1-7):

- Shedding of the uterine lining.
- Typical duration: 3-7 days.



Ovulation (Day 14):

- Release of a mature egg from the ovary.
- Peak fertility window.

Follicular Phase (Days 1-13):

- Maturation of ovarian follicles.
- Thickening of the uterine lining.

Please advise that while this article offers a general overview of the menstrual cycle for educational purposes, individual variations are common, and consulting with a healthcare provider for personalized advice is recommended.

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