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1 The Menstrual Cycle

The menstrual cycle is controlled by hormones. These are made both in the brain and in the reproductive organs.

The *endometrium* (lining of the uterus) is thickest right before menstruation.

1.1 Hormones

- FSH (*Follicle stimulating hormone*) triggers estrogen. It stimulates the follicles to develop
- Estrogen triggers and spikes LH. It promotes *endometrium repair* and *follicle bursts*
- LH (*Luteinizing hormone*) triggers progesterone excretion from the *corpeus luteum* (*gulkropp*). It also stimulates *ovulation*
- Progesterone triggers FSH and decreases LH. It stimulates the *endometrium* to get thicker and, if the egg is not fertilized, breaks down the *corpus luteum*, triggering menstruation

2 Embryogenesis

2.1 Germ Layers

- *Ectoderm* becomes brain and nervous system
- *Endoderm* becomes digestive system and respiratory system
- *Mesoderm* becomes musculoskeletal system, heart, vascular system, and circulatory system