

Topic # 2

Which Hormones Regulate the Menstrual Cycle

Monthly period cycle is controlled by changing some hormones. These hormones travel via blood and estrogen & progesterone hormones play a vital role in menstrual cycle. These hormones are made in the ovaries where eggs are stored.

The Menstrual Cycle & Hormones:

Hormones play a vital role in getting pregnant because they help the uterus to get ready for the pregnancy. The ovaries are stimulated for producing the egg via a complex hormonal process, which also includes the brain. Ovaries make estrogen hormone and progesterone when an egg is released from one of the ovaries. After that they enter the uterus. If the egg is fertilized then a woman can get pregnant. In case, the egg is not fertilized then, the egg will be shed through the uterine lining. It happens when the level of progesterone hormone drops quickly without pregnancy. It results in bleeding and this is called menstruation.

Symptoms You Might Have During Periods:

During the menstruation you might experience different physical & emotional symptoms, which includes:

Physical Symptoms:

- Cramping
- Headache
- Bleeding
- Breast soreness
- Increased & thickened vaginal mucus
- Bloating

Emotional Symptoms:

- Sadness
- Tiredness
- Mood swings

