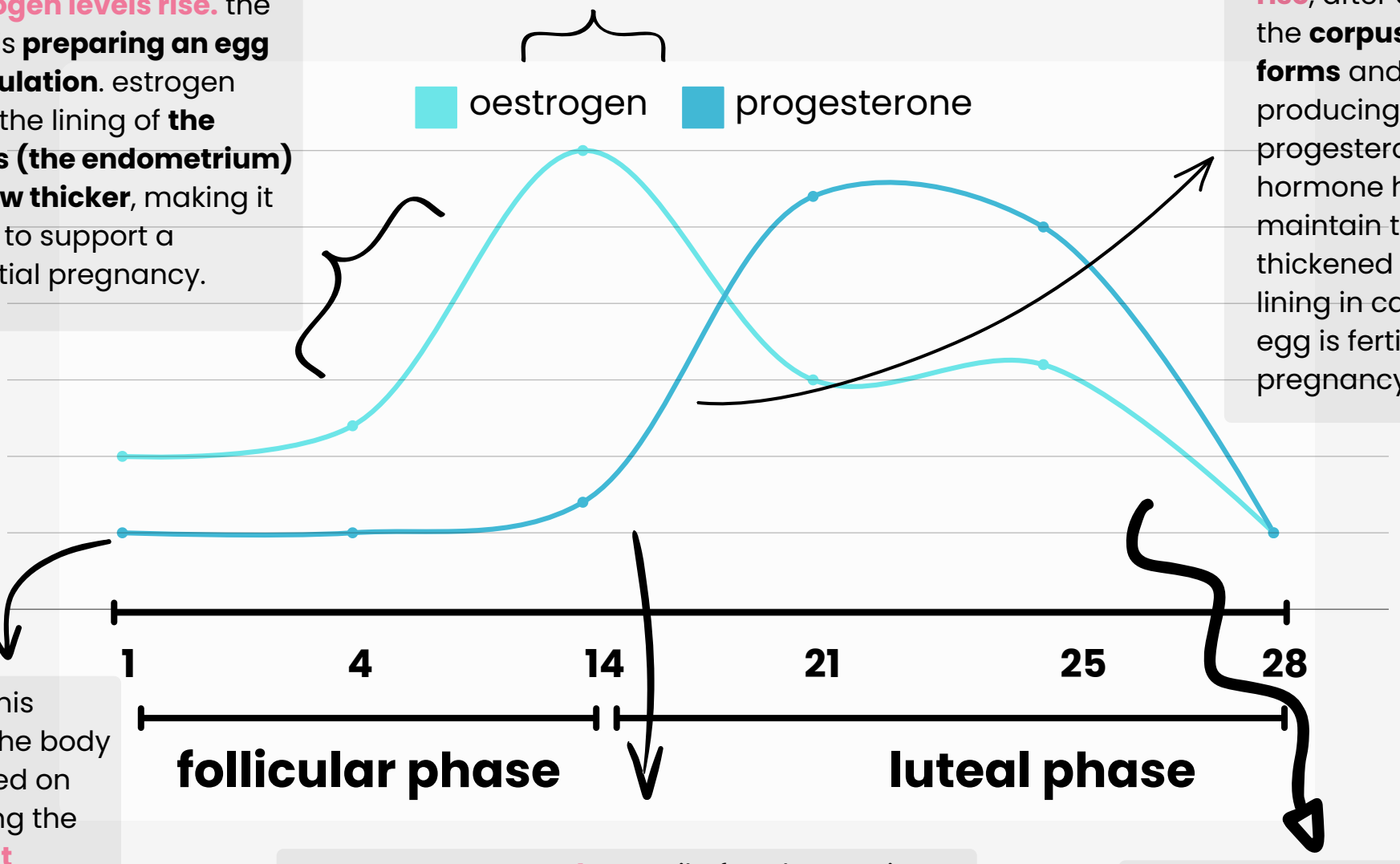
menstrual cycle and hormonal changes

osce toolbox

oestrogen peaks at day 14, this signals the pituitary gland to release a hormone **(LH) that triggers ovulation**, the release of the egg from the ovary.

oestrogen levels rise. the body is **preparing an egg for ovulation**. estrogen helps the lining of **the uterus (the endometrium) to grow thicker**, making it ready to support a potential pregnancy.



progesterone levels rise, after ovulation, the **corpus luteum forms** and starts producing progesterone. this hormone helps maintain the thickened uterine lining in case the egg is fertilized and pregnancy occurs.

during this phase, the body is focused on preparing the egg, so **it doesn't need much progesterone yet.**

progesterone stay low until after the egg is released because the structure that produces progesterone (the corpus luteum) forms after ovulation.

oestrogen rises slightly to support the progesterone's work, but then both hormones **start to decrease** if the egg isn't fertilized, **signaling the body to start a new cycle.**

MENSTRUAL CYCLE
REPRODUCTIVE HEALTH