The *Science* of your Cycle

Day 5: Why you should track your cycles

with Jennifer Aldoretta
Cofounder & CEO of Groove

Today's goals

➔ Learn how understanding the menstrual cycle can BENEFIT you

➔ Know how to **predict** your next period with **ridiculous accuracy**

➔ Learn how menstrual cycle data can help you **effectively** prevent pregnancy (or get pregnant)

➔ Understand how to determine if your period problems are caused by an underlying issue

Menstrual cycle recap

➔ Menstruation is when the lining of the uterus sheds

➔ The vagina's acidity makes it a sperm-killing machine

➔ Developing follicles make estrogen that triggers the cervix to make cervical fluid

➔ Cervical fluid becomes progressively wet and slippery as ovulation gets closer

➔ Without slippery cervical fluid, sperm can't survive in the body

Menstrual cycle recap (cont'd)

➔ Ovulation occurs when a matured follicle's estrogen production triggers an LH surge

➔ This LH surge turns the newly-empty follicle into the corpus luteum, which makes progesterone

➔ Progesterone heats up the body, dries cervical fluid, prevents another ovulation, and thickens the uterine lining

➔ If a pregnancy doesn't occur, the corpus luteum dies, progesterone drops, the uterine wall breaks down, and your period starts

Benefits of tracking your cycles

1. Determine when you ovulate

2. Know **exactly** when your period will start

3. Pinpoint when you're fertile

4. Super effective (and free) birth control

5. Detect health problems

1. Determine when you ovulate

➔ Ovulation can be pinpointed by measuring body temperature each morning

➔ Why? Progesterone is made by the corpus luteum after ovulation, and it makes your body heat up!

➔ The corpus luteum can ONLY make progesterone if you ovulate

➔ Pinpointing ovulation is useful if you want to get pregnant, prevent pregnancy, or know exactly when to expect your next period

2. Know exactly when your period will start

→ The lifespan of the corpus luteum is VERY specific (11–16 days)
  ◆ It is almost identical from cycle to cycle for each person, even if cycles are highly irregular
  ◆ Example: mine is almost ALWAYS exactly 13 days long

→ Measuring resting body temperature (called basal body temperature) each morning shows you when your body heats up
  ◆ this tells you that you recently ovulated

→ Example: I know that when I see my body temperature rise, I can expect my period in **exactly 13 days**!

Progesterone causes basal body temperature (BBT) to rise.

You can see that the body heats up after ovulation thanks to progesterone made by the corpus luteum!

Heavy
Medium
Light
Spotting

Groove
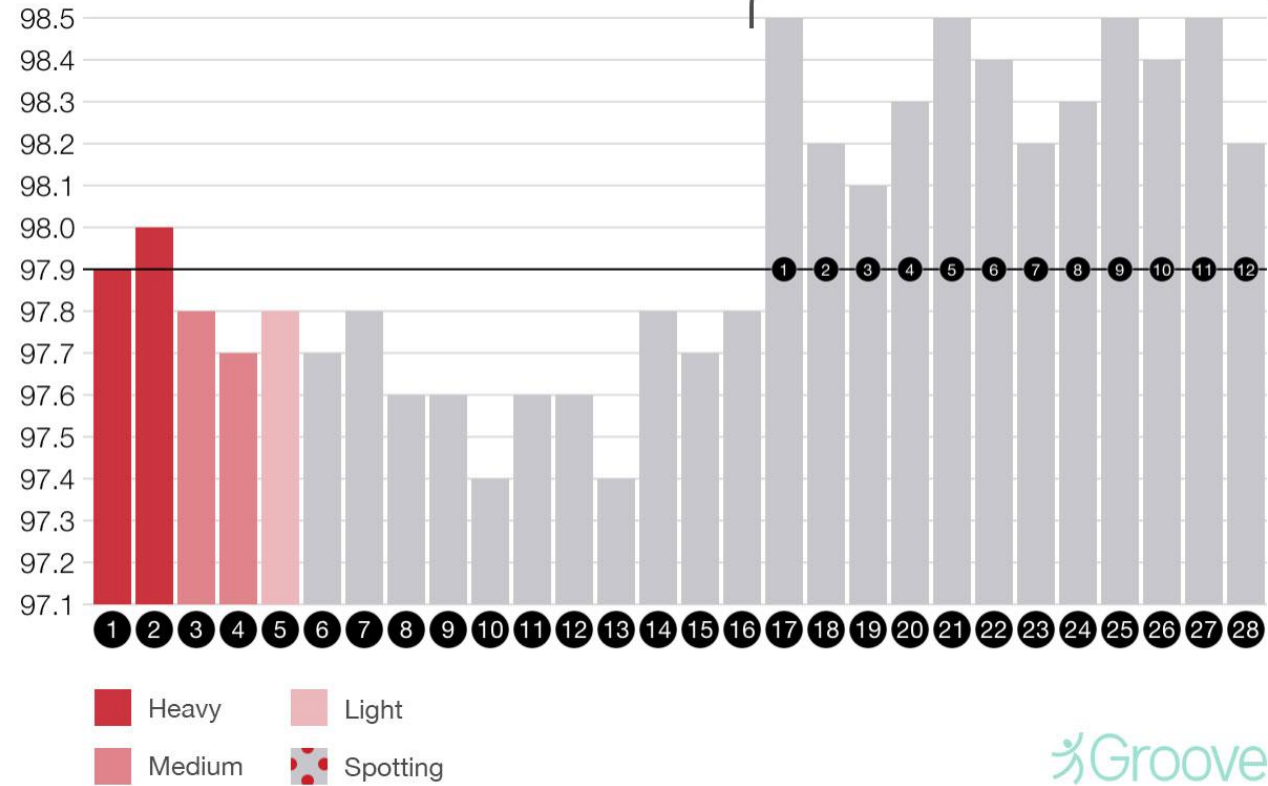
The SCIENCE of Your Cycles 7-day course by Groove

3. Pinpoint when you're fertile

➔ When cervical fluid is present, sperm can stay alive for up to 5 days (in rare cases, 7 days) inside the body waiting to fertilize an egg
◆ When cervical fluid is NOT present, sperm cannot survive

➔ Cervical fluid production is triggered by estrogen that's made by growing follicles before ovulation

➔ After ovulation, progesterone makes cervical fluid dry up, making the vaginal environment hostile to sperm

➜ Why does it work?

◆ Sperm can't live without cervical fluid, which is made when your body is ramping up to ovulate

◆ You only ovulate **once per menstrual cycle** (if two eggs are released, it happens within 24 hours of one another)

◆ Progesterone made after ovulation dries up cervical fluid and prevents another ovulation

◆ Measuring body temperature tells you when you ovulated

◆ The egg dies within 24 hours if it isn't fertilized (no egg = no pregnancy!)

This birth control method is **over 99% effective** when used correctly and consistently! A specific set of rules **must** be followed for it to be effective. See the link to below the video to learn more.

Data-driven birth control?!
# Yup, it's true.

5. Detect health problems

→ Keeping track of body temperature and cervical fluid helps you indirectly measure the hormones estrogen and progesterone

→ Tracking these can tell you if you might have low progesterone, high estrogen, vice versa, or both!

→ Tracking symptoms (acne, libido, pain, flow, mood, PMS, digestion, sleep, etc.) can help you spot important patterns

→ Tracking your cycles means you'll know what's normal (and abnormal) for your body

For more information on how to track menstrual cycle data, check out the links below the video!

When you understand how your periods work, it becomes easy to detect potential health problems.

Day 5 Summary

➔ Cycle tracking tells you when you ovulate

➔ Tracking your cycles tells you when your period will start

➔ Tracking cycle data lets you know when you're fertile

➔ Cycle tracking (+ following certain rules) is an effective form of birth control

➔ Tracking cycle data helps you uncover health problems
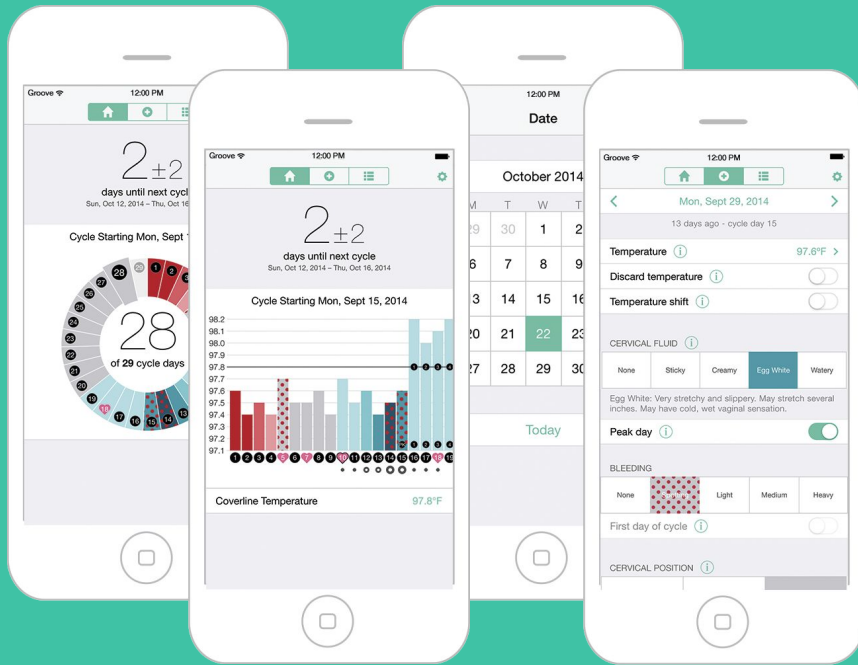
Download the Groove period tracking app to put your new knowledge to use!

Tomorrow...

→ We'll discuss

◆ How to figure out what's normal and what's not

◆ What symptoms are the result of a deeper problem

◆ What exactly your menstrual cycle data (temperature, cervical fluid, flow, pain, cycle regularity/irregularity, etc.) means about your health

Me and Queen Bey are
proud of how hella smart you are.