# Menstrual Cycle + Puberty - Reproductive hormones

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Puberty: a period in which adolescents start to develop 2ndary sexual characteristics e.g. breast or facial hair Testosterone → testes

## 4 Stages of Menstrual Cycle

4 hormones: O, P, FSH, LH

Stage 1: "Menstration" ~ 4 days long ↳ bleeding ↳ breakdown of uterus lining

Stage 2: ~ 4 - 14 days ~ 10 days long ↳ lining starts to build up ↳ prepare lining for fert egg

Stage 3: ~ 1 day long ~ 14 - 14 ↳ egg released from ovaries "ovulation"

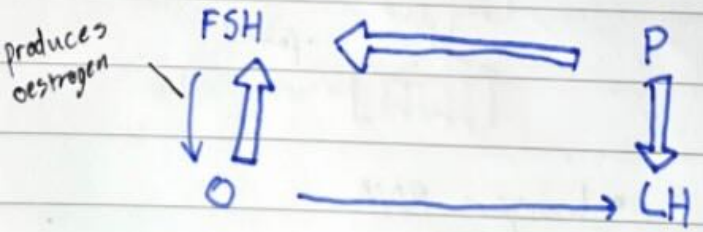
Stage 4: ~ 14 - 28 ~ 14 days long ↳ maintain uterus lining ↳ if no fert egg on day 28 lining starts to break down

Oestrogen: in ovaries: ↑ Stage 2 ↓ Stage 3 ↳ stimulates uterus lining development

Progesterone: in ovaries: ↑ Stage 4 ↳ maintains lining

Luteinising hormone: in pituitary gland: ↳ stimulates release of egg ↑ Stage 3

Follicle - stimulating hormone: in pituitary gland: ↳ stimulates maturing of egg




⇩: negative feedback