

Events of Menstrual Cycle and the Role of Hormones

Phase	Days	Changes in Ovary	Changes in Uterus	Hormonal Changes
Menstrual phase	4–5 days	Development of primary follicles	Breakdown of uterine endometrial lining leads to bleeding	Decrease in progesterone and oestrogen
Follicular phase	6 th –13 th day	Primary follicles grow to become a fully mature Graafian follicle	Endometrium regenerates through proliferation	FSH and oestrogen increase
Ovulatory phase	14 th day	The Graafian follicle ruptures, and releases the ovum(egg)	Increase in endometrial thickness	LH peak
Luteal phase	15 th –28 th day	Emptied Graafian follicle develops into corpus luteum	Endometrium is prepared for implantation if fertilization of egg takes place, if fertilization does not occur corpus luteum degenerates, uterine wall ruptures, bleeding starts and unfertilized egg is expelled	LH and FSH decrease, Corpus luteum produces progesterone and its level increases followed by a decline, if menstrual bleeding occurs