

During the menstrual cycle, there are several things that occur, with the first being a woman having a period. Firstly, FSH is released by the pituitary gland and travels to the ovary to stimulate an egg to start growing and maturing inside the follicle. Secondly, the ovaries then start to produce oestrogen, which travels up to the pituitary gland and it stops anymore FSH from being produced as well as starting to stimulate LH to be produced. Oestrogen's other target organ is the uterus, in which the lining thickens if the egg that is to be released ends up being fertilised by a sperm cell. This then means it will turn into an embryo and the lining provides a place for the egg to further mature and grow into a baby (using the nutrients from the uterus lining). LH comes from the pituitary gland and causes the matured egg to be released from the ovary (at about day 14 in the cycle) and the egg can then travel down into the uterus, this is called ovulation. LH also inhibits any oestrogen being produced and progesterone begins being produced. Progesterone keeps the uterus lining thick and stops any more eggs maturing and being released for the time being. However, if the released egg is not fertilised by sperm, progesterone levels will drop and the lining will drop down and released as a period (which lasts around 5 days). Then the cycle will repeat every month.