

MENSTRUAL CYCLE AND PREMENSTRUAL CYCLE

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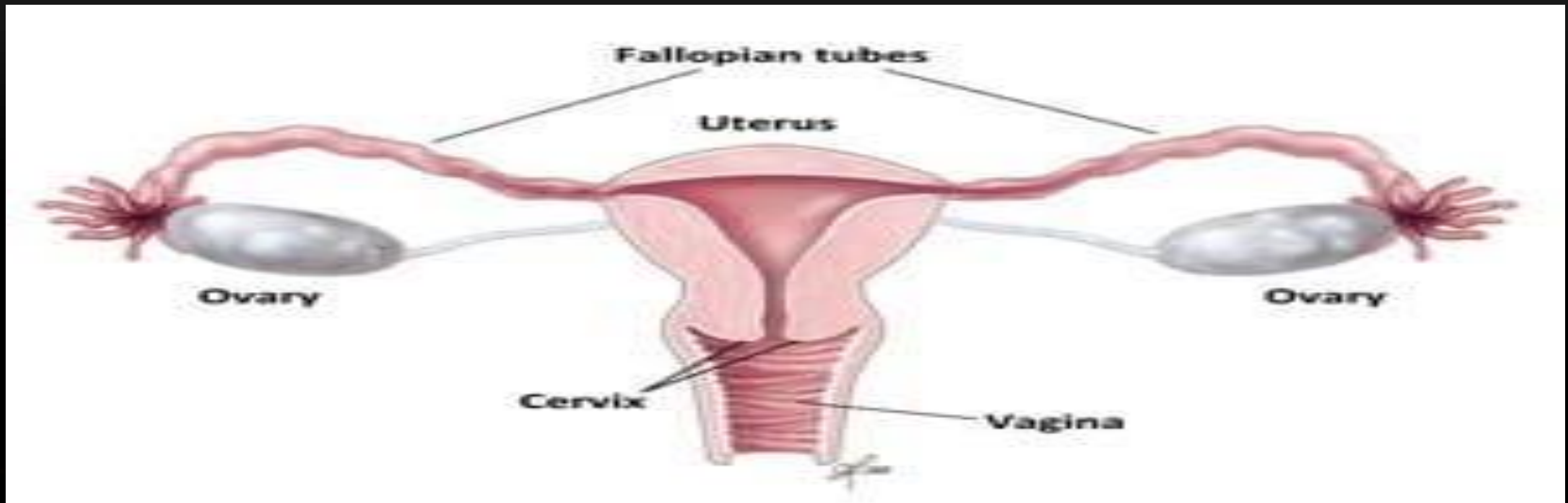
CONTEXT

- Introduction of menstrual cycle.
- Definition of menstrual cycle.
- Normal menstruation.
- What is menstrual cycle.
- At what age menstruation typically begin.
- What are some of the symptoms of a normal menstruation.
- Definition of menstrual cycle.
- Causes of abnormal periods
- Premenstrual syndrome
- Causes of premenstrual syndrom
- Premenstrual symptoms checklist.

INTRODUCTION OF MYNSTRUAL CYCLE

- The menstrual cycle is the monthly series of changes a woman's body goes through in preparation for the possibility of pregnancy. Each month, one of the ovaries releases an egg — a process called ovulation. At the same time, hormonal changes prepare the uterus for pregnancy. If ovulation takes place and the egg isn't fertilized, the lining of the uterus sheds through the vagina. This is a menstrual period.

DEFINITION OF MENSTRUAL CYCLE



Menstrual Cycle refers to the series of cyclic changes that occur in the reproductive system of the primate female's body every month, to be precise 28 days. The breakdown of the inner, thick soft lining of the uterus along with its blood vessels in the form of vaginal bleeding is called menstrual flow or menstruation. This menstruation is repeated again and again in women after every 28 days.

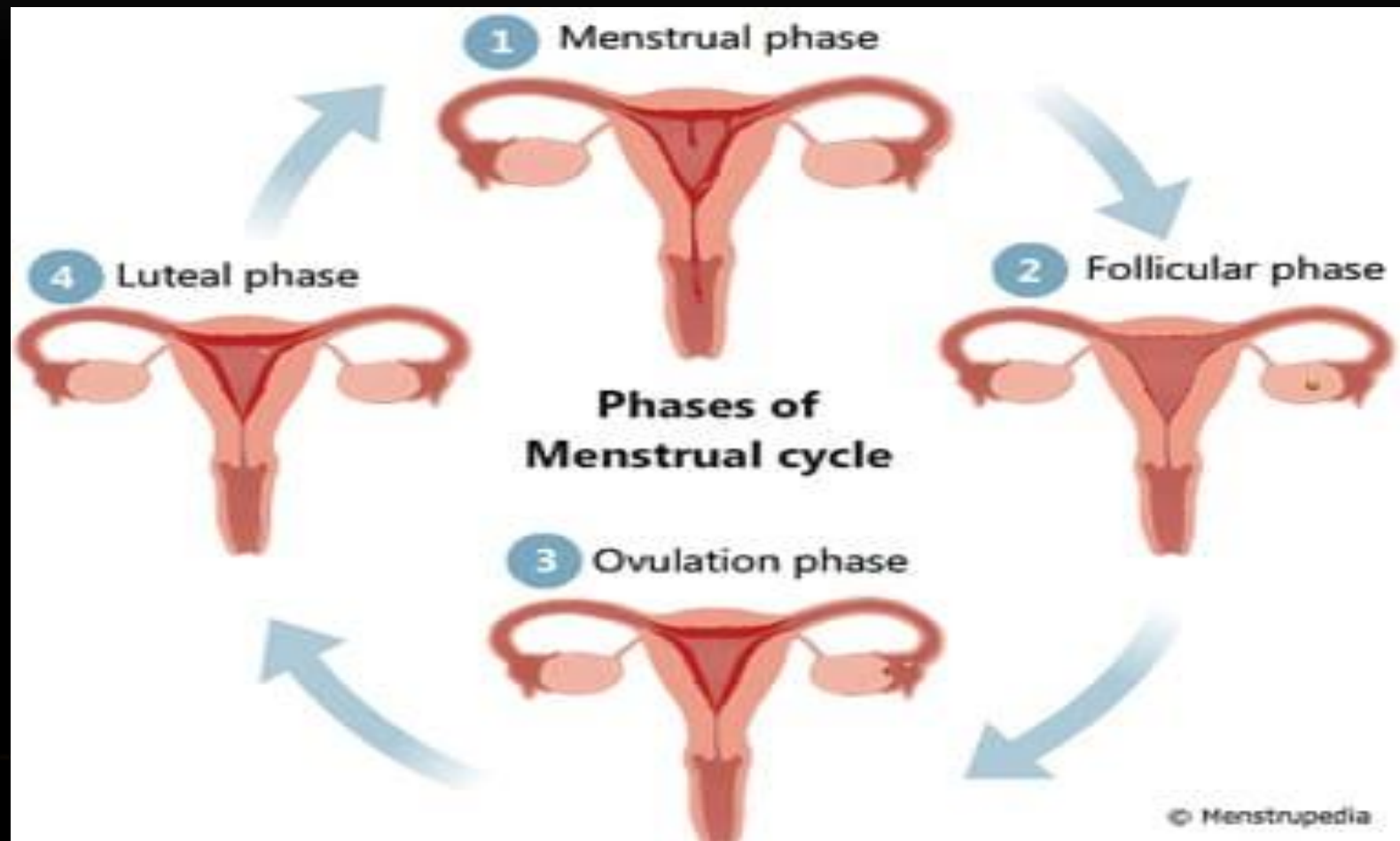
NORMAL MENSTRUATION

During a normal menstrual cycle, you shed the lining your uterus. This cycle is part of your reproductive system and prepares your body for a possible pregnancy. It is also called a period, menses or cycle.

WHAT IS A NORMAL MENSTRUAL CYCLE?

The menstrual cycle is a term used to describe the sequence of events that occur within your body as it prepares for the possibility of pregnancy each month. A menstrual cycle is considered to begin on the first day of a period. The average cycle is 28 days long; however, a cycle can range in length from 21 days to about 35 days.

- *The entire duration of a Menstrual cycle can be divided into four main phases: Menstrual phase (From day 1 to 5) Follicular phase (From day 1 to 13) Ovulation phase (Day 14) Luteal phase (From day 15 to 28):*



AT WHAT AGE DOES MENSTRUATION TYPICALLY BEGIN:

- People start menstruating at the average age of 12. However, you can begin menstruating as early as 8 years of age or as late as 16 years of age. People stop menstruating at menopause, which occurs at about the age of 51. At menopause, you stop producing eggs (stops ovulating). Menopause is defined as one year without periods, and after this time you can no longer become pregnant.

WHAT ARE SOME OF THE SYMPTOMS OF A NORMAL MENSTRUATION:

- Abdominal or pelvic cramping.
 - Lower back pain.
 - Bloating and sore breasts.
 - Food craving.
 - Mood swings and irritability.
 - Headache.
 - Fatigue.
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DEFINITION OF MENSTRUAL CYCLE

- Abnormal Menstruation (Periods) Typically, menstrual periods last four to seven days. Examples of menstrual problems include periods that occur less than 21 days or more than 35 days apart, missing three or more periods in row, and menstrual flow that is much heavier or lighter than usual.

Causes of Abnormal Periods



Stress



Change in sleep patterns



Increased exercise



Illness



Decreased exercise



New medications



PREMENSTRUAL SYNDROME{PMS}

- Premenstrual syndrome (PMS) is a combination of symptoms that many women get about a week or two before their period. Most women, over 90%, say they get some premenstrual symptoms, such as bloating, headaches, and moodiness.³ For some women, these symptoms may be so severe that they miss work or school, but other women are not bothered by milder symptoms. On average, women in their 30s are most likely to have PMS.

CAUSES OF PREMENSTRUAL SYNDROM:

- Exactly what causes premenstrual syndrome is unknown, but several factors may contribute to the condition: **Cyclic changes in hormones.** Signs and symptoms of premenstrual syndrome change with hormonal fluctuations and disappear with pregnancy and menopause. Chemical changes in the brain. Fluctuations of serotonin, **a brain chemical** (neurotransmitter) that's thought to play a crucial role in mood states, could trigger PMS symptoms. **Insufficient amounts of serotonin may contribute to premenstrual depression**, as well as to fatigue, food cravings and sleep problems. Depression. Some women with severe premenstrual syndrome have undiagnosed depression, though depression alone does not cause all of the symptoms.

PMS Symptoms Checklist



Fatigue



Period Pain



Nausea /
Vomiting



Constipation
/ Diarrhea



Headaches



Backaches



Appetite Changes
/ Food Cravings



Mood swing



Bloating



Breast
Tenderness



Thank You!

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