

Sex hormones in humans

Revision notes • The stages of the menstrual cycle and how the lining of the uterus changes over about 28 days.

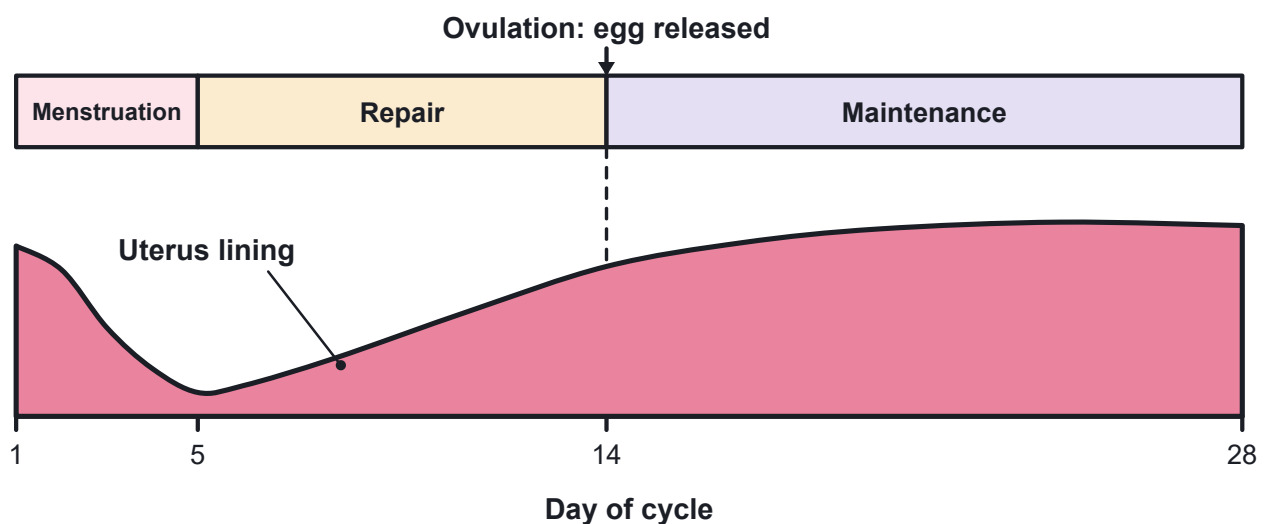
For Cambridge IGCSE Combined Science 0653. **Supplement** is Extended content, only examined on Papers 2 and 4.

Sex hormones in humans Spec B14.2

The menstrual cycle and pregnancy hormones Spec B14.2.4

The **menstrual cycle** is a series of changes in the ovaries and in the lining of the uterus. It repeats about every 28 days.

Stages of the menstrual cycle (days are approximate)		
Stage	Days	Change in the ovary and the uterus lining
Menstruation	1 to 5	The lining of the uterus breaks down and is lost through the vagina with blood
Repair	5 to 14	An egg cell matures in an ovary. The uterus lining is repaired and thickens
Ovulation	Around 14	An egg cell is released from an ovary into the oviduct
Maintenance	14 to 28	The lining stays thick, ready for an embryo. If there is no pregnancy, the lining breaks down and the cycle starts again



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The stages of the menstrual cycle and how the thickness of the **uterus lining** changes.

Quick check

1. What happens to the uterus lining during menstruation?
2. About how long is one menstrual cycle?
3. What happens to the uterus lining after menstruation?

Quick check answers

Sex hormones in humans

- 1 . It breaks down and is lost through the vagina with blood.
- 2 . About 28 days.
- 3 . It is repaired and thickens, ready for a fertilised egg.