**Ovulation, Menstruation, and Conception**

**The Cycle of Life**

Conception

* The \_\_\_\_\_\_\_\_\_\_ is the size of a \_\_\_\_\_\_\_\_\_ of salt.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sperm are released
* Only one will fertilize the ovum.

**Menarche**

* A female’s first menstruation is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Menarche usually occurs between the ages of \_\_\_\_\_\_\_\_\_\_\_\_.

**Ovulation and Conception**

* Ovulation occurs when an \_\_\_\_\_\_\_\_ (usually just one per cycle) ripens and is released from the \_\_\_\_\_\_\_. It is guided by the fimbriae into the fallopian tube. If the woman has sexual intercourse, the ovum may meet and join with a sperm cell from the man. This is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**How Do Twins Happen?**

* With identical twins, \_\_\_\_\_\_\_\_\_\_ fertilizes \_\_\_\_\_\_\_\_\_\_\_; the zygote splits into \_\_\_\_\_\_.
* With fraternal twins, \_\_\_\_\_\_\_\_\_\_\_\_ are released and fertilized \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and zygotes share the womb during pregnancy.

**Pregnancy**

* The \_\_\_\_\_\_\_\_\_ develops into an \_\_\_\_\_\_\_\_\_\_ and then to a \_\_\_\_\_\_\_\_\_\_.
* Pregnancy takes about \_\_\_\_\_\_\_\_\_\_\_\_ (or 9 months).

**What Happens When Conception Does Not Occur?**

* If the \_\_\_\_\_\_\_\_ is not \_\_\_\_\_\_\_\_\_, it will travel from the uterus with \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or bleeding during the next menstruation.

What is the fluid which leaves the body during menstruation?

In preparation for the possibility of pregnancy, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (or lining of the uterus) begins to get thicker. If conception does not occur, the lining thins out and leaves the body.

**Sequence of the O-M Cycle**

* Menstrual flow lasts about \_\_\_\_\_ days.
* Lining of the uterus begins to get thicker.
* Ovum is released from one of the \_\_\_\_\_\_\_\_\_\_\_.
* Ovum travels down the fallopian tube to uterus; if not fertilized, it dies and passes from body.
* Lining of uterus thickens again. Menstrual flow begins again.

**O-M Cycle: What is Average? What is Normal?**

* Length of O-M cycle: \_\_\_\_\_\_\_\_ days (may be 20 to 35 days)
* Ovulation usually occurs \_\_\_\_\_\_\_\_\_ PRIOR to menstruation (may occur earlier, later, or not at all); rarely occurs during menstruation, but it is possible
* Length of menstruation: 5 days (may be 3 to 7 days)