

THE OVARIAN CYCLE

*Two phases: Follicular phase (1-14 days), and Luteal phase (14-28 days).

- The primary oocyte (egg cell) inside the ovary is surrounded by a layer of cells called the FOLLICLE.
- The oocyte must mature (become a secondary oocyte) before ovulation.

The Follicular Phase (Days 1-14, in ovary)

*ESTROGEN is the main hormone of this phase!!

1. Anterior pituitary releases LH (Luteinizing hormone) and FSH (Follicle Stimulating hormone) → these cause maturation of the oocyte.
2. The maturing oocyte secretes ESTROGEN, causing the uterine lining to thicken. Ovulation is caused by a SURGE in LH at Day 14.

The Luteal Phase (Days 14-28, in the ovary)

*Progesterone is the main hormone of this phase!

1. The remaining follicle (inside the ovary) is now called the CORPUS LUTEUM. (If no pregnancy occurs, the C.L. is reabsorbed).

2. The C.L. secretes **PROGESTERONE**, (+estrogen) which **INHIBITS** (prevents) FSH + LH production. (Negative Fdbk!)
3. When C.L. is destroyed, progesterone ↓, and FSH + LH ↑, starting the cycle over!!