

OVARIAN CYCLE

PRIMORDIAL FOLLICLE^A

PRIMARY FOL^{O, A'}

SECONDARY FOL^{O, A''}

MATURE FOL^{O, A'''}

OVULATION^{A⁺}

CORPUS LUTEUM^{B, B'}

CORPUS ALBICANS^{B⁺}

HORMONAL CYCLE

HYPOPHYSAL HORMONES

FSH^C

LH^D

OVARIAN HORMONES

ESTROGEN^E

PROGESTERONE^F

MENSTRUAL CYCLE

PHASES

MENSTRUATION^G

PROLIFERATIVE^H

SECRETORY^I

ENDOMETRIUM

EPITHELIUM^J

GLAND^{I'}

SPIRAL ARTERY^{G¹} / HEMORRHAGE^{G²}

CN: Use yellow for B, red for G-G², and a very light color for A. (1) Color the time bar of the menstrual cycle at the bottom of the main diagram. Color the arrows C and D in the "Hormonal Influences" drawing. Then color the hormonal curves C and D in the main diagram, followed by the different stages of follicular development of the ovarian cycle at the top of the main diagram, A, B, noting how these hormones influence the follicular changes. (2) Color the arrows E and F and the endometrium in the "Hormonal Influences" diagram. Color the hormonal curves E and F in the main diagram, followed by the changes in the uterine glands/tissues in the menstrual cycle, noting how these hormones influence endometrial growth and menstruation. Color only the epithelial surface, glands, and vessels of the endometrium; do not color the connective tissue. (3) The days indicated are averaged (approximate). The hormonal curves reflect relative plasma hormone levels and are not absolute values.

