

*Longtime clinic nurse is drinking a cappuccino.*

So my apologies if this is obvious for some of you, uh, one thing they always want me to go over is PERIODS.

*She draws on a large piece of paper next to her.*

Ok the UTERUS. Where's the uterus?

It's not a rhetorical question show me on your bellies where you think it is, everybody show, whether you have one or not show me where you think it is.

So it's low, in the uterus, I'm seeing some hands up by the stomach, it's lower than that, ok. It's not up here. One way to think about it, right, it opens into the vagina. Vaginas are all the way down here, ok, they're only like 3 to 6 inches long.

*She gestures to her upper abdomen.*

They're not long enough to reach all up in here. They're down here. Ok.

You know how big a uterus is most of the time? Like a pear. 3 inches long, 2 inches wide.

*She draws ovaries.*

Either side, we got two fallopian tubes and two ovaries. So the tubes are like arms they connect the uterus to the ovaries. Each tube is about 4 to 5 inches long, about half an inch wide. And then at the end we've got the ovaries, ovaries are where the eggs are stored. How big is an ovary? Average ovary? Like an ALMOND. Size of an almond, two almonds on the sides of the pear connected with the little arms.

Average menstrual cycle is 28 days, but it can be anywhere between 21 and 35 days, ok? That's important I'm gonna come back to that.

First part: MENSES. Days 1 to 5. This is your period, ok, this is when your uterine lining sheds, that's technically the beginning of the cycle but we're gonna, we're gonna work our way back to that.

Second part: FOLLICULAR PHASE. Days 6 to 14 or so. Estrogen production in your body goes UP, the lining of your uterus gets thick, what's the lining of the uterus called? Endometrium. Follicle stimulating hormone is another hormone that's active around this time, uh, anyone wanna guess what the follicle stimulating hormone does? IT STIMULATES FOLLICLES. What's a follicle. It's a little sac with some fluid with an immature egg in it. So the egg, the immature egg, is INSIDE the follicle, the follicle swells up. Days 10 to 14 one of those follicles is gonna make a mature egg.

Third part: OVULATION. Around day 14, another hormone shows up, LUTEINIZING HORMONE, tells your ovary to let go of the mature egg, ok? That's ovulation.

Fourth part: LUTEAL PHASE. Last part. Days, this is, this is approximate, ok, 15 to 28. Egg moves through the fallopian tubes, the hormone progesterone goes up, helps get you body ready to be pregnant if this egg meets a SPERM CELL in the fallopian tube. Your endometrium is nice and thick so if the egg meets a sperm it can implant, ok, in the lining. That would be the beginning of a pregnancy. And there's no, you know there's no such thing as moment of conception? No such thing.