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Menstrual cycleThe menstrual cycle is a series of natural changes in hormone production and the structures of the uterus and ovaries of the female reproductive system that makes pregnancy possible

The ovarian cycle controls the production and release of eggs and the cyclic release of estrogen and progesterone. The uterine cycle governs the preparation and maintenance of the lining of the uterus. Your menstrual cycle begins on the first day of your period

Your cycle prepares your body for a possible pregnancy. The average cycle lasts between 24 and 38 days. Dec 5, 2025 Menstrual cycle recurring fluctuations in hormone levels that produce physical changes in the uterus and ovaries to prepare the female body for pregnancy

In adult women the menstrual cycle lasts anywhere from 21 to 40 days

Learn about the phases and hormonal control of the menstrual cycle. Jan 13, 2025 Amenstrual cycle begins with the first day of your period or menstruation [MEN stroo AY shuhn] and starts over again when the next period begins Nov 14, 2025. Learn how your body's reproductive system undergoes physiological and hormonal changes during your menstrual cycle. Apr 23, 2025 Every one's menstrual cycle is different.

This guide describes what's normal, how to manage symptoms and optimize your health, and what abnormalities to watch out for. Apr 22, 2023 However, menstrual cycles tend to shorten and become more regular as people age.

Your menstrual cycle might be regular about the same length every month or somewhat irregular. Your period might be light or heavy, painful or pain-free, long or short, and still be considered typical.

Within a broad range, typical is what's typical for you. Jul 29, 2025 Understanding your menstrual cycle can help you know which phase of your cycle you're in, learn what's normal for you, and know when to talk to your doctor.

Phase 1: Menstrual phase. The menstrual phase is your actual period or when you're shedding your uterine lining and bleeding. Aug 17, 2018 Knowing the stages of the menstrual cycle can help put you in control of your body and empower you to know when to speak with a doctor.

We'll tell you all about the menstrual follicular phase. Sep 22, 2025 The menstrual cycle is divided into four phases: menstrual, follicular, ovulation, and luteal. Each phase varies in symptoms and duration.

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