

# Menstruation

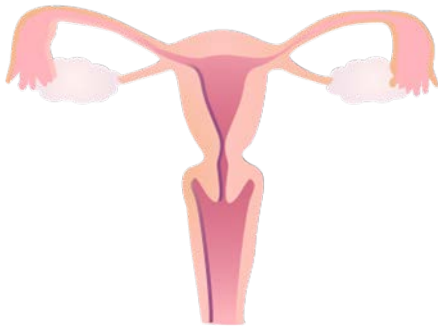
Day 1-8: Menstruation occurs; uterine wall sheds the lining-releasing egg from uterus

Day 9-12: Uterine starts building lining to prepare for new egg

Day 13-18: Ovulation-Egg is released from ovaries into fallopian tube

Day 19-26: If fertilization does not occur the egg stays in the lining of the uterine wall

Day 27-29: Lining detaches from uterus to begin menstruation



# SPERM

- 150-300 (sometimes more) million released in about 1tsp
- 1mm per minute
- 25% chance one will make it to the egg
- Can take between 45 minutes to 3 days to reach egg
- Live up to 7 days
- No sense of direction!



# Pregnancy

Carry for 10 months

Epidural vs Natural

Cervix opens to 10cm

Each contraction opens the cervix more

Head first

Soft head and limbs

Epidural vs Natural

Cesarian



# Pregnancy Continue

Defecate It happens!

Tearing: Most woman tear

Placenta: Attached to umbilical cord

Weight gain: About 25 pounds



Child Birth: <https://www.youtube.com/watch?v=URyEZusnjBI>

# Birth Control Options

IUD

<https://www.youtube.com/watch?v=Bf-I7vgM7LM>