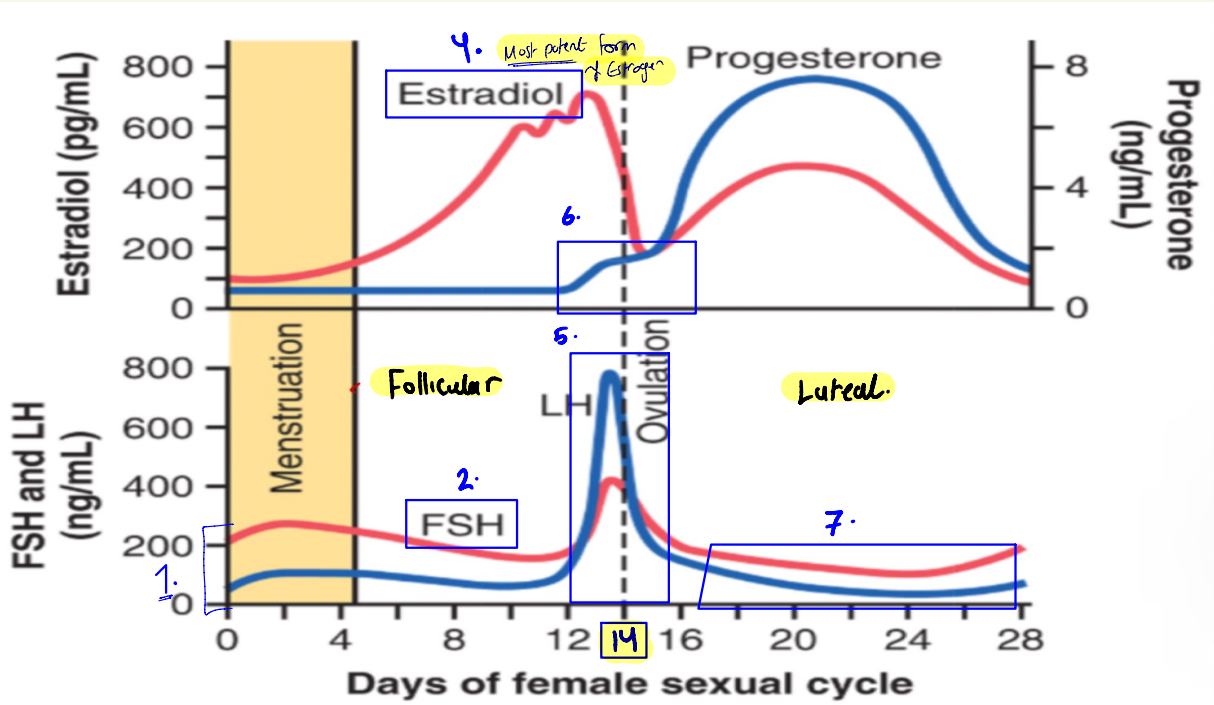
Summarized by kotkot
Corrected by doctor Fatima
Best of luck 🤍

كُلُّ ألمٍ يُحترم، وأيّ بلاءٍ يُحترم، ولحظاتِ فتور غيرك تُحترم،
وفتراتِ عُزلته تُحترم، وإذا اقترف أحدهم ذنبًا وقت ضعفهِ، وشكى لكَ نفسه؛ يُحترم.
قدرة تَحمُّلك لا تُساوي قدرة تَحمُّله، وَوسعك لا يُعادل وسعهُ، أنت؛ أنت .. وهو؛ هو.
فلا تَكُن بلاء فوق بلاءهِ، ووحشة في قلب وحشتهِ، فكلُّ ما هنا مُتعِبٌ، وكلُّ من هنا مُتعَبٌ.



1.FSH &'LH increases in the first few days of each monthly sexual cycle(1-4 days)

2.FSH is secreted **earlier** and **Higher** in amount

3.higher FSH means (follicular phase is ongoing)-primary follicle,secondary follicle,Antral,**vesicular** (the chosen one that will be fully matured)

4.Estrogen increases,which has a **negative effect** on FSH

5.At day 12 :⬆️FSH &⬆️⬆️⬆️LH(to stimulate ovulation)

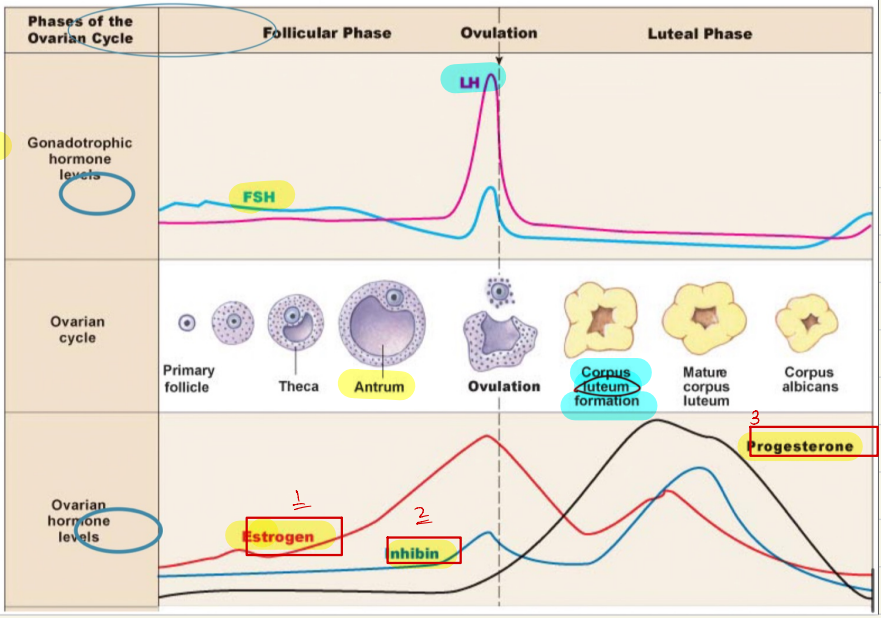
6.Notice that **progesterone** increases (at day 12)before **ovulation** (day 14) **this could be an explanation why ovulation occurs , Progesterone is secreted from Corpus Luteum(** it also secretes to a lesser extent Estrogen & Inhibin) which will cause negative feedback on FSH&LH.

7.corpus luteum lives 12days … if it is involute …. Drop in ER and PR which will **release** FSH and LH from inhibition (they will be increased)

1.increase FSH & LH ,repeat the cycle

Note:
The early growth of the primary follicle up to the antral stage is stimulated mainly by FSH alone.

→ Remember:
This follicle is the same one which UP-regulates FSH Receptors on it's surface.



+ 1+2+3 ⇒ drop in FSH + LH
+ Corpus luteum stays for about 12 days

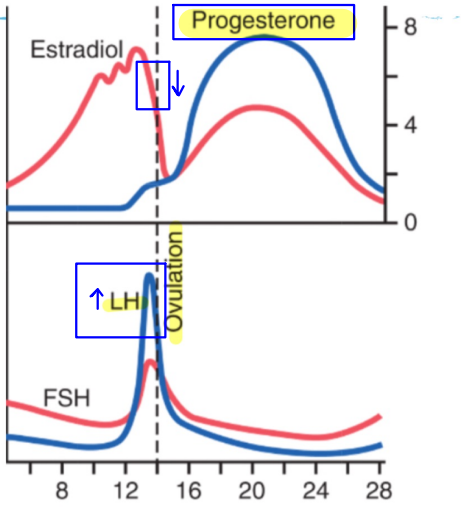
preparing for ovulation !!!

A Surge of Luteinizing Hormone Is Necessary for Ovulation

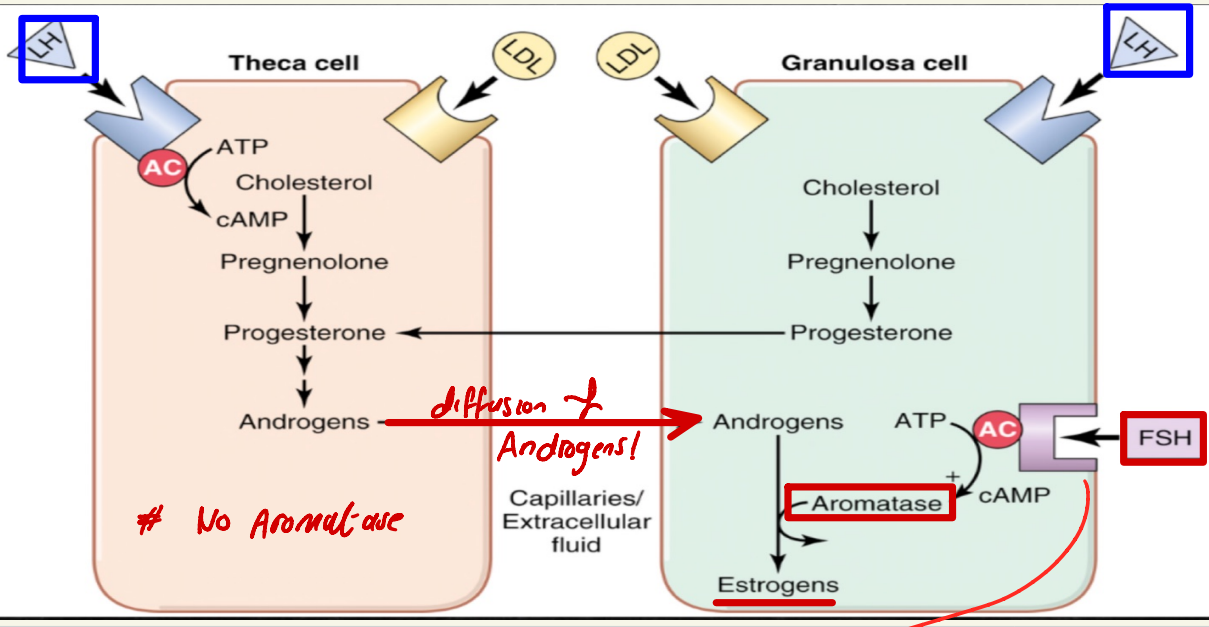
- (1) rapid growth of the follicle
- (2) preovulatory surge of LH
- (3) initiation of secretion of progesterone.
- (4) diminishing estrogen secretion after a prolonged phase of excessive estrogen secretion.

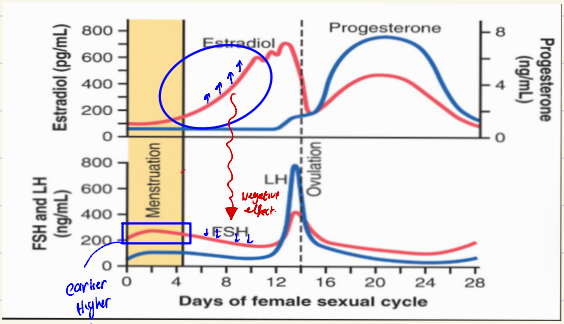
  follicular!

- → ovulation occurs. #



Both affected by (LH) ⟶ Produce progesterone





earlier
Higher

act on Aromatase
Convert Androgens into Estrogens

Remember we said that **FSH is secreted earlier and higher in concentration** after that it's followed by an increase of **Estrogen** Hormone ,& since estrogen has negative effect on FSH ,FSH will be **decreased**

LH will act on these cells producing more **progesterone** than **Estrogen** During luteal phase