

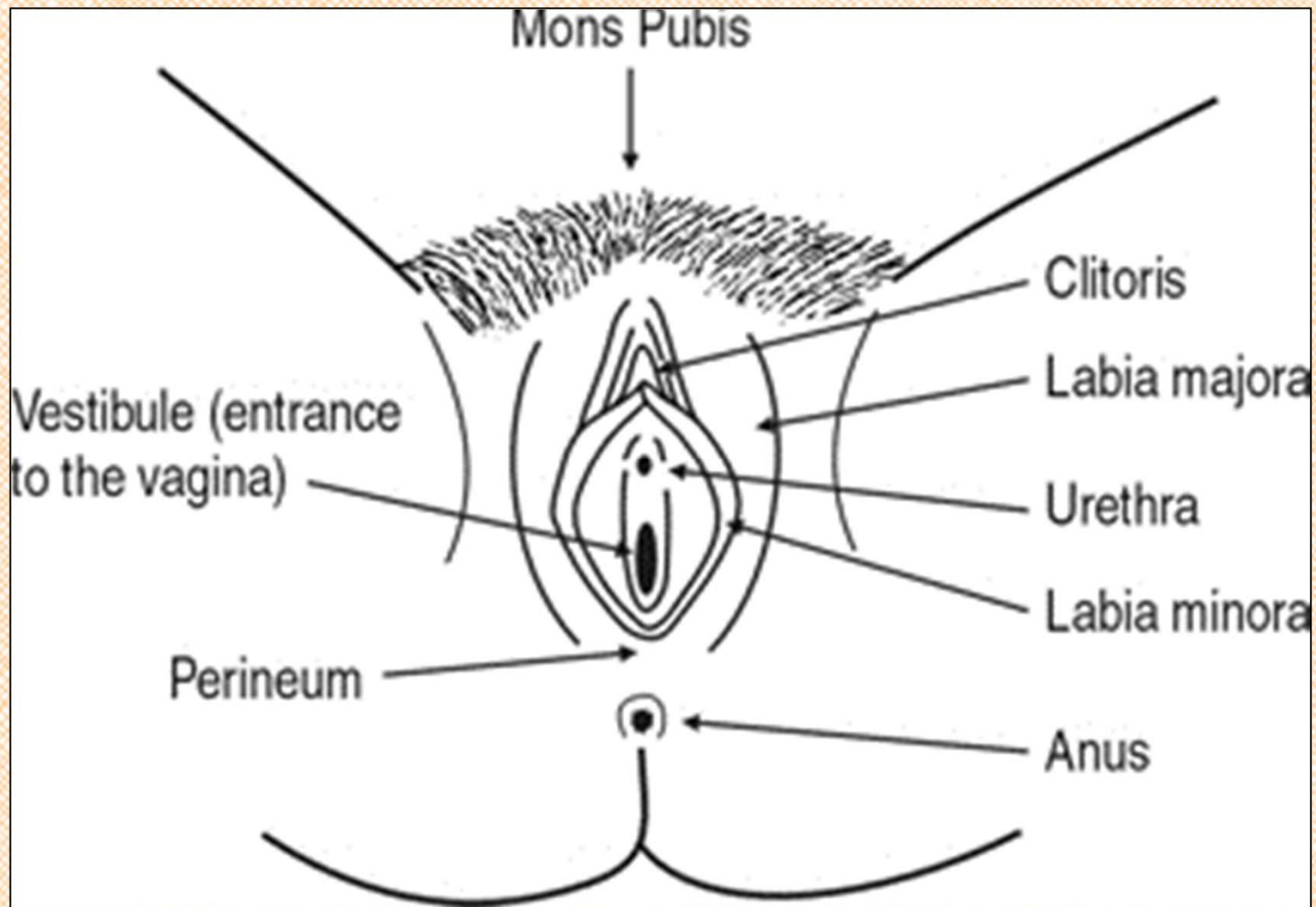
*Prevention and Recognition of Obstetric Fistula Training Package*

Module 3:  
Female Reproductive System



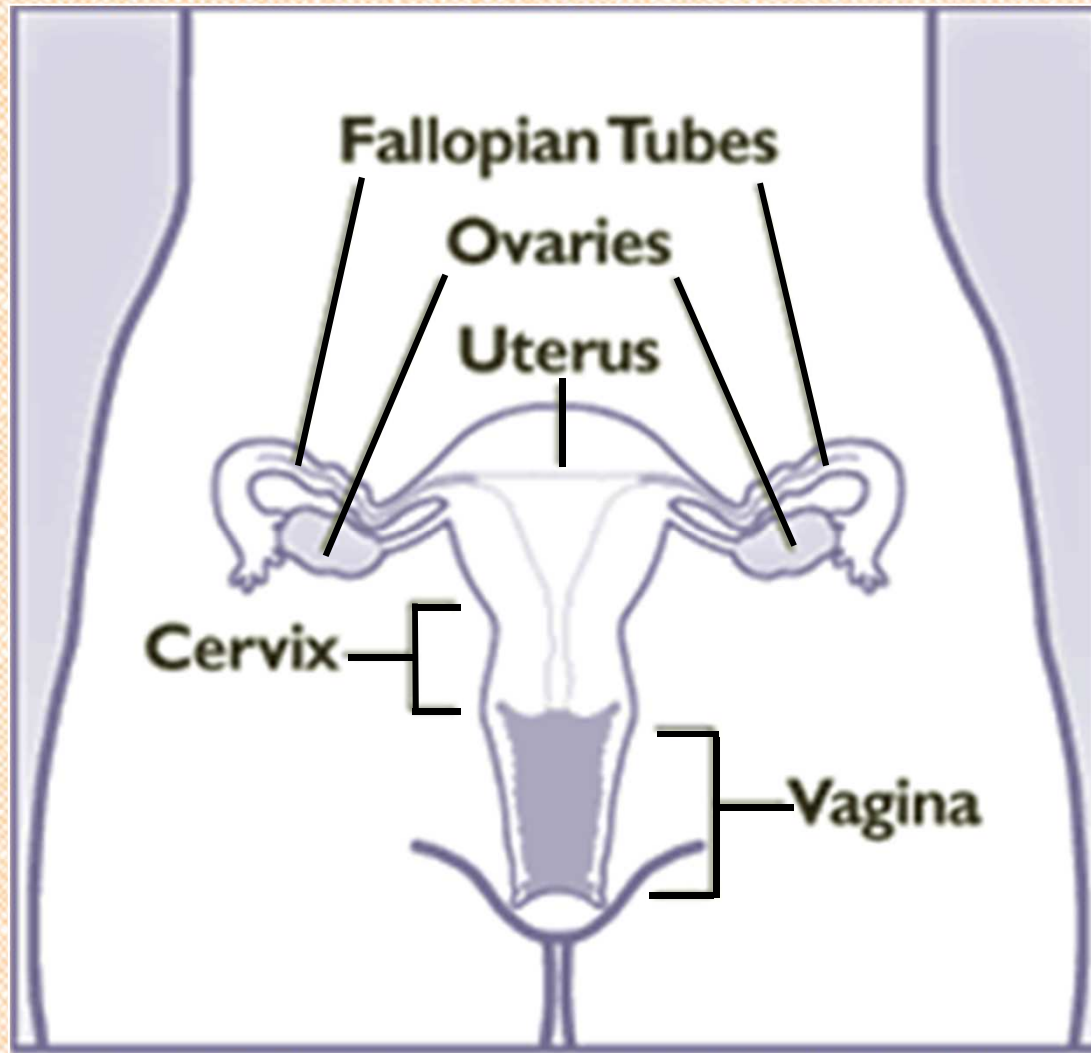


# External female reproductive organs





# Internal female reproductive organs





# Menstrual cycle

- Menstruation usually starts when a girl is between 11-15 years of age (menarche) and continues until 50-60 years of age (menopause)
- Monthly cycle if a woman is not pregnant or breastfeeding (can also be affected by some methods of family planning)
- Controlled by hormone cycles
  - Follicular stimulating hormone (FSH) and Luteinizing hormone (LH) from the pituitary gland
  - Estrogen and progesterone from the ovaries
- After the egg is released from the ovary (ovulation) if there is no fertilization with sperm, there is a discharge of blood and mucous from the uterus and the cycle repeats



# Changes during pregnancy

- A woman can get pregnant if she has sex during or near the time of ovulation
- Symptoms of pregnancy women may notice: missed menstruation, soreness and enlargement of breasts, nausea, frequent urination and fatigue
- As the fetus grows inside the uterus, it stretches and extends above the pelvic bones



# Impact of nutrition on reproduction

- Inadequate nutrition interferes with physical growth – height and weight – of children
- Young women who had inadequate nutrition as children may be short in stature, undernourished and have pelvic bones not well developed for pregnancy and childbirth
- Under-nutrition can also interfere with reproductive hormones and increase risk of anemia. Women who are undernourished may not have normal menstrual cycles and may have difficulty getting pregnancy and staying healthy during pregnancy