

Female Reproductive Anatomy

Words To Know:

Estrogen: Female hormone produced in the ovaries and helps regulate menstruation.

Progesterone: Female hormone produced in the ovaries and responsible for implantation of a fertilized egg and maintaining pregnancy.

Bladder: Organ that holds urine until excreted from the body.

Ovaries: Glands that produce the female reproductive cell, the ova (egg) and hormones.

Egg Cells: Female reproductive cell produced in the ovaries.

Ovulation: The releasing of an egg from an ovary.

Fimbriae: Hair like projections at the end of the fallopian tube that catch the egg.

Fallopian Tube: This is a fine tube (hair like) that connects the ovary to the uterus and fertilization takes place here.

Uterus: This is where the fetus grows during pregnancy. About the size of a pear.

Endometrium: tissue lining the inner cavity of the uterus (or womb). Leaves body during menstruation.

Cervix: This is the entrance to the uterus.

Vagina: Female organ of intercourse, menstruation leaves from this tube, birth canal

Vulva: External genitalia that includes labia, clitoris, vaginal and urethral opening.

Labia: Folds of skin outside the vagina. Covers and protects area.

Labia Majora: Larger fold of skin.

Labia Minora: Smaller, inner fold of skin.

Clitoris: Female erectile tissue between the labia

Urethra: Brings urine out of the body. Different tube than the vagina.

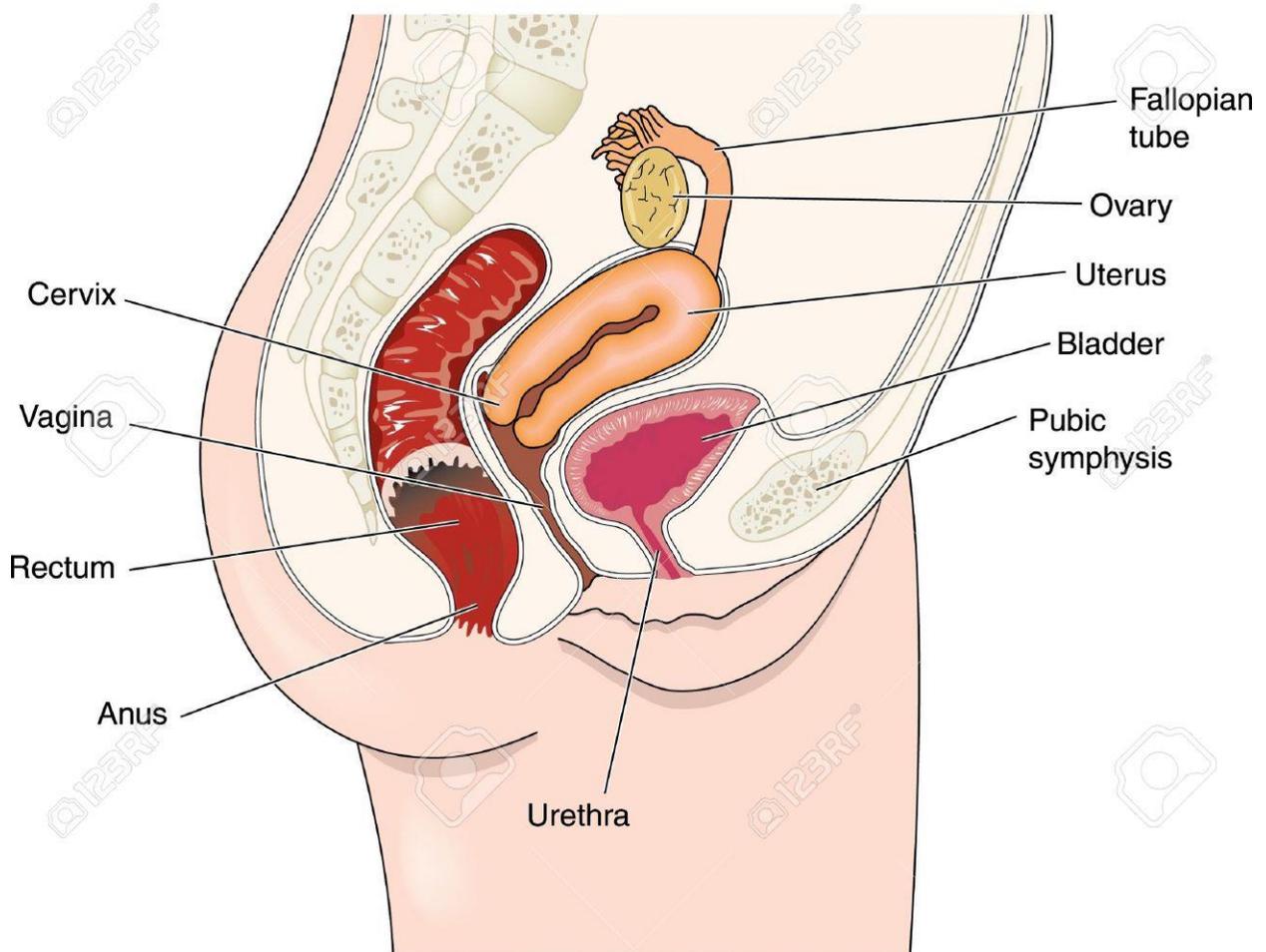
Seven Ways to Care for the Female Reproductive System!

- 1. Choose Abstinence.** Abstinence is choosing not to be sexually active. Choosing abstinence prevents unwanted pregnancy and infection from sexually transmitted disease.
- 2. Have Regular Medical Checkups.** Your physician can examine you and discuss body changes.
- 3. Keep Track of your Menstrual Period.** Record the first and last day of the menstrual flow each month. This record helps a physician know if your menstrual period is regular. You might want to discuss the amount of blood flow and any cramps with your physician.
- 4. Practice Good Health Habits during your Menstrual Flow.** Change your pad or tampon every four to six hours. Consider wearing a pad instead of a tampon at night to reduce the risk of TSS (Toxic Shock Syndrome). Wrap used pads and tampons in tissue and dispose of them.
- 5. Exercise Regularly and Reduce Caffeine and Salt in Diet.** These helpful habits will reduce menstrual cramping.
- 6. Perform Regular Breast Self-Examinations.** Check your breasts for lumps and changes. A self-examination should be performed after your menstrual period. This is an important habit to develop now and practice for a lifetime.

Discuss any Concerns you have with your Parents or Guardian. You might have questions about body changes. Discuss your concerns with your parents or guardian.

The Female Reproductive System

Side View



Front View:

