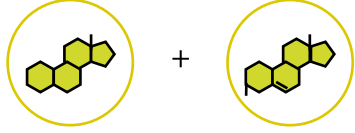


The Ovaries



Each **ovary** is approximately the size of an almond.

The **ovaries** are responsible for producing



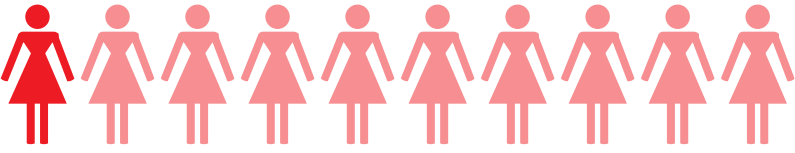
Oestrogen + Progesterone

The word "**gonads**" is often associated with men, however, women technically have gonads as well. In a female, gonads refer to the **ovaries**.

On average, a girl is born with **2,000,000** eggs in her ovaries.

On average, she'll only have **300,000** eggs at her first period.

Endometrium



1 in 10 women will have some form of **endometriosis**.



3 in 10 women **facing fertility problems** may have **endometriosis**.

Endometriosis is a condition where the soft tissue that normally lines the uterus wall grows in other places where it should not be found such as the fallopian tubes, ovaries, the rectum and bladder.

This stray tissue reacts to changes in hormone levels as part of your menstrual cycle, breaking down and bleeding into the surrounding areas causing pain and inflammation.

The Egg

An **egg** can also be called an oocyte or an ovum.

Sperm is the smallest cell in the human body.

The egg is the largest cell in the human body

An **egg** is only 60 micrometers (Microns) in size, yet theoretically if you have good eye sight and the right lighting, you can see it even without the aid of a microscope.

Menstrual Cycle

The average period of **menstruation** itself is



Number of **menstrual cycles** in a woman's lifetime on average



Therefore a woman will spend on average **1,800 days** or **4.9 years** in menstruation.

15 seconds

after a **sperm** successfully penetrates an **egg**, the egg changes its surface (called the perivitelline space), effectively locking out other sperm.

Body Mass Index



18.5-24.9

is the ideal and normal range for your **BMI** if you are trying to fall pregnant.

Hormones

Females rely on **FSH** to stimulate and nurture their **eggs**.

Males also rely on **FSH** to stimulate the growth of **sperm**.

FSH
Follicle Stimulating Hormone

Egg cells

Other cells in the body

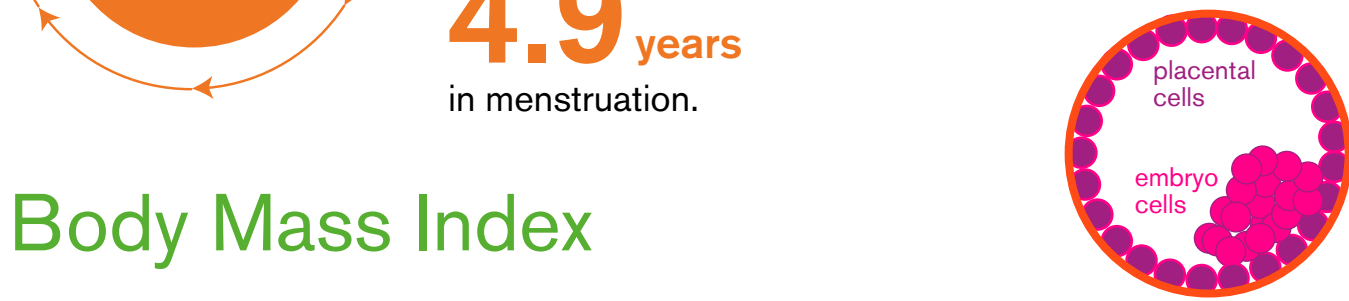
Egg (Haploid) cell



23 chromosome pairs

23 chromosomes

Eggs are part of the human 'germline' – the sequence of cells that are capable of passing on genetic information to offspring.



Blastocyst

Day 5 embryo

A blastocyst is the term given to a fertilised egg which reaches day 5 of embryo development. It has two distinct cell components: what will become the placenta and foetus.

pH scale

Acidic Neutral Alkaline



Lemon juice



Apple



Healthy vagina



Black coffee



Milk



Water



Human blood



Bleach