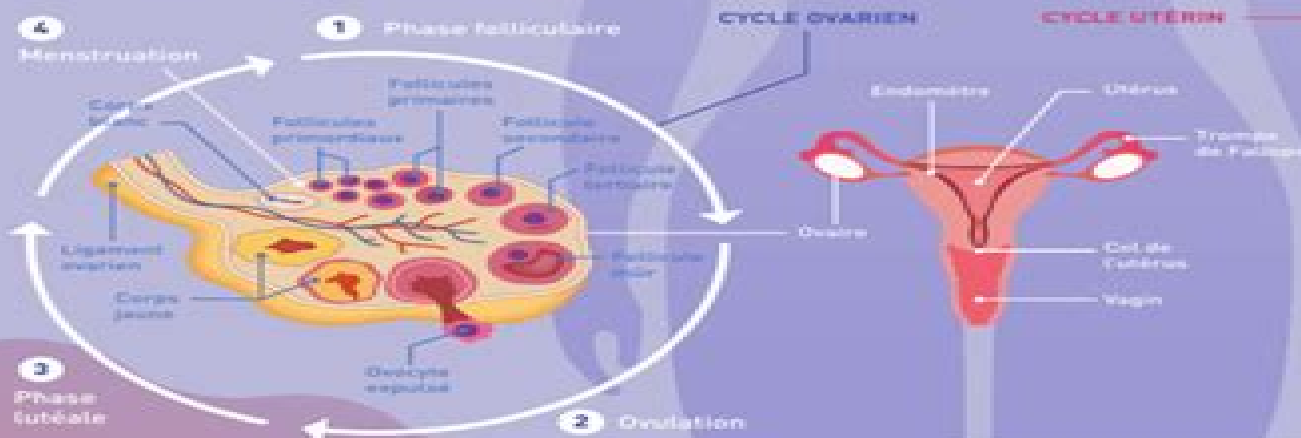


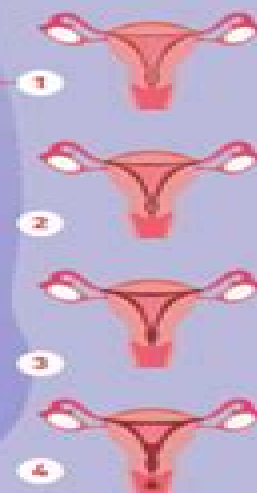
Le cycle menstruel

Le cycle menstruel est le terme scientifique qui décrit l'ensemble des phénomènes physiologiques qui préparent chaque mois le corps de la femme à une grossesse. Les changements hormonaux induisent la maturation et l'expulsion d'un ovocyte par l'ovaire (ovulation) ainsi que l'épaississement de la muqueuse de l'utérus (endomètre). Par définition, chaque cycle commence le premier jour des règles (menstruation) et dure en moyenne 25-36 jours. Les menstruations commencent à la puberté (ménarche) et se terminent de façon définitive avec la ménopause.



300 à 400

C'est le nombre moyen de cycles que chaque femme aura au cours de sa vie reproductive.



LES PHASES DU CYCLE MENSTRUEL

Cycle ovarien

1. Phase folliculaire (du jour 0 au 14^e jour)

Sollicitée par une hormone relâchée par l'hypophyse (la FSH), 5 à 15 follicules primordiaux commencent leur maturation. Parallèlement, un seul de ces follicules atteindra la maturité, les autres vont dégénérer.

2. Ovulation (vers le 14^e jour)

Le follicule mûr (de 18 à 20 mm) se rompt et expulse l'ovocyte dans les trompes de Fallope, direction l'utérus.

3. Phase lutéale (entre le 15^e et le 28^e jour)

Après 14 jours, le reste du follicule se transforme en corps jaune (ovulation) et transformation des cellules folliculaires en cellules lutéales. Le corps jaune sécrète de la progestérone qui prépare la muqueuse utérine à accueillir l'embryon.

4. Menstruation

Cycle utérin (ou endométrial)

1. Phase proliférative

La muqueuse utérine, également appelée endomètre, est un tissu qui recouvre la paroi interne de l'utérus. Les cellules de l'endomètre se multiplient sous l'influence des œstrogènes.

2. Phase sécrétrice (début)

Lors de l'ovulation, l'épaisseur de l'endomètre se maintient.

3. Phase sécrétrice (fin)

L'endomètre s'épaissit sous l'influence de la progestérone. Des glandes et des vaisseaux se forment. L'endomètre atteint son maximum au 21^e jour.

4. Menstruation

Écoulement sanguin périodique dû à l'élimination de la muqueuse utérine lorsqu'il n'y a pas eu fécondation.

LE SYNDROME PRÉMENSTRUEL

Le syndrome prémenstruel se définit par un ensemble de symptômes physiques et/ou psychiques qui surviennent irrégulièrement et électivement sept à dix jours avant les règles et qui disparaissent avec leur arrivée.



Douleurs abdominales, sentiment de gonflement



Prise pondérale (subjective)



Manque d'intérêt pour les activités habituelles



Tensions dans les reins



Fatigue, troubles du sommeil



Nervosité, anxiété, dépression



Mauvaise humeur, irritabilité



Perte d'appétit



Céphalées

20 à 30%

des femmes en âge de procréer souffrent du syndrome prémenstruel.

planète santé

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