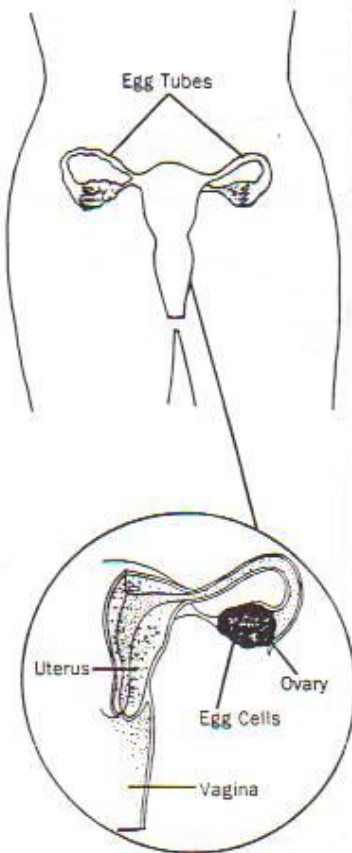


# Female Packet

## The Female Reproductive System



The Female Reproductive System

How are girls and boys different? Girls have sex organs called **ovaries**. Ovaries produce hormones that make a girl's body grow in different ways than a boy's body.

The two ovaries also store the cells that develop into babies. These cells are called **egg cells**. Females are born with all their eggs inside them. Then, when a girl gets old enough, one egg leaves one ovary every month. Where does the egg go?

The egg passes from the ovary into a tube. It takes about 3 days for the egg to travel down this tube to an organ called the **uterus**. By this time, tissues lining the uterus have filled with blood. They are ready to hold a developing baby.

If the egg cell is fertilized, it will stay in the uterus. It will develop into a **fetus**. The fetus will grow into a baby.

If the egg cell is not fertilized, the egg and the blood from the lining of the uterus are not needed. They leave the uterus and flow out of the body through the **vagina**. The vagina is also called the **birth canal**, because a baby passes through it when being born.

It takes about 5 days for the blood to flow out of the female's body. The female is having a **period**. The blood flow is part of the **menstrual cycle**. Things that happen again and again in the same order form a cycle. The menstrual cycle takes place about once a month.

Having a period is part of what makes girls and boys different. It is one of the changes in a girl's body. This change happens during puberty.

### Female Reproduction Vocab

1. Ovaries:
2. Uterus:
3. Vagina:
4. Cervix
5. Fallopian Tube:
6. Vulva:
7. Labia Majora:
8. Clitoris:
9. Ova:
10. Hymen:
11. Ovulation:
12. Menstruation:
13. Menopause:
14. Abstinence:
15. Estrogen & progesterone:

# Chapter 16

NAME \_\_\_\_\_

CLASS \_\_\_\_\_

DATE \_\_\_\_\_

## Reproduction and the Early Years of Life Section Review

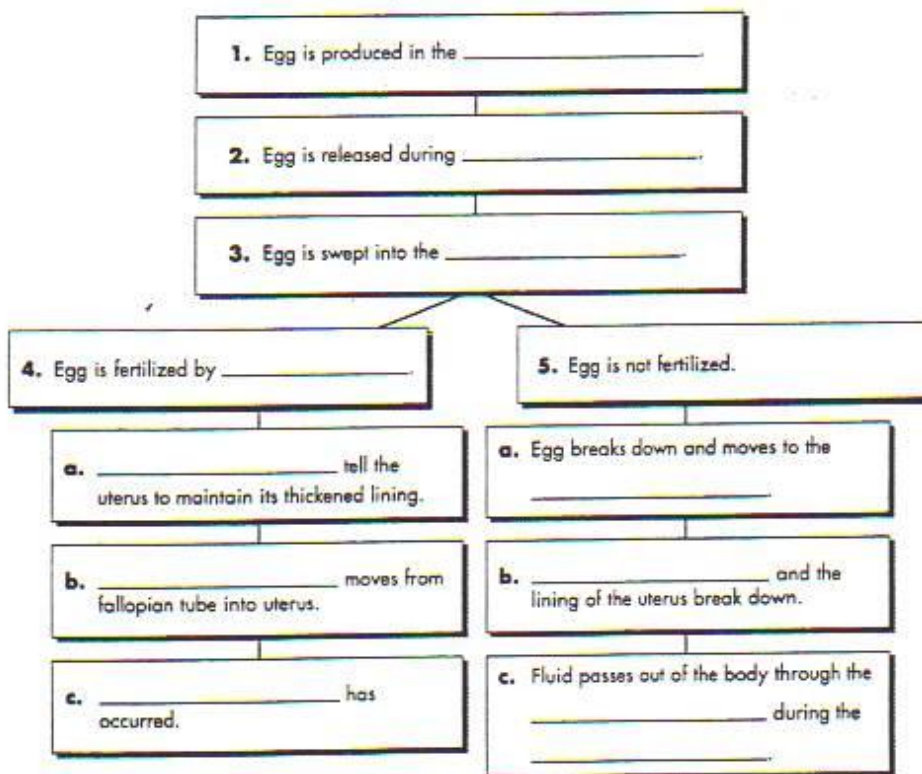
### Section 16.2

### The Female Reproductive System

#### Part I

Complete the following network by using some of the terms listed below:

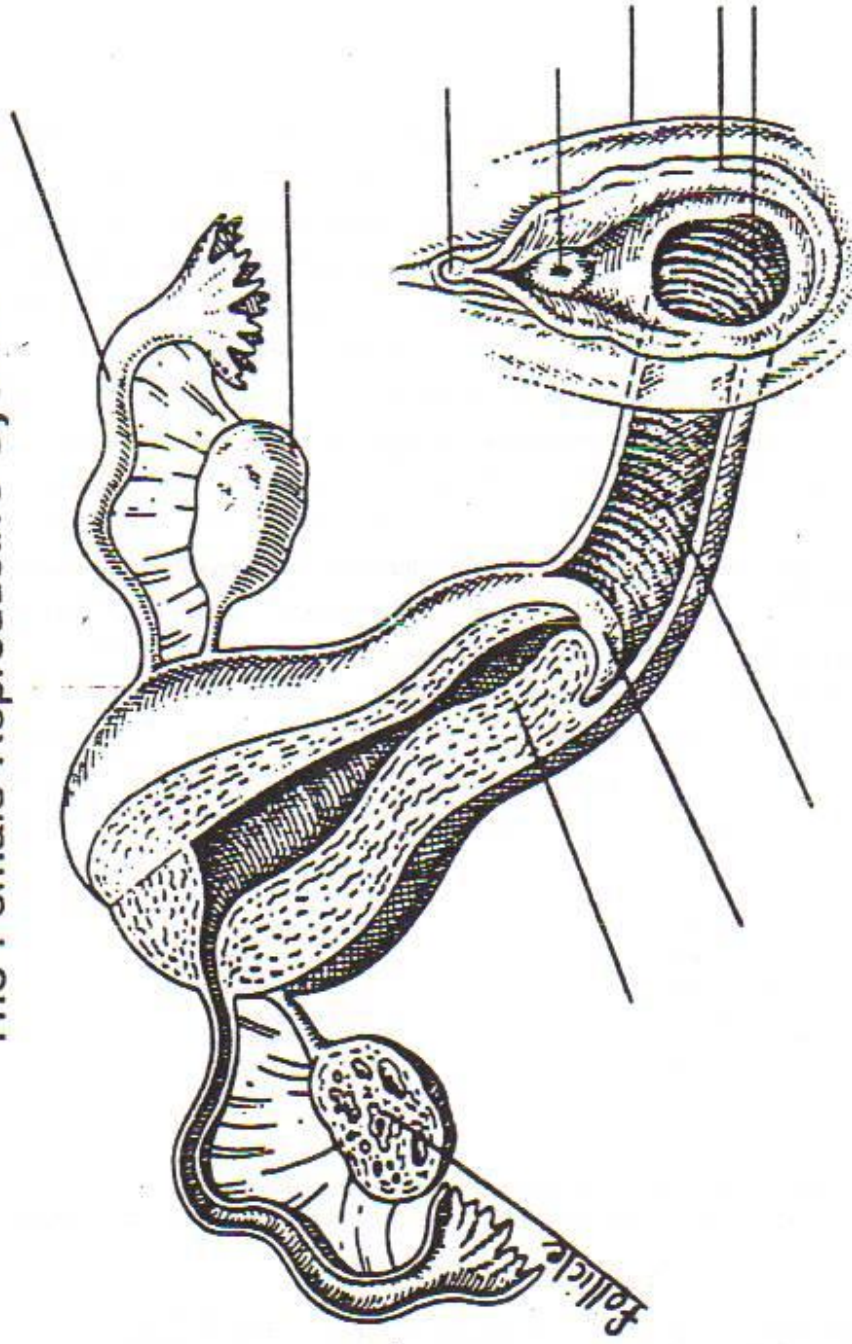
ovary	fallopian tube	fertilization
menstrual period	ovulation	menstrual blood
cervix	uterus	fertilized egg
blood vessels	sperm	reproduction
hormones	vagina	pregnancy



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## The Female Reproductive System



Name \_\_\_\_\_ Date \_\_\_\_\_

## THE FEMALE REPRODUCTIVE SYSTEM (SE-9)

**DIRECTIONS:** Using the sixteen words provided, fill in the blanks to make this explanation of the female reproductive system correct. Each word will be used only once.

cervix  
clitoris  
egg cells  
estrogen  
Fallopian tubes  
hymen  
labia  
menstruation

ovaries  
ovulation  
ovum  
progesterone  
puberty  
sperm cell  
uterus  
vagina

First, \_\_\_\_\_ are produced in two almond-shaped organs known as the \_\_\_\_\_. During the process of \_\_\_\_\_, a mature egg ( \_\_\_\_\_ ) is released and enters one of two \_\_\_\_\_. For a few days the egg cell travels towards the pear-shaped \_\_\_\_\_. The lining of this organ thickens in preparation for a fertilized egg. If the egg is not fertilized by the male \_\_\_\_\_, it will leave the body together with the lining of the uterus and a small amount of blood. This is called \_\_\_\_\_.

The lower portion of the uterus is called the \_\_\_\_\_ and is a common site of cancer in women. The female organ of intercourse is the \_\_\_\_\_. A circular fold of skin is usually present at the entrance to this organ and is called the \_\_\_\_\_. Outside of this organ are folds of skin covered with pubic hair known as the \_\_\_\_\_. Between these skin folds is a small, round, sensitive area of skin called the \_\_\_\_\_. The development of the reproductive system is triggered by the hormones \_\_\_\_\_ and \_\_\_\_\_, which cause many physical changes in a girl. This period of change is called \_\_\_\_\_.

## Matching {Female}

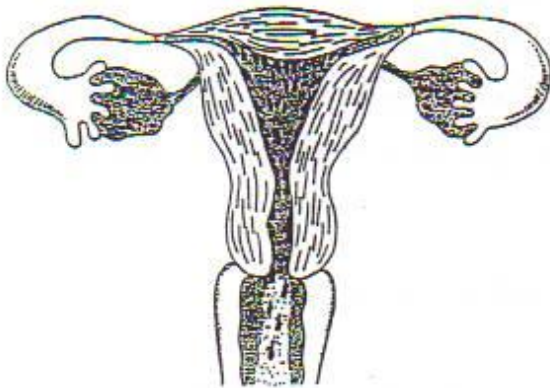
- |                   |     |   |
|-------------------|-----|---|
| 1. Menopause      | ___ | A. Small, erectile structure; contains sexually sensitive nerve.      |
| 2. Ova            | ___ | B. Release of an egg.   |
| 3. Fallopian Tube | ___ | C. The egg.   |
| 4. Ovary          | ___ | D. Membrane covering the entrance to the vagina.                      |
| 5. Uterus         | ___ | E. The gland that holds the egg.                                      |
| 6. Cervix         | ___ | F. Sacs in the ovary containing eggs.                                 |
| 7. Hymen          | ___ | G. Passage between the uterus and exterior body.                      |
| 8. Vagina         | ___ | H. Passage way the egg travels to the uterus .                        |
| 9. Vulva          | ___ | I. Lining of tissue built up inside uterus to nourish fertilized egg. |
| 10. Bladder       | ___ | J. Muscular organ; fertilized egg is implanted and fetus grows.       |
| 11. Urethra       | ___ | K. Passage between bladder and external body; which urine flows.      |
| 12. Endometrium   | ___ | L. Sac where urine is collected.                                      |
| 13. Ovum          | ___ | M. External genital organs of a female.                               |
| 14. Follicles     | ___ | N. Neck of uterus: boundary between uterus and vagina.                |
| 15. Labia Majora  | ___ | O. Female sex cell.   |
| 16. Clitoris      | ___ | P. Time when menstruation ceases.                                     |
| 17. Ovulation     | ___ | Q. Two larger folds of skin covering labia minora.                    |



Name \_\_\_\_\_

Date \_\_\_\_\_

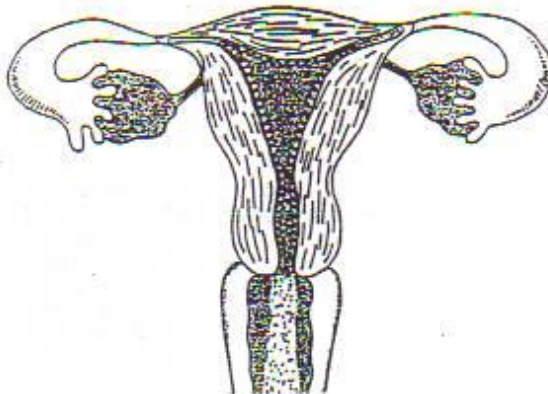
## THE MENSTRUAL CYCLE (SE-8)



### DURING MENSTRUATION

Days 1-5:

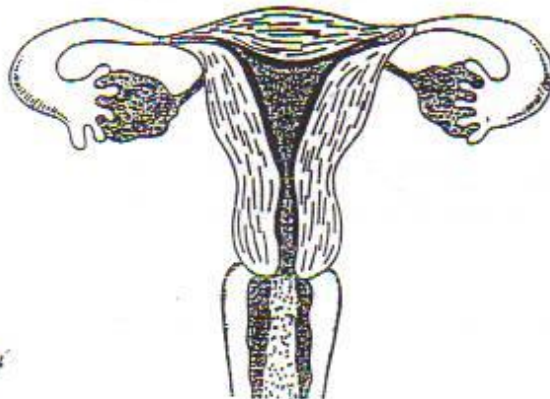
Menstruation occurs and the lining of the uterus, with a small amount of blood, leaves the body. At this time another egg is maturing in the ovary.



### AFTER MENSTRUATION:

Days 6-15:

The lining of the uterus repairs itself and once again prepares for a fertilized egg. Around days 13 to 15 an egg is released from an ovary. This is called OVULATION.



### BEFORE MENSTRUATION:

Days 16-28:

If the egg is fertilized by the male sperm cell, it embeds itself in the wall of the uterus. If the egg is not fertilized, the blood vessels in the wall of the uterus shrink and break down. Then menstruation begins again.



## The Informed Patient

# The Pap Test

The use of a speculum makes it possible for the examiner to see the cervix and to take samples of cells that will be examined under a microscope. (see illustration)

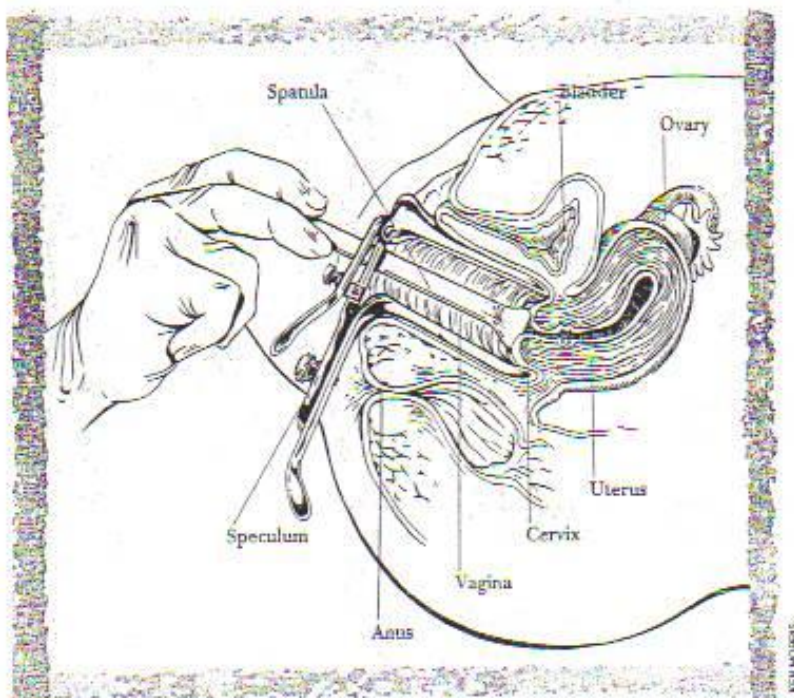
Cancer of the uterine cervix is one of the most common cancers that affect women. Each year cervical cancer causes the deaths of more than 7000 women, in most cases because the disease is not detected early enough to be treated before it spreads. Along with a pelvic examination, the Papanicolaou test (also called the Pap test or Pap smear) is a very effective method of detecting cancerous lesions and of identifying changes in cervical tissue that could later become cancerous.

### HOW THE PAP TEST IS DONE

The Pap test is usually done as part of a routine gynecologic examination. Ideally, you should schedule your appointment for an exam and Pap test to fall about a week prior to the beginning of a menstrual period. Also, to prevent washing away cellular deposits or changing the normal acidity of your vaginal and cervical tissues—both of which can affect the reliability of the test results—don't douche or insert any vaginal medications within the 24 hours before your test.

To perform the Pap test, your doctor (or another specially trained person on your physician's medical staff) will insert a speculum into your vagina, and will open it (see illustration above). The speculum allows the examiner to visually inspect your cervix for signs of any inflammation or lesions, and it permits access to these tissues.

The examiner uses a wooden spatula, cotton swab, or a special cervical brush to gently scrape some cells from in and around your



cervix. These cell samples are smeared on a glass slide; the slide is either dipped in a chemical preservative or sprayed with a special fixative. The preserved slide is carefully labeled and is sent to a cytology laboratory for microscopic examination and evaluation.

### PAP TEST RESULTS

The cytologist or cytotechnician performing an examination of a Pap test slide looks for abnormal or "atypical" cells. If none are found, your Pap report is classified as negative or "normal."

In about 50 out of every 1000 Pap tests, cells of abnormal size or shape are found. However, an "abnormal" Pap test result does not necessarily mean you have a cancerous or precancerous condition. In many cases, abnormalities in the sample cells are the result of an inflammation of the cervical and vaginal tissue caused by a bacterial or fungal infection. Infection with the same virus that causes genital warts, human papillomavirus (HPV), can also be the cause of suspicious-looking changes in the size or shape of the sample cells.

### FOLLOW-UP PROCEDURES

It's important to know that the Pap test is a screening test, meaning that an abnormal result provides some indication that further evaluation is needed. An abnormal Pap test result, by itself, cannot be used to make a diagnosis. If your test result is anything other than normal, your doctor will

recommend one or more of the following steps:

- Treatment of any infection that may be present.
- A repeat Pap test.
- An examination of the tissues of your cervix and vagina with a colposcope, a tubelike instrument with a magnifying lens and a light.
- A biopsy, the removal of a small sample of tissue from one or more areas of the cervix and/or vaginal walls.

### WHO SHOULD HAVE A PAP TEST?

Regular pelvic examinations and Pap tests should begin as soon as a woman becomes sexually active, or by age 18 whether she is sexually active or not. Pap tests should continue even after menopause—there is no upper age limit. Even women who have had a hysterectomy need regular exams and Pap tests.

It's best if pelvic exams with Pap tests are performed once a year. However, if your Pap test results have been negative for 2 or 3 years, you may be able to schedule future Pap tests for every 2 years or every 3 years. Talk with your doctor about what time interval is best for you.

This patient handout was made possible by an educational grant from Mead Johnson Laboratories.

### Problems of The Female Reproductive System

Problem	What is it?	Symptoms	Treatment
Cystitis	Inflammation of the urinary bladder; usually due to a bacterial infection.	Burning during urination, strong smelling urine, fever, or blood in urine.	Antibiotics
Vaginitis	Vaginal infection caused by fungus, bacteria, or protozoa, could also be an STD.	Irritation or itching around the vagina, vaginal secretions of unusual color and/or an unpleasant odor.	Over the counter vaginal cream or medication.
Delayed Puberty	Late puberty due to anorexia, endocrine problems, excessive weight loss and/or over exercise.	No breast development, no menstrual cycle	Diagnosed by a doctor
Menstrual Cramps	Cramps due to prostaglandin production during menstruation	Contractions of the uterus, lower abdominal pain, and/or occasional nausea or vomiting	Over the counter medication, warm bath
Premenstrual Syndrome (PMS)	Mental and physical changes related to the menstrual cycle, but not completely understood	Irritability, mood swings, depression, abdominal pain, bloating, breast tenderness, head aches.	Over the counter medication
Toxic Shock Syndrome (TSS)	Poisoning of the body from bacterial toxins. often related to tampon use.	Fever, chills, weakness, rash on palms of hands.	Antibiotics and immediate medical treatment.
Endometriosis	Growth of tissue from the uterine lining outside the uterus.	Severe cramping and pain in the lower abdominal area or pelvis.	Hormone therapy or surgery
Ovarian Cyst	Failure of a follicle in an ovary to rupture and release an egg; may also be a growth from cancer.	Pain in the lower abdomen or pelvis for a month	Cysts often go away on their own but may require surgery.
Cervical Cancer	Abnormal division of cells in the cervix; may also be from an STD	Vaginal bleeding; discharge; or pelvic pain; may also be no symptoms	Surgery, radiation chemotherapy



## 9<sup>th</sup> Female's Reproduction System Outline

Name \_\_\_\_\_

### I. The Female Reproduction System

#### A. Jobs of the Female reproduction system

1. Produce an \_\_\_\_\_
2. Provide a place where the \_\_\_\_\_ and \_\_\_\_\_ can join
3. Provides the new individual with \_\_\_\_\_ and \_\_\_\_\_ for \_\_\_\_\_ months
4. After birth, \_\_\_\_\_ are able to provide nourishment in the form of \_\_\_\_\_

### II. The Vulva

#### A. Vulva- parts of the female reproductive system that can be seen from the

#### B. Pubic Bone – bone in the \_\_\_\_\_ part of the torso

1. Mons Pubis - women have extra \_\_\_\_\_ in front of the pubic bone that forms \_\_\_\_\_
2. Labia Majora – The two \_\_\_\_\_ folds of skin
3. At puberty hair begins to grow on the \_\_\_\_\_ and \_\_\_\_\_
4. Labia Minora – The two \_\_\_\_\_ folds of skin
5. Clitoris – in between the two folds of the \_\_\_\_\_
  - a. Source of greatest sexual excitement and has the capacity to become \_\_\_\_\_
  - b. Covered by a \_\_\_\_\_ of skin connected to the labia \_\_\_\_\_
6. Urethra – Below the \_\_\_\_\_
  - a. No role in \_\_\_\_\_
  - b. Provides a way for \_\_\_\_\_ to pass out of the body
7. Vagina – Below the \_\_\_\_\_

### III. The Vagina and Cervix

- #### A. Vagina – a \_\_\_\_\_ tube that receives the \_\_\_\_\_
1. At the lower end of the body is the to the outside of the body
  2. At the upper end is a part of the uterus called the cervix

- #### B. Cervix – Bulges down into the \_\_\_\_\_
1. In the center of the cervix is a small opening through which \_\_\_\_\_ can enter the \_\_\_\_\_

- #### C. During birth the baby must pass through the cervix and vagina.

1. Vagina is also known as the \_\_\_\_\_

### IV. The Ovaries

- #### A. Two Ovaries – are located in the lower part of the \_\_\_\_\_, one on each side of the \_\_\_\_\_

#### B. Ovaries functions

1. Produce an \_\_\_\_\_

2. Produce sex \_\_\_\_\_

- a. Develop breast
- b. Wider Hips
- c. Pubic hair
- d. Armpit Hair

C. Ovaries develop several hundred thousand \_\_\_\_\_ before the baby is born

1. Eggs remain in the ovaries in a half-mature state until \_\_\_\_\_

D. Ovulation – The release of an \_\_\_\_\_ from an \_\_\_\_\_

#### V. The Fallopian Tubes

A. Fallopian tube – where an \_\_\_\_\_ travels from an ovary to the \_\_\_\_\_ and where \_\_\_\_\_ occurs

1. Only 400 eggs actually mature over a life time

2. Tiny hairs in the fallopian tube draw the egg in and sweep it along

B. If the egg can meet the sperm while in the upper third of the \_\_\_\_\_, it can be fertilized

C. If the egg is not fertilized within \_\_\_\_\_ to \_\_\_\_\_ hours after it has been released from the ovary, the egg begins to break down

D. The egg reaches the uterus \_\_\_\_\_ to \_\_\_\_\_ days after it was released from the ovary

E. Fertilized eggs will implant in the wall of the \_\_\_\_\_, where it will grow into an \_\_\_\_\_

#### VI. The Uterus

A. Uterus – a hollow, \_\_\_\_\_ organ about the size of a fist, sometimes called the \_\_\_\_\_

B. The main job of the uterus is to provide a place for the baby to \_\_\_\_\_ before birth

C. During pregnancy the uterus is able to \_\_\_\_\_ many times its usual size

#### VII. The Menstrual Cycle

A. Menstrual Cycle - the uterus undergoes cyclical changes (approximately on a month), which prepare it to \_\_\_\_\_ and \_\_\_\_\_ a fertilized egg

3. If the egg has not been fertilized and the woman is not pregnant the thickened uterine lining breaks down, and the female \_\_\_\_\_

4. Except during pregnancy, most women release an egg approximately every \_\_\_\_\_ from puberty until the age \_\_\_\_\_

B. Estrus Cycle – some blood may be discharged, but most of the uterine lining is absorbed into the female's body.

1. The female is sexually active only during estrus also known as heat

#### VIII. Menstrual Fluid

A. If the egg has not been released and the female is not \_\_\_\_\_, the blood vessels of the lining close up and break down

B. The cells of the lining come loose from the inside of the \_\_\_\_\_

C. Blood from the broken \_\_\_\_\_ helps to wash these cells out of the uterus

D. This mixture of blood and cells is called \_\_\_\_\_ fluid



#### IX. Menstrual Period

- A. Menstrual Period – the time during which the \_\_\_\_\_ fluid flows out of the body
- B. The average menstrual cycle last about \_\_\_\_\_ days (time from the first day of a menstrual period until the first day of the next menstrual period)
- C. Irregular cycle – menstrual cycles that is different \_\_\_\_\_ each month
- D. Age at which a female had her first \_\_\_\_\_ also varies from individual to individual
  - 1. Most females begin to menstruate between \_\_\_\_\_ and \_\_\_\_\_ years old
  - 2. Can begin as young as \_\_\_\_\_ or \_\_\_\_\_ years old
  - 3. Can begin as late as \_\_\_\_\_ or \_\_\_\_\_ years old

#### X. Hymen vs. Tampon Use

- A. The hymen is a thin fold of mucus membrane that partly or almost completely covers the vagina opening
- B. The hymen can be broken during vigorous physical activity or sexual intercourse
- C. The hymen may have an opening large enough to insert a tampon.

#### X. Disorders of the Female Reproductive System

- A. Menstrual Cramps – cramps felt in the lower abdominal area that are caused by the contracting of the \_\_\_\_\_ as it works to expel its lining
- B. Premenstrual Syndrome (PMS) – a combination of problems before their  
\_\_\_\_\_
  - 1. Researches do not know why some females have PMS and others do not
  - 2. \_\_\_\_\_ fluctuations may be responsible
- C. Vaginitis – an infection in the \_\_\_\_\_
- D. Toxic Shock Syndrome – bacterial \_\_\_\_\_ associated with the use of highly absorbent \_\_\_\_\_
- E. Ovarian Cysts – a growth on the \_\_\_\_\_
- F. Cancers – can occur in any part of the female \_\_\_\_\_ system
  - 1. \_\_\_\_\_ – cells from the cervix are removed and tested for cancer
- G. Infertility – unable to have \_\_\_\_\_
  - 1. Most common cause is failure to \_\_\_\_\_
    - a. Females who are underweight because of an eating disorder or excessive exercise do not ovulate
  - 5. \_\_\_\_\_ transmitted diseases may result in infertility
  - 6. Endometriosis – condition which tissue from the endometrial lining of the \_\_\_\_\_ grows somewhere else in the abdomen.

#### XI. Care of the Female Reproductive System

- A. Wash the \_\_\_\_\_ reproductive organs daily
- B. Do not use feminine \_\_\_\_\_ sprays
- C. Do not use \_\_\_\_\_
- D. During menstruation, change sanitary pads or tampons at least every \_\_\_\_\_ to \_\_\_\_\_ hours
- E. Do not use \_\_\_\_\_ tampons or with a greater absorbency that you need

F. Visit a health care provider once a \_\_\_\_\_ to make sure your reproduction system is healthy

G. Perform a \_\_\_\_\_ breast self-examination

## XII. How to Do a Breast Self-Examination

A. Stand in front of a mirror and look carefully at your breast. Look for anything unusual, such as a \_\_\_\_\_ from the nipples or a puckering, dimpling, or scaling of the skin

B. Clasp your hands behind you \_\_\_\_\_ and press your hands forward. Do you notice any change in the shape of your breast since the last time you did a breast self-examination

C. Press your hands firmly on your hips and bow slightly \_\_\_\_\_. Pull your shoulders and elbows forward. Do you notice any change in the shape of your breasts since the last time you did a breast self-exam

D. Raise your left arm. Use your fingers to examine your left breast. Beginning at the outer edge of your breast, press the flat part of your fingers in small \_\_\_\_\_, moving the circles slowly around the breast. Make sure to include the area between the breast and the armpit, as well as the armpit itself. Do you feel unusual lumps under the skin? Repeat the step on your right breast with your right arm raised

E. Gently squeeze each \_\_\_\_\_ e, and look for any discharge

F. Lie down and put a pillow or folded towel under your left shoulder. Raise your left arm. Examine your left breast the same way you did in part D. Repeat with your right breast.

G. Complete the self-exam once a \_\_\_\_\_. Two or three days after your menstrual period ends is the best time because the breasts are less likely to be tender or swollen