

Bölüm 2

MENSTRÜEL SIKLUS FİZYOLOJİSİ

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GİRİŞ

Menstrüel siklus, hormonal çeşitliliği, birçok hormonal mekanizmanın etkileşimi, karşılıklı denge ve yardımlaşması ile gerçekleşen belki de insan hormonal süreçlerinin en karmaşık, en cezbedici ve sürükleyici döngüsüdür demek muhtemelen yanlış olmayacaktır. Kadın metabolizmasının eşsizliğinin anlaşılması, belki de psikoanalizin babası kabul edilen Sigmund Freud'a atfedilen 'Kadın ruhu konusunda otuz yılı aşkın çalışmalarına karşın, yanıtlamayı başaramadığım bir soru var. Kadın ne ister?' sorusunun da cevaplandırılabilmesi olasılığını beraberinde getirebilir.

Ortalama bir erişkin kadın menstrüel döngüsü yaklaşık 28 ile 35 gün arasındadır. Bunun mensin 1. gününden başlayarak ovulasyona kadar olan kısmına foliküler faz, ovulasyondan bir sonraki mensin 1. gününe kadar geçen kısmına ise luteal faz denir. Tipik olarak luteal faz 14 gün sürerken, adet süresindeki değişkenlik foliküler fazdaki değişikliklerden kaynaklanmaktadır.

Menstrüel siklus fizyolojisi bölümümüzde daha kolay anlaşılabilmesi açısından 3 başlık altında incelenecektir. Bu başlıklar sırası ile;

1. Hipotalamo-hipofizer Aks
2. Over
3. Menstrüel Endometrium

olarak belirlenmiştir ve organlar arasındaki etkileşimler her bölümde tekrar tekrar anlatılacaktır.

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