Contraception & Menstrual Cycle Activity

Now that you have learned about how hormones affect the menstrual cycle, you will explore the contraceptive pill, a form of birth control, and how it alters the menstrual cycle.

Go to: <http://www-tc.pbs.org/wgbh/amex/pill/sfeature/sf_cycle.swf> and click on “Female Menstrual Cycle”. As you click on “Next Phase” you will observe the changes in hormone levels as the days go on. **Your job is to recreate the diagram in the space provided below by clearly indicating the DAYS (at the bottom of the box) and drawing the increases and decreases in hormonal activity. Make sure to use four different colours to represent the hormones and to label what each colour represents in your legend.**

# Menstrual Cycle

**Legend**

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Now that you have completed the above diagram, recreate another diagram which focuses instead on how the contraceptive pill alters the menstrual cycle. **Click on “Menstrual Cycle with Pill” to get started**. Remember to use four different colours for each hormone and to also list the days on the bottom of your diagram.

# Menstrual Cycle – with Pill

**Legend**

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# Closing Questions

1. What are two main differences that you observe between the two diagrams? Make sure to make reference to both the DAYS in the cycle, as well as the hormones involved.

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1. You will notice that the contraceptive pill inhibits the release of FSH. If no FSH is released from the pituitary gland, what happens to the follicle?

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1. The contraceptive pill also inhibits a process known as the LH surge. What are the consequences of this?

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1. Go back to your Female Menstrual Cycle diagram and clearly indicate where the LH surge is by **CIRCLING** it with a different coloured pencil.