Phases of the Menstrual Cycle

1. Follicular Phase (Days 1-14):
   - Follicle-stimulating hormone (FSH) stimulates the growth of a follicle in the ovary.
   - Estrogen levels increase.
   - Ovulation typically occurs around Day 14.

2. Luteal Phase (Days 15-28):
   - Luteinizing hormone (LH) triggers ovulation.
   - Replacement by corpus luteum secreting estrogen and progesterone.
   - Estrogen and progesterone levels peak.
   - If pregnancy does not occur, the corpus luteum degenerates, and estrogen and progesterone levels decrease, leading to menstruation.

3. Menstrual Phase (Days 28-5):
   - Menstrual bleeding occurs due to the drop in estrogen and progesterone levels.
   - New follicular phase begins, completing the menstrual cycle.