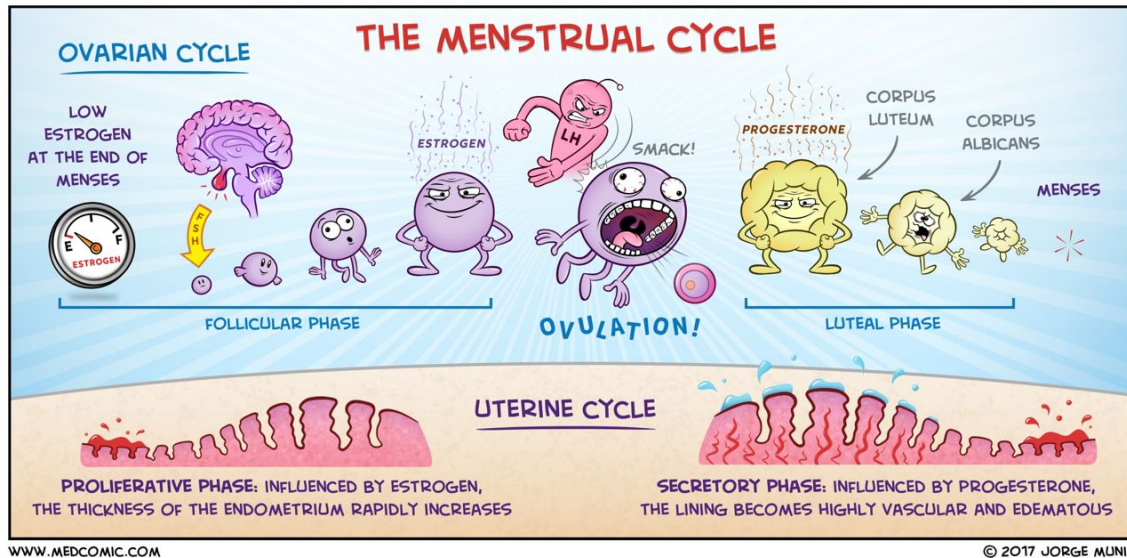


Amazing Hormones & Actions



Gonadotropin-Releasing Hormone (GnRH)

- Produced in brain/hypothalamus
- Signals anterior pituitary gland to release LH and FSH

Follicular Stimulating Hormone (FSH)

- Begins in 1st half of the menstrual cycle
- Stimulates growth of the ovarian follicle
- Controls ovum production (females) and sperm (males)

Luteinizing Hormone (LH)

- Causes ovaries to produce estrogen and progesterone
- Peaks mid-cycle triggering ovulation
- Promotes development of corpus luteum

Relaxin

- Corpus luteum produces
- Softens cartilage in pubic symphysis, coccyx, and sacral-iliac joints
- Produced by CL and placenta

Estrogen

- Highest levels produced in ovaries during proliferative phase
- Promotes maturation and release of ovum in every menstrual cycle
- Considered the female reproductive hormone

Progesterone

- Produced by corpus luteum
- Highest during secretory phase
- Supports pregnancy if fertilization occurs

Prostaglandins

- Produced in endometrium
- Critical for follicular rupture and ovulation
- 2 Types: PGE (relaxes smooth muscles) & PGF (helps contract muscles/artries)

Prolactin

- Produced in anterior pituitary
- In large amounts can inhibit ovulation
- Key for milk production PP



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