## What is the average length of a menstrual cycle

- A. 30 days

- B. 35 days

- C. 28 days

- D. 25 days

**Answer: C. 28 days**


## What hormone is responsible for triggering ovulation

- A. FSH

- B. Progesterone

- C. LH

- D. Estrogen

**Answer: C. LH**


## How many phases are there in the menstrual cycle

- A. 4 phases

- B. 2 phases

- C. 5 phases

- D. 6 phases

**Answer: A. 4 phases**


## What is the main function of the corpus luteum

- A. Produce estrogen

- B. Produce testosterone

- C. Produce FSH

- D. Produce progesterone

**Answer: D. Produce progesterone**


## How long does the luteal phase typically last

- A. 10-16 days

- B. 30 days

- C. 5-7 days

- D. 1 week

**Answer: A. 10-16 days**


## What is the average length of menstruation

- A. 10 days

- B. 2 weeks

- C. 3-7 days

- D. 1 day

**Answer: C. 3-7 days**


## What is the purpose of the endometrium

- A. To protect the uterus from infections

- B. To provide a nourishing environment for a fertilized egg to implant and grow

- C. To produce hormones for the menstrual cycle

- D. To regulate body temperature

**Answer: B. To provide a nourishing environment for a fertilized egg to implant and grow**


## What is the role of follicle-stimulating hormone (FSH) in the menstrual cycle


- A. Regulates progesterone levels

- B. Causes ovulation

- C. Stimulates growth of ovarian follicles

- D. Controls menstruation

**Answer: C. Stimulates growth of ovarian follicles**


## What is the function of luteinizing hormone (LH) in the menstrual cycle


- A. Stimulates egg development

- B. Regulates progesterone levels

- C. Triggers ovulation

- D. Causes menstruation

**Answer: C. Triggers ovulation**


## What is the average age of menarche (first menstrual period) in girls


- A. 16 years old

- B. 12 years old

- C. 10 years old

- D. 14 years old

**Answer: B. 12 years old**

## How does stress affect the menstrual cycle

- A. Stress can disrupt the menstrual cycle

- B. Stress has no impact on the menstrual cycle

- C. Stress can make the menstrual cycle shorter

- D. Stress can delay ovulation

**Answer: A. Stress can disrupt the menstrual cycle**


## What are some common symptoms of premenstrual syndrome (PMS)

- A. Back pain, dizziness, sore throat

- B. Muscle cramps, coughing, sneezing

- C. Stomach ache, fever, headache

- D. Mood swings, bloating, fatigue

**Answer: D. Mood swings, bloating, fatigue**


## What is the purpose of the cervical mucus changes during ovulation

- A. To help sperm reach the egg

- B. To regulate hormone levels

- C. To protect the uterus

- D. To prevent pregnancy

**Answer: A. To help sperm reach the egg**


## How does the body regulate the menstrual cycle

- A. Hormones released by the pituitary gland

- B. By controlling the amount of blood flow

- C. By the temperature of the environment

- D. By the amount of water consumed

**Answer: A. Hormones released by the pituitary gland**

## What is the role of progesterone in the menstrual cycle

- A. To trigger ovulation

- B. To regulate estrogen levels

- C. To stimulate the production of FSH

- D. To maintain the uterine lining

**Answer: D. To maintain the uterine lining**

## How does birth control affect the menstrual cycle

- A. It makes the menstrual cycle longer

- B. It speeds up the menstrual cycle

- C. It regulates the menstrual cycle

- D. It stops the menstrual cycle completely

**Answer: C. It regulates the menstrual cycle**

## What are some potential causes of irregular periods

- A. Hormonal imbalances

- B. Stress

- C. Excessive exercise

- D. Poor diet

**Answer: A. Hormonal imbalances**

## How do hormonal imbalances affect the menstrual cycle

• A. Hormonal imbalances can make periods more regular.

• B. Hormonal imbalances can cause irregular periods.

• C. Hormonal imbalances have no effect on the menstrual cycle.

• D. Hormonal imbalances only affect fertility, not the menstrual cycle.

**Answer: B. Hormonal imbalances can cause irregular periods.**

## What is the average duration of the follicular phase

• A. 14 days

• B. 21 days

• C. 30 days

• D. 7 days

**Answer: A. 14 days**

## How can tracking your menstrual cycle benefit your overall health

• A. Improves fertility

• B. No impact on overall health

• C. Helps identify irregularities or potential health issues

• D. Increases risk of diseases

**Answer: C. Helps identify irregularities or potential health issues**