

## Module 3, Lesson 5 Tool:

### Female Life Cycle & Blood Estrogen Concentration

The graphic below shows estrogen levels in the blood (pg/ml) by age throughout the female lifecycle.

**Childhood** (age 0-9) marks the period of ovarian inactivity.

**Puberty** (age 9-20) marks the first menstruation cycle. The female body responds through breast and pubic hair development and organs mature during this time which are a factor in the start of menstruation. There may be many months without menstruation.

**Maturity** (age 20-45) marks establishment of the menstrual cycle. During this time the breasts, pubic hair and organs have fully matured. Menstruation and ovulation cycles are regular.

**Menopause** (age 45-55) marks the end of the menstruation cycle, and decline in ovarian function which continues to decline into the **elderly** (age 55+) phase of a woman's life. During this time, estrogen levels drop back down to where they were during early childhood.

