

**KEY FACTS**

- FSH (pituitary): stimulates egg maturation + oestrogen production
- Oestrogen (ovary): thickens uterus lining; at high levels → triggers LH surge
- LH surge (pituitary, day ~14): triggers OVULATION
- Progesterone (corpus luteum): maintains uterus lining; falls if no pregnancy → menstruation
- Contraceptive pill: oestrogen/progesterone → inhibit FSH → no ovulation

**KEY TERMS**

<b>FSH</b>	Follicle-stimulating hormone — stimulates egg maturation and oestrogen production
<b>LH</b>	Luteinising hormone — surge triggers ovulation on day ~14
<b>Oestrogen</b>	Thickens uterus lining; triggers LH release at high levels
<b>Progesterone</b>	Maintains uterus lining; falls if no pregnancy → menstruation

■ EXAM TIP: Order: FSH → oestrogen → LH surge → OVULATION → progesterone → (if no pregnancy) falls → menstruation. Learn the sequence exactly.