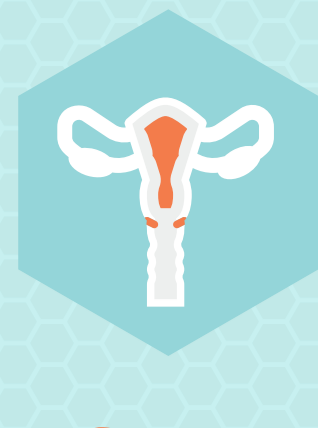
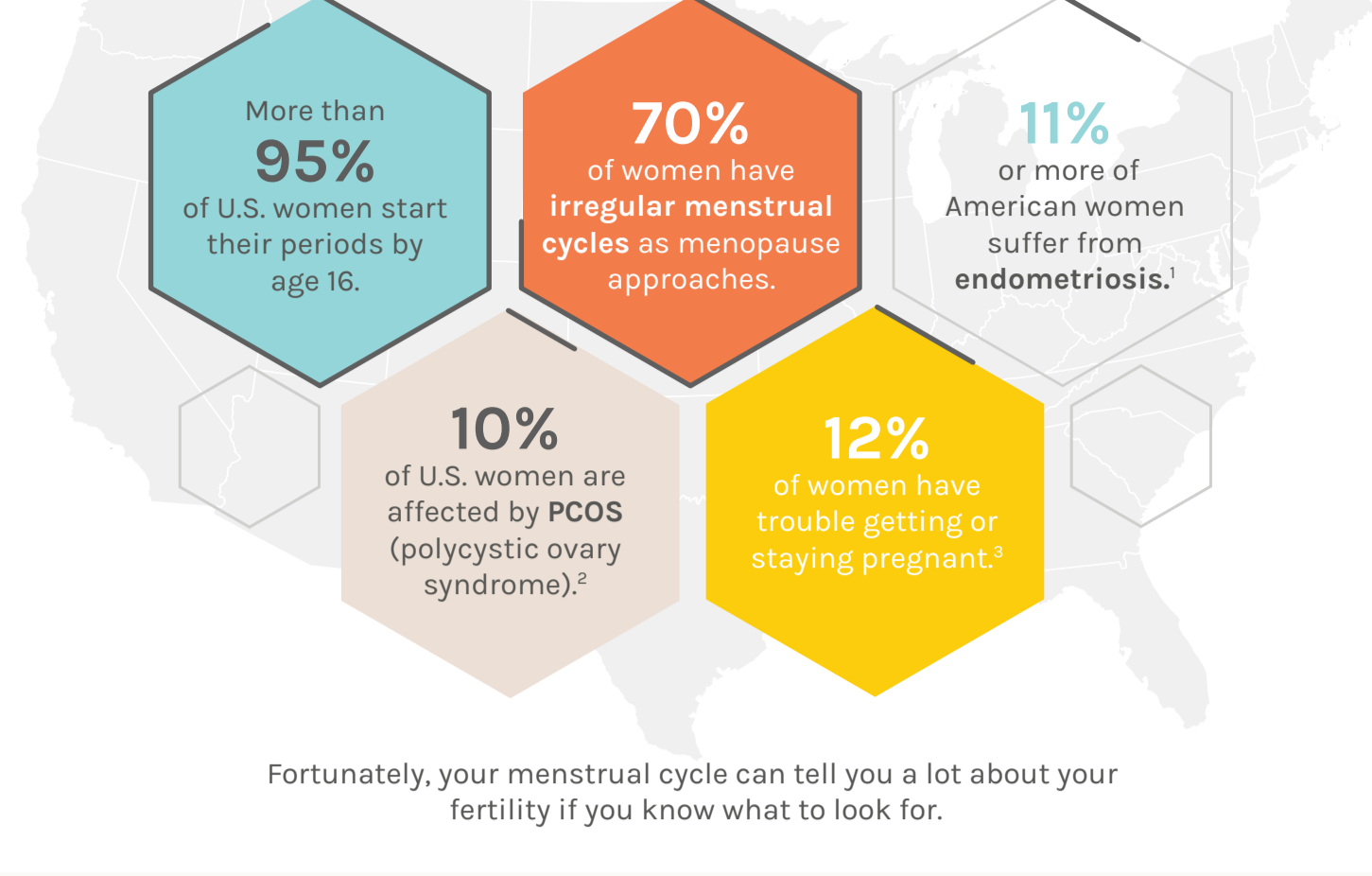


IS MY PERIOD NORMAL?



Understanding Your Menstrual Cycle If You're Trying to Conceive

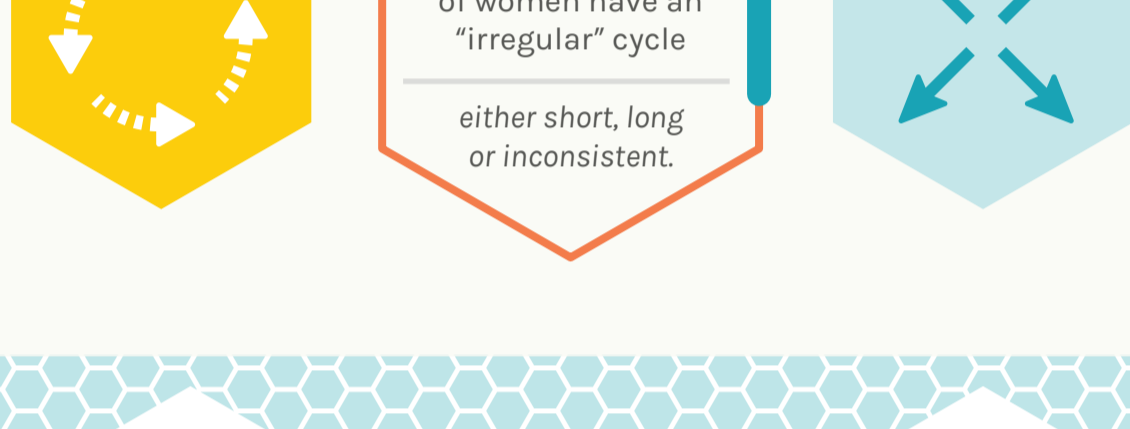


Fortunately, your menstrual cycle can tell you a lot about your fertility if you know what to look for.

TYPES OF MENSTRUAL CYCLES

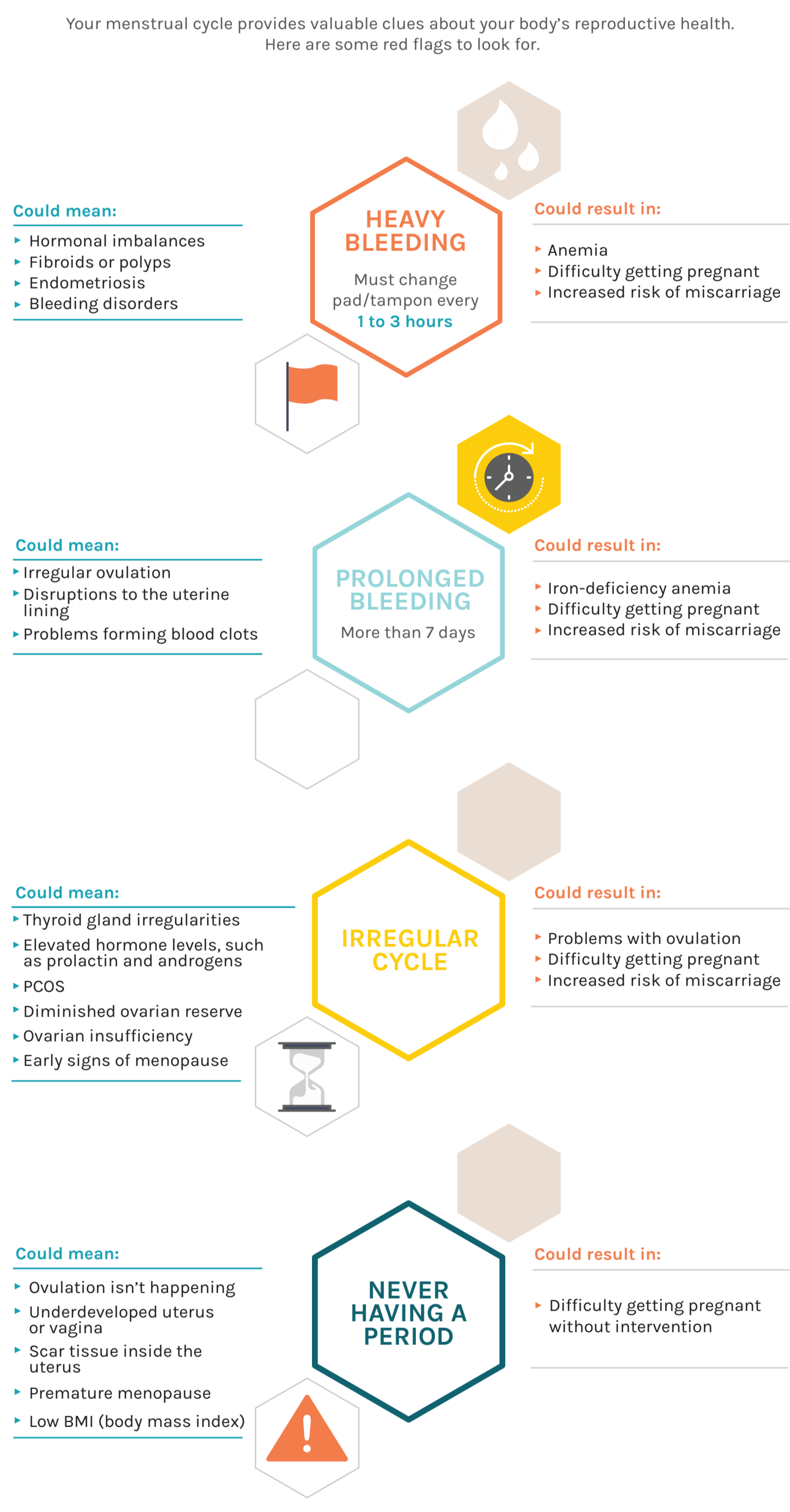


***ovulation**: the process of an ovum (egg) being released from the ovary; occurs 10-14 days before menses.
****progesterone**: a steroid hormone that tells the uterus to prepare for pregnancy



SIGNS TO WATCH FOR

Your menstrual cycle provides valuable clues about your body's reproductive health. Here are some red flags to look for.



WHAT TO DO

Understand your menstrual cycle and understand your fertility.

If you are trying to conceive, consult with a **fertility specialist** if you're experiencing any of these warning signs:



Get educated about what's normal vs. abnormal. Knowledge can save you time and heartache if you're struggling to conceive.

1.888.761.1967
<http://www.ShadyGroveFertility.com/appointment>



Sources

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²"Polycystic ovary syndrome." Office on Women's Health. Accessed March 01, 2017. <https://www.womenshealth.gov/publications/our-publications/fact-sheet/polycystic-ovary-syndrome.html#a>.

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