

Why a period happens

The endometrium

EXCERPT FROM
'THE BRIGHT
GIRL GUIDE'
BOOK

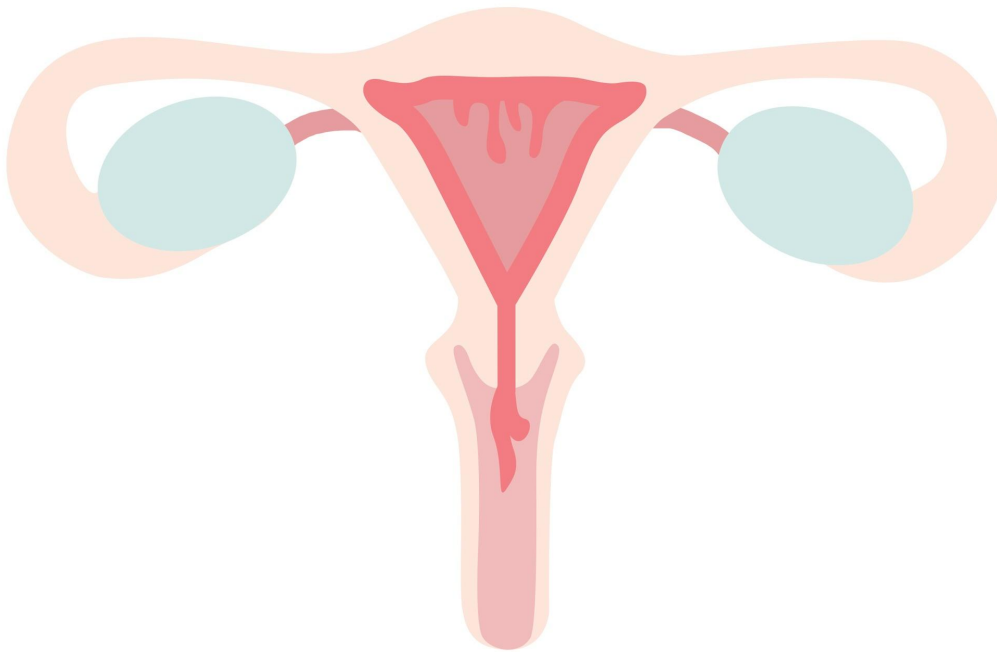
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WHY A PERIOD HAPPENS

Most months people do not get pregnant. This means that the uterus does not need the thickened endometrium that was built up throughout the cycle.

The menstrual bleed, or period, is the body expelling the inner layer of the endometrium that it no longer needs. The period bleed is made up of this layer of the endometrium, white blood cells and some mucus.

The diagram below shows the endometrium being shed at the time of menstruation. The period blood exits the body through the vaginal canal.



Your period bleed is the body realising that pregnancy did not occur and it no longer needs the thickened endometrium that was built up, so it is shed.



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