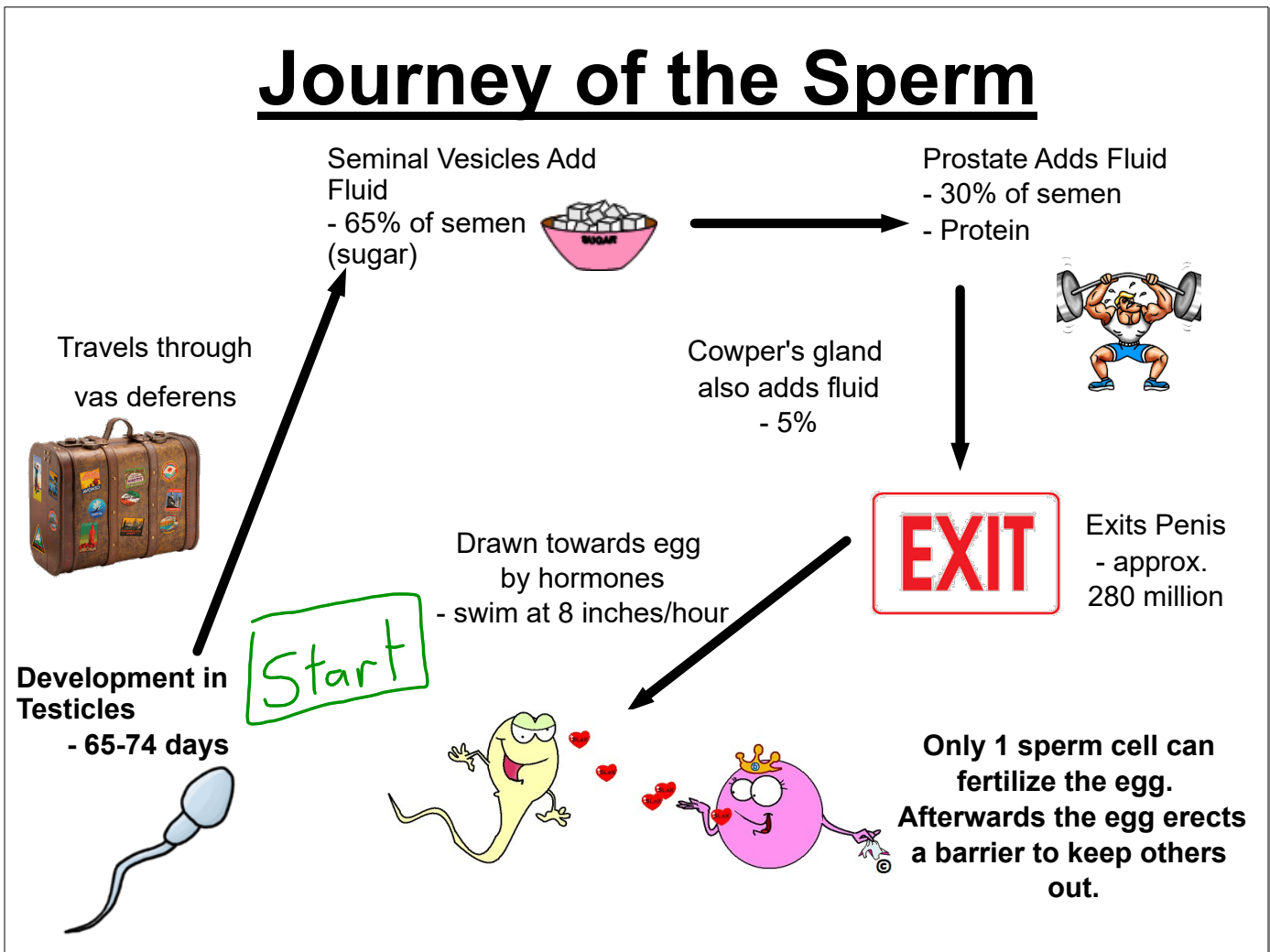


Journey of the Sperm



The Menstrual Cycle

*Times may vary

Days 1-5 - Menstruation

The lining of the uterus breaks down and is shed from the body.



Days 6-10 - New Lining Forms and Thickens

A new lining forms in the uterus and begins to thicken as it fills with nutrients designed to nourish a fertilized egg.

Days 11-18 - Ovulation

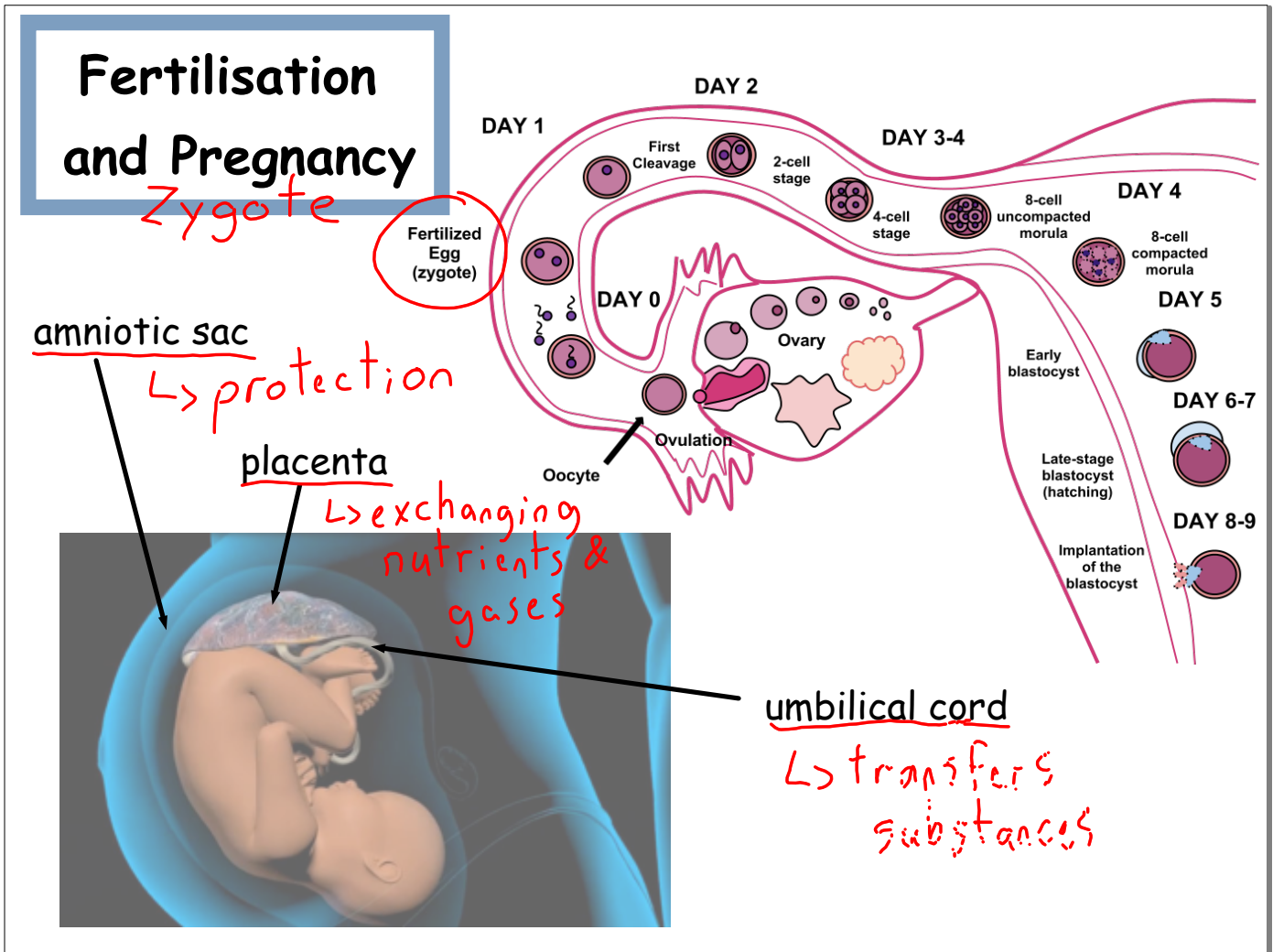
An egg cell develops and is released from the ovaries (usually on day 14). It makes its way towards the uterus.



Days 19-28 - Lining Continues to Thicken

The lining of the uterus continues to thicken and the egg makes its way to the uterus.

If Egg is Not Fertilized, it Dissolves and the Cycle Begins Again



Twins

Fraternal

- two fertilized eggs are implanted in the uterus wall at the same time; they are two different eggs, fertilized by two different sperm
- 6-14 per thousand births



Identical

- one egg is fertilized by one sperm, but then divides into two separate embryos; share a placenta
- 3 in every thousand

Fun Facts

- children of identical twins would test genetically as half-siblings since identical twins have very similar genetic codes
- identical twins do have different fingerprints and their DNA does have some differences, but it is minor
- conjoined twins are a result of twinning taking place after day 14 and the separation is incomplete (1 in 50 000)

Pregnancy - 1st Trimester

- **First 12 weeks of the pregnancy**
- **Mother's symptoms may include:**
 - > **morning sickness, fatigue, etc...**
- **The first organs (spinal cord, heart, brain, and digestive system) develop one week after fertilization.**
- **Body begins to form, including the development of face, eyes, limbs, and taste buds.**
- **Sex organs will have formed by the end of the first trimester**
- **Baby is normally around 3 inches long after 12 weeks**



Pregnancy - 2nd Trimester

- Weeks 13 - 24 of the pregnancy
- Mother will notice movement around weeks 15-18
- Fetus will begin...
 - > sucking and swallowing (weeks 12-14)
 - > moving (weeks 12-14)
 - > hearing sounds (week 20)
- Lanugo and vernix protects the developing skin
- Meconium fills intestinal tract - the baby's first bowel movement
- Baby is normally 10-11 inches long and 1 pound by 24 weeks



Pregnancy - 3rd Trimester

- Weeks 25 - 39 of the pregnancy
- Mother's symptoms may include
 - > weight gain
 - > heartburn
 - > trouble sleeping
- Nearly all organs are developed after 25 weeks
 - > lungs are an exception, they develop around 28 weeks
- Lanugo falls off
- Baby is now
 - > moving frequently (less as birth nears)
 - > able to recognize different sounds
 - > able to see bright lights
- Baby gradually moves to a head down position (weeks 31-34)
- Rapid growth at the end of the pregnancy





Fun Facts - Pregnancy & Childbirth

- The longest known pregnancy lasted for a year and 10 days.
- Strong flavours can be tasted by babies in utero (ex; garlic).
- Babies practice breathing, sucking, and crying in the womb.
- The idea of a pregnant woman having a "glow" about her is thought to be caused by the production of more oil (so the face looks shinier) and increased blood flow (causing face to appear brighter and fuller)
- An abortion is defined as the termination of a pregnancy no later than 20 weeks. However, there is no specific law in Canada specifying an end date to an abortion procedure.

Childbirth

Four stages

- 1) Baby Enters the Birth Canal
- 2) Head Emerges
- 3) Body and Umbilical Cord Emerges
- 4) Placenta Emerges

