

Female Anatomy & Physiology – Topics and Questions

1. Be able to give two reasons why a woman could benefit from a genital self-exam.
2. Know the definitions / descriptions of the following structures
and be able to label them if given a picture of the external genitalia:
 - vulva
 - mons veneris
 - labia majora
 - labia minora
 - prepuce
 - clitoris
 - shaft (of clitoris)
 - glans (of clitoris)
 - crura (of clitoris)
 - vestibule
 - urethra & urethral opening
 - introitus / vaginal opening
 - hymen
 - perineum
3. Know which genital structure has the same number of nerve endings as the head of the penis.
4. Know whether the state of the hymen can be used accurately
to determine any particular woman's virginity or lack of virginity.
5. Know whether an intact hymen can guarantee the prevention of pregnancy.
Know whether pregnancy can occur if penis and a vulva are rubbed together without penetration.
6. Know the definitions / descriptions of the following structures
and be able to label them if given a picture of the internal reproductive organs:
 - vestibular bulbs
 - bartholin's glands
 - vagina
 - cervix
 - os
 - uterus
 - fallopian tubes
 - fimbriae
 - ovaries
7. Be able to list two benefits of (main purposes for doing) Kegel exercises.
8. Know the terms for the three layers of the uterus and where in the uterine wall they are located.
In other words, know the names & locations of the...
 - perimetrium
 - myometrium
 - endometrium
9. Know approximately how many ova are present in the ovaries at menarche
and about how many of these will mature completely and be released during a woman's lifetime.
10. Know what is the anatomic / physiologic event that occurs during menstruation.
In other words, know what part of what structure is sloughed off during menstruation.
11. Know the following term and what it means: menarche.
12. Know the age range at which menarche usually occurs. (answer: 11-15)
13. Know approximately how many days separate ovulation and the onset of menstruation.
14. Know hormone functions...
 - Which hormone stimulates the ovaries to produce estrogen?
 - Which hormone stimulates the ova to mature in their follicles?
 - Which hormone stimulates the ovary to release a mature ovum?
 - Which hormone stimulates the development of the corpus luteum?
15. Know where hormones are made...
 - Which structure produces / releases the follicle stimulating hormone (FSH)?
 - Which structure produces / releases the luteinizing hormone (LH)?
 - Which structure produces / releases the hormone estrogen?
 - Which structure produces / releases the hormone progesterone?

16. The following questions ask you to identify events as occurring during either the menstrual phase, the proliferative phase, or the secretory phase:
- During which phase does the uterus shed the thickened inner layer of the endometrium?
 - During which phase do the developing follicles mature and produce several types of estrogen?
 - During which phase does ovulation occur?
 - During which phase does the corpus luteum develop?
17. Know why orgasm can be of benefit to a woman during her menstrual phase.
18. Know the term “premenstrual syndrome” or “PMS” and what it means.
19. Be able to list and/or recognize the emotional and physical symptoms that can occur during the premenstrual syndrome (be able to list at least 1 emotional and 1 physical symptom).
20. Know the following terms and their meanings:
- dysmenorrhea
 - endometriosis
 - amenorrhea
21. Know which menstrual disorder is more common in women athletes than in the general population.
22. Know the name of a rare disease that is sometimes associated with the use of highly absorbent tampons and can cause death.
23. Know the following term and what it means: menopause.
24. Know the mean age at which menopause occurs. (answer: 51)
25. Know what condition is likely if a woman is experiencing hot flashes, night sweats, and sleep disturbance.
26. Know whether Hormone (Replacement) Therapy (HRT or HT) increases or decreases the risk of each of the following: (1) blood clots, (2) hot flashes, (3) osteoporosis & broken bones, (4) maintenance of vaginal & urethral tissues, (5) breast cancer, (6) ovarian cancer, (7) endometrial cancer, (8) colon cancer.
27. Know why pap smear tests are performed.
28. Know the following terms and their meanings:
- hysterectomy
 - oophorectomy
29. Know how the amount of mammary gland tissue varies with breast size. (In other words: if one woman’s breasts are twice as large as another woman’s, does that mean she has twice as many mammary glands?)
30. Know the following terms and their meanings and be able to label them on a picture:
- mammary glands
 - nipple
 - areola
31. **Not in textbook** - Know what time of the menstrual cycle is the best time for doing a monthly breast exam.
32. Know what a mammogram is and why it is used.
33. **Not in textbook** - It is difficult to find potential problems (such as breast cancer) when the breast tissue is very dense (making it more difficult for radiation to penetrate the breast in creating a mammogram). Know for what age group this is particularly a problem (under 50? or over 50?).
34. Know the names of the three types of lumps that can be found in breasts. In other words, know about the existence of the following types of breast lumps: (1) cysts, (2) fibroadenomas, and (3) malignant tumors. Know the meaning of the words **benign tumor** and **malignant tumor**. Know which of the three types of tumors are benign.