

OVULATION

Meaning: Ovulation is the monthly release of an egg from a woman's ovary, marking a key phase in the menstrual cycle and fertility.

1. Ovulation typically occurs once a month in women of reproductive age.
2. Tracking ovulation can help couples trying to conceive identify the most fertile days.
3. Some women may experience physical symptoms, such as cramping, during ovulation.
4. Understanding the ovulation cycle is crucial for effective family planning.
5. Hormonal changes during ovulation can affect mood and energy levels.

Source: sentences.whatistheurl.com

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