

EXAMPLE CHART - PITUITARY AND OVARIAN HORMONES

Look again at page 43 of Teaching the Billings Ovulation Method Part 2

This shows the various stages of a normal fertile cycle. Look particularly at the endometrium, and the ovarian and pituitary hormones. Identify the phases of the endometrial growth which are marked as proliferative (pre-ovulatory) and secretory (post-ovulatory).

Oestrogen stimulates the growth of the endometrium in the proliferative phase and after ovulation, progesterone also acts on the oestrogen-primed endometrium making it suitable for implantation.

Look at the the woman's chart and note the BIP, the changing developing pattern and the luteal phase. Correlate these symptoms with the hormone lines.

Look at the chart below and note the correlations in each section of the chart.

When the BIP is dry, the FSH is below the threshold so there is no follicular development and therefore no oestrogen.

When the new BIP is identified, in this case wet milky, the FSH is above the threshold so there is some follicle stimulation and a slight oestrogen rise.

The oestrogen rise is not sufficient to stimulate the cervix but sufficient to stimulate vaginal cell growth which causes this unchanging discharge.

Days 24 -27 show a change in the pattern reflecting higher FSH levels with resultant higher oestrogen levels. No Peak is recognised.

There has been no LH rise, therefore no ovulation and no progesterone.

The bleed on Day 26 is breakthrough bleed as a result of high oestrogens, while the bleed on days 33-35 is withdrawal of oestrogen bleeding.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
								=	=	=	=	=	=	=	=	=	=			=	=	=	=	○	○	•	○	=					•	•	•	
																											1	2	3							
Description of Discharge: Sensation/ Appearance	dry	dry	dry	dry	dry	dry	dry	wet milky	wet milky	wet milky	wet milky	wet milky	wet milky	wet milky	wet milky	wet milky	wet milky	dry	dry	wet milky	wet milky	wet milky	wet milky	sticky cloudy	wet clear	wet	wet cloudy	wet milky	dry	dry	dry	dry	wet	wet	wet	
	FSH below threshold No oestrogen No stimulation of cervix No mucus No vaginal cell growth No endometrial growth Vulva dry							FSH above threshold Some follicle stimulation Slight oestrogen rise Vaginal cell discharge Unchanging pattern of discharge at vulva (BIP) No longer dry at vulva Same day after day										Dry BIP FSH below threshold		Discharge BIP FSH above threshold				FSH above threshold Follicle stimulation Oestrogen rise Stimulation of cervix - mucus Change in vulval sensation Breakthrough bleed No LH rise No ovulation No progesterone No Peak					FSH below threshold				FSH below threshold Oestrogen low Withdrawal bleed No preceding ovulation			

Infertility indicated by BIP. Pituitary and ovarian correlations (Page 27 Teaching Billings Ovulation Method Part 2)

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