

CLINICAL AND MORPHOLOGICAL FEATURES OF THE UTERINE ENDOMETRIUM IN EMBRYO DEVELOPMENT

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The endometrium is a special tissue that makes up the inner lining of the uterus. Its condition and function are important for a woman's reproductive health. In particular, for the onset and continuation of pregnancy, it is important that the endometrium is healthy. This article examines the role of the endometrium in pregnancy, the factors necessary to maintain its health, and possible pathologies.

Keywords: *uterine endometrium, pregnancy, implantation, hormonal changes, endometriosis, endometritis, menstrual cycle, reproductive health.*

The structure and functions of the endometrium

The endometrium consists of two main layers:

1. The basal layer (stratum basale): This layer is permanent and regenerates during the monthly menstrual cycle.
2. Functional layer (Stratum functionale): This layer thickens during the menstrual cycle and falls out during menstruation if fertilization does not occur.

The histological structure of the endometrium is as follows:

- * Epithelium: The surface of the endometrium is covered with a single-layered cylindrical epithelium.
- * Stroma: consists of connective tissue located under the epithelium. It contains fibroblasts, blood vessels, and immune cells.
- * Glands: The glands of the endometrium produce mucus and increase their activity under the influence of progesterone.
- * Blood vessels: capillaries and spiral arteries deliver oxygen and nutrients to the endometrium, creating the necessary environment for pregnancy.

The endometrium changes every month according to a woman's hormonal changes. Under the influence of the hormones estrogen and progesterone, the endometrium thickens, blood vessels and glands enlarge, which creates the necessary environment for the reception of a fertilized egg (embryo).

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The Role Of The Endometrium In Pregnancy

The pregnancy process includes three main stages:

1. Ovulation: the egg is removed from the ovaries.
2. Fertilization: an egg cell merges with a sperm cell.
3. Implantation: The fertilized egg is attached to the endometrium of the uterus.

Having the endometrium in a healthy and ready state is important for a successful implantation process. The following factors show the importance of the endometrium for pregnancy:

* Thickness: The endometrial layer should be thick enough (usually 7-14 mm). A less thick endometrium may make implantation more difficult.

* Blood supply: Well-developed endometrial blood vessels are necessary to supply the embryo with oxygen and nutrients.

* Sensitivity: the ability of the endometrium to absorb the embryo should be high. The hormone progesterone plays an important role in this.

Pathologies Related To The Endometrium

Some pathologies related to the endometrium can make pregnancy difficult or impossible.:

* Endometriosis: Characterized by the growth of endometrial-like tissue outside the uterus. This condition can make it difficult for an egg to enter the uterus or implant.

* Endometritis: inflammation of the uterine lining caused by infections.

This condition disrupts the function of the endometrium.

* Polyps and fibroids: the formation of tumors inside the endometrium can be an obstacle to implantation.

Asherman syndrome: characterized by scarring of the inner lining of the uterus, which reduces the susceptibility of the endometrium.

Endometrial Health Support

The following measures are important for maintaining endometrial health:

1. Healthy lifestyle: proper nutrition, quitting smoking and alcohol improve the health of the endometrium.

2. Maintaining hormonal balance: If hormone therapy is necessary, follow the doctor's advice.

3. Infection prevention: It is important to follow sexual health rules and undergo regular medical checkups.

4. Stress Reduction: Stress can cause hormonal imbalances that affect the condition of the endometrium.

Conclusion

The endometrium of the uterus plays an important role in the onset of pregnancy. His healthy condition ensures that the implantation process will be successful and the pregnancy will continue. The detection and treatment of endometrial-related pathologies increases the chances of pregnancy. Therefore, women should focus on their reproductive health and consult a specialist if necessary.

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