s during the menstrual cycles in healthy black Kenyan women.

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Abstract:

17 regularly mentruating young black Kenyan women were studied during a mentrual cylcle for their reproductive hormonal patterns. The serum concentrations of Follicle Stimulating Hormone (FSH), Luteinizing Hormone (LH) and Prolactin (PRL) were determined by World Health Organization Matched Reagent Programme Radioimmunoassay (WHO-MR-RIA). A biphasic basal body temperature (BBT) record was also noted. The hormonal patterns showed a mid-cycle LH surge and rise in plasma progesterone beginning with the LH peak and lasting a maximum of 6-8 days after the LH peak. Cycle lengths ranged from 25-32 days with a mean of 28 plus or minus 2 days. The follicular phase ranged from 10-17 days, and the luteal phase lasted from 13-15 days. When the mean LH and FSH concentrations and the mean BBT curve were synchronized on the day of the mid-cycle LH peak, the temperature elevation occured about 48 days after the LH peak. Along with the LH, the FSH showed a mid-cycle peak. The results of this study are consistent with those already documented for Caucasian, Asian and African females