









WOMAN'S CYCLE SYMPTOM CALENDAR

Dr. Maria Hengstberger

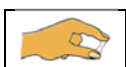


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Explanation of symbols



1st day of menstruation



Reliable signs of ovulation :

Abundant cervical mucus: watery, clear, ropy like egg white



Temperature on waking (basal) increases more than 0.2°C and stays high



Uterine orifice wider, softer and higher

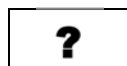


Possible signs of ovulation:

Ovulation pain: mid-cycle pain in the lower abdomen



Tingling, tension or pain in the breasts



Individual: e.g. migraine, bloating



Sexual intercourse



with condom