Variability of menstrual cycles

Cycle lengths ranged from 23 to 35 days in a group of 20 cycles recorded by 10 women aged 19 to 42, and both with and without children. The assessed timing of ovulation ranged from day 9 to day 23 (or from 10 to 24, depending on the method of ovulation detection), and only 2 of the 10 women appeared to ovulate on the same day of cycle in two successive menstrual cycles.

Subjects were clients at Marquette University NFP Clinic attending to learn Natural Family Planning to either help achieve pregnancy or to avoid pregnancy.

OL, OS, and O are Ovulona prototype parameters; LH and Pk are reference parameters – see Key, below. Units of parameter data in the five columns are days of cycle.

Table 1. REGULAR CYCLES

DEFINED AS THOSE WHERE O IS WITHIN 1 DAY OF LH OR Pk

subject. cycle #	age, parity	OL	OS	O	LH	Pk
1.1	35, M	11	14	16	17	17
1.2	35, M	7	13	17	16	16
2.2	33, M	6	12	14	14	14
3.2	42, M	11	15	17	17	18
5.1	30, M	12	15	20	19	20
7.1	29, N	10	16	18	16	17
7.2	29, N	8	14	15	14	13
8.1	19, N	12	18	21	21	23
9.2	41, N	9	12	13	13	14
9.4	41, N	7	13	15	14	13
10.2	22, N	6	8	10	10	12

Table 2. IRREGULAR CYCLES

DEFINED AS THOSE WHERE O IS NOT WITHIN 1 DAY OF LH OR Pk, AND IS ALWAYS HIGHER - SIGNIFYING DELAY OF OVULATION

subject. cycle #	age, parity	OL	OS	O	LH	Pk
2.1	33, M	12	15	17	14	14
4.1	33, N	7	13	15	13	13
4.2	33, N	7	11	14	11	12
6.1	38, M	8	15	19	15	16
6.2	38, M	8	15	18	15	16
8.2	19, N	14	21	24	none	21
9.1	41, N	8	16	18	14	15
9.3	41, N	10	15	18	15	16
10.1	22, N	7	10	12	none	9

Key:
OL = long-term predictive peak; OS = short-term predictive peak; O = ovulation marker; LH = commercial LH kit positive indication; Pk = Peak mucus indication (Marquette University NFP); age of subject indication in years; parity either M Mother or N None.

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