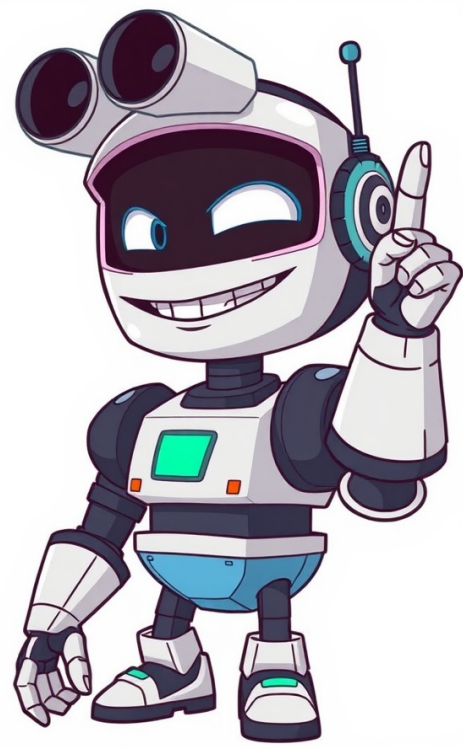


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Retrieved 2017-03-07. ^ Harper D. "Cervix". Etymology Online. Retrieved 19 March 2014. ^ a b Galen IJ, ed. (2011). Galen: On Diseases and Symptoms. Translated by Johnston I. Cambridge University Press. p.247. ISBN978-1-139-46084-2."Intrapartum care: Care of the healthy women and their babies during childbirth". NICE. September 2007. Archived from the original on 2014-04-26. Media related to Cervix uteri at Wikimedia CommonsRetrieved from " The cervix is the lower portion (or the "neck") of the uterus. It is approximately 1 inch long and 1 inch wide and opens into the vagina. The cervix functions as the entrance for sperm to enter the uterus. During menstruation, the cervix opens slightly to allow menstrual blood to flow out of the uterus. Ijubaphoto / Getty Images Your cervix has several important functions, including:Producing cervical mucus during the most fertile phase of the menstrual cycle, which helps sperm travel from the vagina into the uterusOpening during labor to allow the baby to pass through the birth canalProtecting the uterus from bacteria and other foreign objects Here is how the cervix functions during specific phases of the menstrual cycle and pregnancy: During menstruation, the cervix opens a small amount to permit the passage of menstrual blood out of the uterus and through the vagina. Conception occurs when sperm travel through the cervix to enter the uterus and ultimately fertilize an egg. Around ovulation, the most fertile part of the menstrual cycle, your cervix produces clear mucus, which helps the sperm reach the uterus. During pregnancy, cervical mucus thickens to create a cervical "plug" that shields the growing embryo from infection. When a pregnant person gets closer to going into labor, the cervical plug thins and is expelled. The cervix softens and shortens (this is called effacement) and then dilates in preparation for birth. As your due date nears, your healthcare provider will check the cervix for dilation to try to gauge when you are likely to give birth. During menopause, hormonal changes and aging change the nature of the cervical mucus and vaginal discharge. As a result, some menopausal females experience vaginal dryness. The cervix is located between the uterus and the vagina. It's possible to feel the cervix with your finger; if you do so, you'll notice that it changes texture over the course of your cycle. In order to actually see your cervix, you will need to use a mirror and a bright light, but it may still be difficult to see based on the length of your vagina. The narrow opening of the cervix is called the os. The cervical os allows menstrual blood to flow out from the vagina during menstruation. There are three parts of the cervix: The lowest part, which can be seen from inside the vagina during a gynecological exam, is called the ectocervix. The center of the ectocervix can open, creating a passage between the uterus and vagina.The highest part is the endocervix, also called the endocervical canal. It's the passage between the ectocervix and the uterus.The point in the middle where the endocervix and ectocervix meet is called the transformation zone. The cervix is covered by the epithelium, which is made of a thin layer of cells. Epithelial cells are either squamous or columnar (also called glandular cells). Squamous cells are flat and scaly, while columnar cells are, as their name suggests, column-like. The cervix is prone to certain conditions and diseases, including:Cervical cancer: Most cases of cervical cancer are caused by human papillomavirus (HPV), a sexually transmitted infection (STI) that can lead to cervical cancer. The Centers for Disease Control and Prevention suggest that all children be vaccinated against HPV at ages 11 to 16, but some people can be vaccinated up to age 45.Cervicitis: Cervicitis occurs when the cervix becomes inflamed, sometimes as the result of a sexually transmitted infection such as chlamydia, gonorrhea, or herpes.Cervical dysplasia: This is the term for abnormal cells in the cervix that can develop into cervical cancer. Cervical dysplasia may be discovered with a Pap test.Cervical polyps: These are small growths on the ectocervix. Polyps are painless and usually harmless, but they can cause vaginal bleeding.Cervical insufficiency: Also called incompetent cervix, this occurs when the cervix is too weak to maintain a pregnancy, potentially leading to a miscarriage. In some cases, the cervix is surgically removed along with the uterus to treat cancer or certain other conditions. This is called a total hysterectomy. It's important to have regular Pap smears to detect early changes to the cervical cells that may lead to cervical cancer. However, the majority ofabnormal Pap smearsare due to inflammation or infection. It's helpful to know how your cervix functions, as it plays an important role in conception, menstruation, and childbirth. Talk to your gynecologist about how you can maintain a healthy cervix with regular Pap smears, safer sex (to avoid STIs), and getting the HPV vaccine. Frequently Asked Questions The cervix is a little over 1 inch long and about an inch wide. It is the "neck" of the uterus and has an opening in the center called the cervical os. It is made up of muscle tissue and opens into the vagina.Depending on the reason for the surgery, the procedure is performed one of three ways: laparoscopically, via an abdominal incision, or through the vagina. The cervix and the uterus are removed as part of a total hysterectomy or a radical hysterectomy; this may be done to treat cancer, fibroids, or other conditions. Sometimes only the cervix is removed in someone with cervical cancer who hopes to have a baby in the future. This is called a trachelectomy.Disclaimer: The content on this site is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment.Anatomy.co.ukLearn Human AnatomyLower part of uterus connecting to vaginaRegionPelvis and PerineumSystemReproductive SystemThe uterus is a component of the female reproductive region. The uterus is the organ where the fetus grows and develops.[6] It is inverted pear-shaped, located in the pelvis, between the rectum and the bladder. The uterus has two areas: The lower area, located inside the vagina, named cervix, and the widest area, named uterus body. The uterus body consists of two layers. The innermost layer is called "endometrium". On the outside, the muscular layer or myometrium is placed, which is the one that performs contractions of the uterus during childbirth. The cervix is the lower fibromuscular part of the uterus. It has a cylindrical (or conical) shape, communicating the uterus with the vagina. The size and shape of the cervix varies according to age, the timing of the hormonal cycle, and the number of births.[3] The cervix is divided into two sections: The part of the cervix closest to the uterus body is named endocervix. The portion closest to the vagina is named exocervix. The two main types of cells that cover the cervix are the squamous cells (in the exocervix) and the glandular cells (in the endocervix). [caption id="attachment_299" align="aligncenter" width="524"] Cervix - Its location in the human body[caption] The cervix is the lower fibromuscular portion of the uterus that projects within the vagina; it is an anatomical component exclusive to the female in mammals. The cervix is the region of the reproductive system, which is the boundary of the uterus with the vagina. It is a sphincter-shaped structure, composed by folds and crypts, whose main function is to act as a barrier separating the uterus. This function is essential for a successful pregnancy to develop. The most prominent structure of the cervix are its rings, which are supported by a strong sheet of smooth muscle fibers, which allows it to contract or relax during estrus, to allow the semen passageway towards the uterus, or the expulsion of the fetus during the childbirth. In the mucosa area, there are secretory cells of cervical mucus. The amount and viscosity of this secretion depends up on the predominance of estrogen or progesterone during the estrous cycle.[4] During the estrus phase, the cervical mucus is very fluid in order to facilitate the ascent of the spermatozoa, but instead, once ovulation has happened due to progesterone, it becomes a very viscous secretion.[5] [caption id="attachment_301" align="aligncenter" width="504"] Cervix Diagram - Parts (labelled)[/caption] Exocervix: It is surrounded by vaginal sacs. It is covered by a stratified squamous epithelium, and has multiple cell layers. The intermediate and superficial cell layers of the squamous epithelium contain glycogen. Endocervix: It is in the center of the cervix, forming the endocervical canal that connects the external cervical orifice (OCE) with the uterine cavity. It is covered by a reddish cylindrical epithelium of a single cellular layer. External cervical cavity: It communicates the cervical canal of the cervix with the internal cervical orifice. It varies according to the number of childbirths, and is placed in the nulliparous in the form of a circular aperture of the cervix, its appearance changes due to the tears of the birth, acquiring the aspect of transverse and starred cleft in cases of oblique tears, which deform the architecture of the cervix, whose consequence may be the ectropion or eversion of the endocervical epithelium.[2] Endocervical canal extends from the external cervical orifice to the internal cervical orifice. It measures about 6 mm in diameter; it is covered of simple cylindrical endocervical epithelium secreting mucus, which allows it to be totally occluded by the cervical mucus, constituting the so-named endocervical mucus plug, which prevents the germs coming of the vulva area, vagina and exocervix ascend to the internal genitals.[7] The mucous plug is expelled at the beginning of the prodromal birth phase, in the form of plegm. Internal cervical cavity: It usually measures 10 mm approx., and it delimits the endocervical canal with the uterus, at a level known as isthmus. During normal pregnancy, it acts as a sphincter, which, if it has a problem and fails, can lead to cervical ineffectiveness with effacement and subsequent dilation of the cervix, causing late miscarriage and early birth. Squamous-cylindrical intersection: It is the union of the cylindrical epithelium with the squamous epithelium, and it is usually located in the external cervical orifice, but it varies according to the age, depending on the moment of the menstrual cycle, and other factors like the pregnancy, or the use of oral contraceptives. The cervix is the lowest part of the uterus, extending into the vagina. The cells of the cervix change constantly, but if the changes become abnormal, the dysplasia appears. Left untreated, dysplasia can lead into cancer. [8]However, periodic Pap tests can detect and treat early dysplasia. Normal cells of the cervix flatten out as they grow, forming a protective layer as they move to the surface. Dysplasia begins when abnormal changes occur in cells on the surface of the cervix. Some cells may increase irregularly. Invasive cancer occurs when abnormal cells spread from the surface to the deeper parts of the cervix. Over time, cancer can invade other parts of the body. In cervix cancer, most tumors originate in the area where the exocervix joins the endocervix, resulting in squamous cell carcinomas. Cancer occurs when normal cells in the cervix begin to transform and grow uncontrollably. There are some risk factors related to the incidence of cervical cancer. The most important factor involved in the development of premalignant lesions is the papillomavirus infection, or human papillomavirus. The human papillomavirus is in 99% of cervical cancer. It is transmitted from one person to another through sexual relations. Most Human papillomavirus infections settle naturally.[1] Other factors that can be origin of this type of cancer are: Smoking: Women who smoke are twice as likely to develop cancer as nonsmokers. Sexual promiscuity: Women with many sexual couples, or having sex with a man who has had many sexual couples are at greater risk. Sex at an early age Women who have weakened immune systems by use of drugs used in other pathologies, as well as treatment for HIV, or other cancers. Women suffering from genital herpes: Using oral contraceptives increases the chances of developing cervical cancer.[caption id="attachment_291" align="aligncenter" width="526"] Cervical cancer[caption] [caption id="attachment_297" align="aligncenter" width="1000"] Cancer of the cervix - Different phases[/caption] The symptoms that women with cancer of cervix can have are: Mild bleeding between menstruations, or at the end of each menstruation Aching when having sex Have a longer and more abundant menstrual bleeding than normal Bleeding after sex relations, or during pelvic gynecological examination Increased vaginal expulsion Flow of blood after menopause.[caption id="attachment_295" align="aligncenter" width="1000"] Picture - Endometriosis : Difference between healthy uterus and uterus with endometriosis[/caption]Published on October 3, 2017Last updated on April 24, 2025HomeExploreDiscussFlashcardsQuiz10Examination by: Linda J. Vorvick, MD, Clinical Professor Emeritus, Department of Family Medicine, UW Medicine, School of Medicine, University of Washington, Seattle, WA. Also reviewed by David C. Dugdale, MD, Medical Director, Brenda Conway, Editorial Director, and the A.D.A.M. Editorial team. Editorial update 08/12/2025. Page 2Dolan MS, Hill C, Valea FA. Benign gynecologic lesions: vulva, vagina, cervix, uterus, oviduct, ovary, ultrasound imaging of pelvic structures. In: Gershenson DM, Lentz GM, Valea FA, Lobo RA, eds. Comprehensive Gynecology. 8th ed. Philadelphia, PA: Elsevier; 2022:chap 18.Nunziato JD, Valea FA. Reproductive anatomy: gross and microscopic, clinical correlations. In: Gershenson DM, Lentz GM, Valea FA, Lobo RA, eds. Comprehensive Gynecology. 8th ed. Philadelphia, PA: Elsevier; 2022:chap 3.Your cervix is an important part of your reproductive anatomy. Your cervix is located inside your pelvic cavity, anywhere from 3 to 6 inches inside your vaginal canal. It begins at the base of your uterus and extends downward onto the top part of your vagina. This place where your cervix bulges onto the uppermost part of your vagina is called your ectocervix.Your vagina, cervix and uterus are located behind your bladder and urethra (organs that allow you to pee) and in front of your rectum and anus (organs that allow you to poop).What does your cervix look like?The word cervix comes from the Latin word meaning neck. Like a neck, your cervix is shaped roughly like a cylinder or tube and connects important body parts. While your neck connects your head to the rest of your body, your cervix connects your uterus to your vagina. Your cervix is wider in the middle and narrows at both ends, where it opens into your uterus (top) and vagina (bottom).Your cervix consists of the following parts:Internal OS: The opening that leads to your uterus. Your provider may refer to your internal OS during pregnancy.Endocervical canal: A tunnel that extends from your internal OS to your ectocervix.Ectocervix: The part of your cervix that bulges onto the top of your vagina.External OS: The opening that leads to your vagina.The place where the endocervical canal overlaps with the ectocervix is called the transformation zone (TZ). The TZ is the part of your cervix where cell changes happen most. Its the most common site for abnormal cells to grow in your cervix, indicating conditions like cervical dysplasia or cervical cancer.How big is your cervix?Your cervix is about an inch long. Cervical sizes vary, though. Generally, your cervix is larger if you've given birth. The cervix is larger among people in their reproductive years than those who've gone through menopause. Your cervix gets significantly shorter during childbirth to allow a baby to easily exit your uterus and enter your vagina.Can you touch your cervix?Yes, depending on the timing of your menstrual cycle. If you insert your longest finger into your vaginal canal, you should eventually reach a barrier preventing your finger from sliding in further. This barrier is your cervix. It may feel firm and tight, or it may feel soft and spongy. The location and texture of your cervix change depending on whether or not you're ovulating. Its the softest and hardest to reach during ovulation.Take care that you only attempt to touch your cervix when you've washed your hands thoroughly with mild soap and warm water. Otherwise, you could expose your cervix to bacteria and cause infection.What is your cervix made of?Your cervix consists of strong fibromuscular tissue. Two main types of cells line your cervix:Glandular cells: These cells line the endocervical canal, the innermost part of your cervix.Squamous cells: These cells cover the ectocervix, the outermost part of your cervix, and your vagina.These different cell types meet at the TZ, where cell changes frequently take place. This area is of particular interest to your provider during screenings for cervical cancer.Male - Corpus CavernosumPaired erectile tissue bodies in penis.Male - ScrotumExternal sac that holds and protects the testes.Male - Spermatic CordContains vas deferens, blood vessels, and nerves.Female - Labia Minoralinner folds of skin surrounding vestibule.Female - MyometriumThick muscular layer of the uterus.Male - EpididymisStores and matures sperm.Female - VaginaCanal from cervix to external body birth canal.Female - Round Ligament of UterusMaintains anteversion of uterus.Female - Ovarian LigamentConnects ovary to uterus.Female - UterusHouses and nourishes the developing fetus.Female - Labia MajoraOuter folds of skin surrounding vaginal opening.Male - Tunica AlbugineaFibrous covering of the testes.Female - OvariesPrimary female reproductive organs that produce oocytes and hormones.Female - Vestibule of VaginaSpace between labia minora containing openings.Female - Uterine (Fallopian) TubesTransport ova from ovaries to uterus.Female - Ampulla of Uterine TubeSite of fertilization.Female - ClitorisErectile organ involved in female sexual response.Female - EndometriumInner mucosal lining of the uterus.Female - Prepuce of ClitorisSkin fold covering clitoris.Male - Vas DeferensTransports sperm from epididymis to ejaculatory duct.Male - Corpus SpongiosumErectile tissue surrounding urethra.Female - Broad LigamentSupports uterus, fallopian tubes, and ovaries.Female - HymenMembranous tissue partially covering vaginal opening.Male - Seminal VesiclesProduce seminal fluid that nourishes sperm.Female - Suspensory Ligament of OvaryContains ovarian vessels.

Cervix opening exercise. How to strengthen a weak cervix. Cervix stretching exercises. Cervix exercise. How to strengthen cervix. Cervix workout. Can pelvic floor exercises strengthen cervix.

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