



Nutrition In Dysmenorrhea



- ▶ Long, irregular or heavy menstruation.
 - ▶ Family history of dysmenorrhea.
 - ▶ High blood pressure.
 - ▶ Psychological factors.
 - ▶ Abortion.

▶ Treatment Of Dysmenorrhea ◀

Analgesics or hormonal medications, such as birth control pills, may be prescribed. Some lifestyle changes may also help; Such as exercise, adequate sleep, and relaxation techniques. If medications do not relieve pain, depending on the cause, certain painkillers such as nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen may be prescribed. Hormonal medications, oral contraceptives, and contraceptive IUDs are also very helpful in reducing pain.

▶ Treatment Of Secondary Dysmenorrhea ◀

It will vary depending on the underlying cause. Diagnostic laparoscopy, other hormonal treatments, or percutaneous electrical nerve stimulation (TENS) testing are potential next steps.

▶ Non-Pharmacological Treatments ◀ For Dysmenorrhea

- ▶ Hold a hot water bottle or heating pad on your lower back or abdomen.
 - ▶ Take a hot bath.
- ▶ Do normal exercises such as stretching, walking, or cycling.
- ▶ Adequate rest and avoid stressful conditions near menstruation.



- ▶ yoga
- ▶ Hypnosis
- ▶ Herbal Medicines
- ▶ Acupuncture

▶ Nutrition And Diet ◀

In diet therapy, balanced nutrition, allow-fat diet, some herbal tea, reducing dietary salt intake, fish oil, magnesium, zinc, vitamins B and E, and protein intake are effective ways to reduce pain. Adequate fluid intake and consumption of noodle food is recommended.

Subjects had a diet containing 55% carbohydrates, <30% fat, and 15-20% protein. This diet was rich in complex carbohydrates and fiber. People consumed 1-2 times a month, > 1000 mg of calcium and 8-10 nuts or 1-2 almonds a day. Caffeine restriction <300 mg was also introduced. Consumption of spicy, acidic, and carbonated foods was also limited.



Nutrition In Dysmenorrhea



Causes of secondary Dysmenorrhea:

- ▶ Fibroids
- ▶ Adenomyosis
- ▶ Sexually transmitted infections
- ▶ Endometriosis
- ▶ Inflammatory pelvic disease

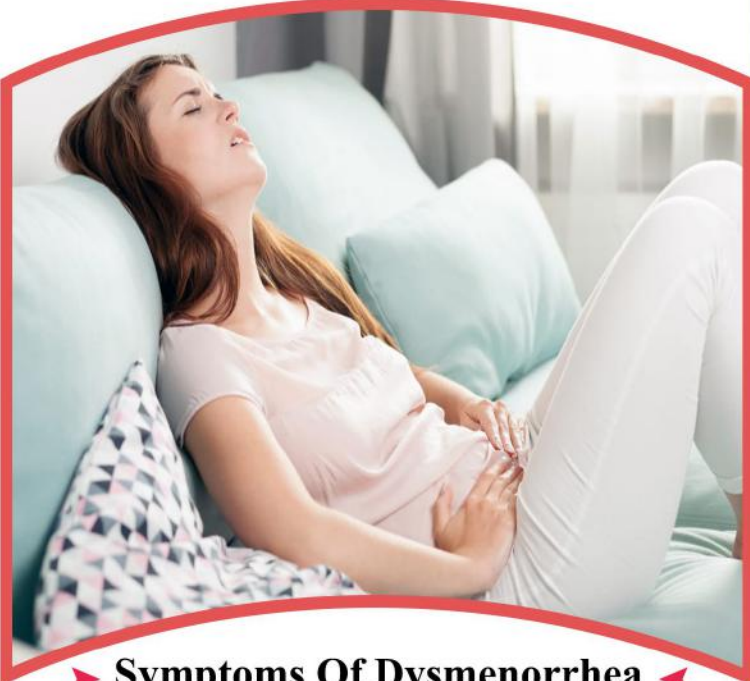
Pain associated with menstruation for 2 to 3 days is the most common menstrual disorder. This usually occurs for the first time in a year or two after girls first menstruate, and with age, their pain usually decreases. And may stop completely after the first delivery.

▶ Types Of Dysmenorrhea ◀

1) Primary dysmenorrhea: It is the most common type of dysmenorrhea that is mostly seen in late puberty and early 20s.

Cause of primary dysmenorrhea: A natural chemical called prostaglandin that causes the uterus to contract during menstruation and childbirth and builds up in the lining of the uterus.

2) Secondary dysmenorrhea: It may start at an older age than primary dysmenorrhea, which gets worse over time rather than getting better.



▶ Symptoms Of Dysmenorrhea ◀

- ▶ Abdominal pain
- ▶ Feeling of pressure in the abdomen

- ▶ Nausea, vomiting, and diarrhea
- ▶ Lightness of the head
- ▶ Headache

▶ Diagnosis Of Dysmenorrhea ◀

Medical history, including symptoms and menstrual cycle, pelvic examination, ultrasound, and, if necessary, laparoscopic surgery.

▶ Risk Factors For Dysmenorrhea ◀

- ▶ Weight: Body mass index less than 20 or more than 25.
- ▶ History of sexual abuse or rape.
- ▶ smoking.