



# Premenstrual syndrome or PMS

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or PMS

► **Complications of premenstrual syndrome**  
Depression and anxiety disorders are the most common conditions that overlap with PMS. Chronic Fatigue Syndrome (ME / CFS) Some women report that their symptoms often get worse before their period. Research shows that women with chronic fatigue syndrome may have heavy menstrual bleeding and premature menopause. Irritable Bowel Syndrome (IBS) This syndrome causes constipation, bloating and gas production. Symptoms of IBS may get worse just before your period.

Bladder pain syndrome: Women with bladder pain syndrome are more likely to have painful cramps during PMS.

Premenstrual syndrome may also cause some health problems to get worse, such as asthma, allergies and migraines.

► **Treatment of premenstrual syndrome**

For many women, lifestyle changes can help relieve the symptoms of PMS, but depending on the severity of the symptoms, your doctor may prescribe one or more pills for PMS.

► **Antidepressants and serotonin reuptake inhibitors**

Non-steroidal anti-inflammatory drugs,



Diuretic pills, Hormonal contraceptives.

► **Lifestyle and home remedies for premenstrual syndrome**

Modify your diet, Include exercise in your regular routine, Reduce stress, Get enough sleep, Record your symptoms for several months

► **Nutrition and diet therapy in premenstrual syndrome**

1. Increase intake of complex carbohydrates
2. Increase calcium and vitamin D intake
3. Reduce salt consumption
4. Limit alcohol and caffeine
5. Get the required dose of iron
6. Low volume and large number of meals



Premenstrual Syndrome (PMS) is a disease that affects a woman's emotions, physical health, and behavior on certain days of the menstrual cycle, generally just before menstruation. Premenstrual syndrome can be so severe that daily activities become difficult; activities like going to work or school. Premenstrual syndrome disappears when menstruation no longer occurs, for example during pregnancy or after menopause. Women's menstrual cycle lasts an average of 28 days. Ovulation and release of eggs from the ovaries occur on day 14 and menstruation or bleeding occurs on day 28 of the cycle. Symptoms of PMS can start around day 14 and continue for up to seven days after PMS. If the symptoms of PMS

are so severe that they prevent you from doing the normal things you do at work or at home, or if it affects how you interact with the people in your life, you may have pre-menstrual dysphoric disorder (PMDD), which is a more severe form of premenstrual syndrome.



Flatulence, Muscle cramps, Chest pain, Hunger, Craving for food (especially sweets), Headache, Muscle aches, Joint pain, Swollen hands and feet, Boils, Weight Gain, Constipation or diarrhea, Sensitivity to light or sound, Changes in sleep patterns.

► **Psychological symptoms of PMS include:** Tension and anxiety, Depression, to cry, Mood swings, insomnia, Avoid crowds, Feeling tired and out of control of behavior, Severe anger, Forgetfulness, Loss of mental focus, Fatigue

► **Symptoms of premenstrual syndrome**

3 **Physical symptoms of PMS include:**

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