

Premenstrual Syndrome (PMS)

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PMS refers to physical and emotional symptoms that occur one to two weeks before a woman's period. Symptoms usually vary from person to person and resolves at the start of menstruation.

Symptoms

Symptoms can differ from person to person. Common symptoms include:

- Acne
- Tender breasts
- Feeling bloated
- Mood changes & Being irritated easily & Emotional sensitivity
- Stress & Anxiety
- Having trouble sleeping
- Headache & Feeling tired
- Abdominal cramps
- Constipation or diarrhea
- Lower back pain
- Food cravings
- Joint & muscle pain

Cause

The cause of PMS is unknown. Some think it might be due to changes in your hormone levels.

Diagnosis

PMS are only diagnosed if someone has a consistent pattern of emotional and physical symptoms occurring not more than 2 weeks before menstruation to a degree that interferes with the person's normal life. Other disorders that cause similar symptoms need to be excluded before a diagnosis is made.

Treatment

Some symptoms may be worsened by a high-salt diet, alcohol, or caffeine. Reducing these are recommended, together with sleep and exercise and stress reduction. If you feel like you have severe PMS, you can go and see a doctor for more focused symptomatic treatment.

PMS do not hold significant problems or risk factors to your health. It is therefore only necessary to see a doctor when your symptoms are very severe.

