

Dysmenorrhea

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Dysmenorrhea, is when you have extremely painful periods or cramps during menstruation. Symptoms typically lasts for less than 3 days. The pain is usually in your pelvis, lower abdomen or lower back. This pain may also be associated with symptoms such as diarrhea, nausea, vomiting, constipation and dizziness.

Dysmenorrhea in young women are usually not due to any underlying problem. In older women, it should however be investigated, due to the possibility of an underlying problem. Dysmenorrhea are also more common among women with:

- Heavy periods
- Irregular periods
- Early onset of periods
- Younger than 20 years old
- Never given birth
- Smoking
- Obesity
- Stress & anxiety & depression
- Strong family history

Dysmenorrhea occurs less often in women who exercise regularly and who have children early in life.

Treatment

Various things can be done to decrease the pain.

- Exercise
- Medication for the pain
- Heat on abdominal area
- Surgical treatment by your doctor (only if extremely severe)

