



The Center for Women

Obstetrics & Gynecology

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Premenstrual Syndrome

Most women feel physical or emotional symptoms during the few days before their periods. If they changes cause changes in your normal life, it is called premenstrual syndrome (PMS).

A severe case of PMS is known as premenstrual dysphoric disorder (PMDD). This only affects a small amount of women with PMS. PMDD symptoms can begin up to a week before your period but usually cease during the cycle. It is best to document these symptoms every month along with when your period starts, this can be done on one of our menstrual cycle cards found in patient forms. This record can then be presented to your physician so he or she can determine if you have PMDD.

If your doctor makes a diagnosis of PMDD, the symptoms will be treated by one or more of the following:

- Lifestyle changes
- Dietary changes
- Counseling
- Stress management
- Medications

Medications would include but not limited to the following:

- Antidepressants
- Nonsteroidal anti-inflammatory drugs
- Diuretics
- Birth control pills

Some symptoms of PMDD are:

- Feelings of sadness, despair, or possibly suicidal thoughts
- Feelings of tension or anxiety
- Disinterest in daily activities and relationships
- Trouble thinking or focusing
- Lasting irritability or anger that affects other people
- Mood swings and crying
- Feeling out of control
- Tiredness or low energy
- Food cravings or binge eating
- Having trouble sleeping
- Bloating
- Breast tenderness
- Headaches
- Joint or muscle pain