

PREMENSTRUAL SYNDROME

Premenstrual Syndrome (PMS) or *Premenstrual Dysphoric Disorder (PMDD)* is a condition associated with various unpleasant physical and emotional symptoms which occur monthly in the days just prior to the onset of a menstrual period. These changes then go away once the period starts. Common symptoms may include one or more of the following:

- Feeling irritable
- Mood swings
- Depression
- Food cravings
- Abdominal bloating
- Feeling tired
- Swelling of hands and feet
- Headache
- Breast soreness

It is important to accurately diagnose PMS, and keeping a monthly log of symptoms can help your physician establish a pattern of cyclic or monthly changes associated with the phases of your cycle. It is also important to differentiate PMS from other common medical problems like anxiety and depression, fibrocystic breast disease, dysmenorrhea (painful periods), and endometriosis. Work closely with your doctor to plan a regimen of treatment, which may include medication, as well as lifestyle changes such as diet and exercise.