

## PRE-MENSTRUAL SYNDROME (PMS)

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### ***What is PMS?***

Premenstrual syndrome (PMS) (also called PMT or premenstrual tension) is a collection of physical and emotional symptoms related to a woman's menstrual cycle.

[http://en.wikipedia.org/wiki/Premenstrual\\_syndrome](http://en.wikipedia.org/wiki/Premenstrual_syndrome)

### ***How do you get PMS?***

The causes of PMS are not clear, but several factors may be involved. Changes in hormones during the menstrual cycle, chemical changes in the brain may also be involved. Some other possible causes include: low levels of vitamins and minerals, eating a lot of salty foods, which may cause you to retain (keep) fluid, drinking alcohol and caffeine, which may alter your mood and energy level.

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/premenstrual-syndrome.cfm#b>

### ***What are the signs and symptoms?***

More than 150 signs and symptoms have been documented among PMS patients. These have been loosely categorised into physical (bloating, breast tenderness, acne, cravings & binge eating, headaches, backaches, insomnia, diarrhoea and/or constipation) and emotional manifestations (confusion, depression, anxiety, panic attacks, mood swings, general irritability)

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### ***How to you know if you've got PMS?***

Your doctor may diagnose PMS based on which symptoms you have, when they occur, and how much they affect your life. If you think you have PMS, keep track of which symptoms you have and how severe they are for a few months.

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### ***How is PMS treated?***

Since PMS is not understood as a distinct disease process, it is treated symptomatically. Women who consult allopathic physicians for this disorder may be prescribed low-dose birth control pills to control oestrogen and progesterone levels, diuretic to control water retention, or antidepressants to address serotonin levels.

Lifestyle changes like regular exercise, healthy eating, avoiding salt, sugar, caffeine & alcohol, quality rest (8hours sleep a night), and deal with stress in healthy ways (talk, exercise, journal writing) are all recommended.

Certain vitamins and minerals have been found to help relieve some PMS symptoms. These include: Folic acid, Calcium with vitamin, Magnesium, Vitamin B-6, Vitamin E and supplements such as: Black cohosh, Chasteberry, Evening primrose oil

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PMS definitely indicates massage and other kinds of bodywork, which have been shown to reduce depression and anxiety and to help ameliorate some of the fluid retention that makes PMS so physically uncomfortable.

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### ***Are there any complications if it's not treated?***

Ultimately PMS is usually managed successfully by the individual but is unlikely to disappear until the onset of menopause.

### ***How can I avoid getting PMS?***

The lifestyle changes and alternative therapies mentioned above, if continued throughout the menstrual cycle, can help the severity and longevity of PMS symptoms.

This fact sheet is designed to provide you with information on premenstrual syndrome. It is not intended to replace the need for a consultation with your doctor. All clients are strongly advised to check with their doctor about any specific questions or concerns they may have. Every effort has been taken to ensure that the information in this pamphlet is correct at the time of printing.