

## **Premenstrual syndrome**

Premenstrual syndrome is a condition that affects a woman's emotions, physical health, and behaviour during certain days of the menstrual cycle. It is a combination of physical and emotional symptoms that many women get after ovulation and before the start of their menstrual period.

### **Causes of premenstrual syndrome**

Researchers do not know exactly what causes premenstrual syndrome. However, changes in hormone levels during the menstrual cycle may play a role.

### **Symptoms of premenstrual syndrome**

Physical symptoms of premenstrual syndrome include:

- Swollen or tender breasts
- Constipation or diarrhoea
- Bloating or a gassy feeling
- Cramping
- Headache or backache
- Clumsiness
- Intolerance for noise or light

Emotional or mental symptoms of premenstrual syndrome include:

- Irritability or hostile behaviour
- Feeling tired
- Sleep problems (sleeping too much or too little)
- Appetite changes or food cravings
- Trouble with concentration or memory
- Tension or anxiety
- Depression, feelings of sadness, or crying spells
- Mood swings
- Less interest in sex

### **Home remedies to relieve premenstrual syndrome**

- Regular physical activity.
- Eat healthy food like whole grain, fruits and vegetable
- Get enough sleep.
- Find healthy ways to cope with stress.
- Do not smoke.
- Reduce stress.

### **When to see a nurse or doctor:**

- If you experience severe abdominal pain that affects your daily life
- If you experience mood swings
- If you experience severe vomiting, chronic fatigue syndrome

### **Premenstrual syndrome treatment**

- Nonsteroidal anti-inflammatory drugs (NSAIDs) such as Nurofen and Ibuprofen.
- Hormonal oral contraceptive

**PMS self-test**

<b>QUESTIONS</b>	<b>YES</b>	<b>NO</b>
1. I feel much more depressed, down, tearful, sad or hopeless before the start of the period.		
2. I feel anxious, tense, nervous, on edge before the start of my period		
3. I feel hypersensitive to rejection or my emotions feel very unstable and unpredictable before the start of my period.		
4. I feel much more irritable or I get angry easily before the start of my period.		
5. I have thoughts about suicide or hurting myself before the start of my period.		
6. I experience feelings of hopelessness before the start of my period		
7. I am much less interested than usual in my hobbies and daily activities before the start of my period		
8. I find much harder to concentrate before the start of my period		
9. I am bothered by breast tenderness		
10. These symptoms interfere or cause problems in my day-to-day activities.		