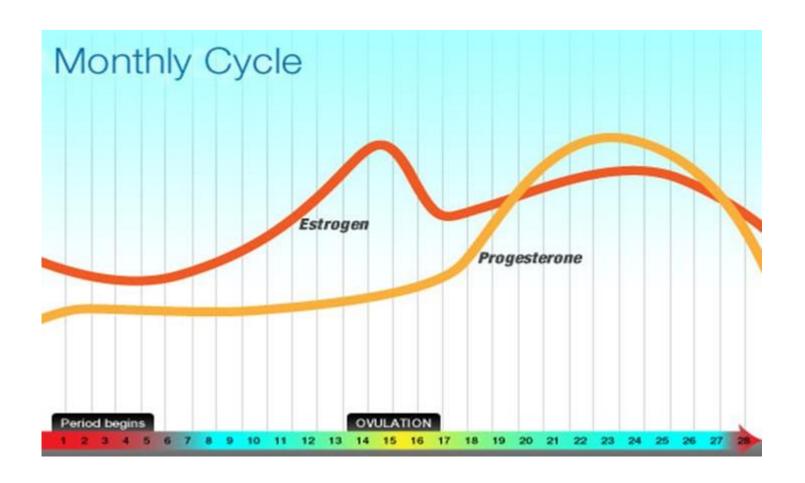


# **1** Premenstrual syndrome (PMS)

 2 Premenstrual syndrome (PMS) refers to a wide range of symptoms that: -Start during the second half of the menstrual cycle (14 days or more after the first day of your last menstrual period) the time after ovulation and before menstruation. -Go away days after the menstrual period starts -Symptoms vary between women and even from cycle to cycl



#### Causes

- Causes The causes of PMS are still not known with certainty, but it is probably due to a range of metabolic factors influenced by hormones.
- Up to 3 out of every 4 women experience PMS .symptoms during their childbearing years

## :Symptoms

- Symptoms are For some women, the physical pain and emotional stress are severe enough to affect their daily routines and activities.
   Regardless of their severity, though, the signs and symptoms disappear, for most women, as the menstrual period begins -Body -Mind -Spirit
- Body: fluid retention and oedema Fatigue, Joint or muscle pain, Headache, Weight Gain, Bloating, Acne, Breast tenderness, Constipation or diarrhea, Changes in appetite

#### Mind

- Mind: Poor concentration, Insomnia,
   Depression
- Spirit: Anxiety, Crying spells, Mood swings and irritability or anger, Social withdrawal Feelings of sadness or hopelessness

cach evening note the degree to which you experienced each of the problems listed below. Put an "x" in the box which corresponds to I were review; I - not of tall, 2-mining, 3-mild, 4-moderate, 5-severe, 6-extreme.  Enter day (Mondoy-"M", Thursday-"R", etc.)  Note probling by entering "x" - Note meases by entering "x" - Note of the hopeless; or felt worthless or guilty or felt hopeless; or felt worthless or guilty  2 Felt anxious, tense, "keyed up" or "on edge" - Note of the problems into the problems of th	cach evening note the degree to which you experienced each of the problems listed below. Put an "x" in the box which corresponds to I experienced each of the problems listed below. Put an "x" in the box which corresponds to I experienced each of the problems listed below. Put an "x" in the box which corresponds to I experienced each of the problems listed below. Put an "x" in the box which corresponds to I experienced each of the problems in	Please print and use as ma least two FULL months of ro	ny	sheet	s a	s yo	ou ne	eed f	or a		Vame							
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10. Felt overwhelmed or unable to cope; or felt out of control	6
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At least one of the problems noted above caused avoidance of or less participation in hobbies or social activities	6
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At least one of the problems noted above interfered with relationships with others	6
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# Keep a daily diary or log for at least 3 months

Keep a daily diary or log for at least 3 months.
Record the type of symptoms you have, how
severe they are, and how long they last. This
symptom diary will help you and your health
care provider find the best treatment.



#### كادر ٢-٣٠ معيارهاي تشخيصي براي اختلال خلقي قبل قاعدكي

- ۸ در اکثر سیکلهای قاعدگی، حداقل ۵ علامت در هفته اخر قبل از قاعدگی وجود داشته باشد که در روزهای اولیه پس از شروع قاعدگی پیشرفت کند و در هفته بعد از قاعدگی بسیار کم شده یا قطع شود.
  - B یک یا بیش از یک علامت از موارد زیر باید وجود داشته باشد.
  - ۱. تغییرات عاطفی واضح (برای مثال نوسانات خلق، احساس ناکهانی غم یاکریان شدن، یا افزایش حساسیت به طردشدن)
    - ۳. تحریک پذیری، خشم، افزایش ناسازگاری شدید بین فردی
    - ٣. خلق افسرده، احساس نااميدي و افكار نااميد كننده قابل ملاحظه
    - ٣. اضطراب، تحت فشار بودن، احساس عصباني بودن يا تحت فشار بودن
    - C. یک یا بیشتر از یک علامت از موارد زیر نیز باید حضور داشته باشد تا در کل همراه با علائم معیارهای B د ۵ علامت شود.
      - ۱. کاهش علاقه به فعالیتهای روزانه (برای مثال کار، مدرسه، دوستان، سرگرمیها)
        - ۲. احساس درونی اختلال در تمرکز
        - ٣. احساس كسل بودن، خستكي زودرس و كاهش أشكار انرژي
        - ۴. تغییرات واضح در اشتها، خوردن بیش از حد و اشتیاق به غذای خاص
          - ۵ خواب الودكي مفرط يا بي خوابي
          - ع احساس دستهاچه شدن یا خارج از کنترل بودن
      - ٧. علائم باليني مانند تندرنس يا ورم يستانها، سردرد، درد عضله يا مفاصل، احساس نفخ يا افزايش وزن
        - یادداشت: معیارهای A تا C باید در اکثر سیکلهای قاعدگی در طی سال قبل باید رخ داده باشد.
- D. این علایم با اختلال جدی یا آشفتگی سر کار، مدرسه، کارهای معمول روزانه و روابط دیگر ارتباط داشته باشد برای مثال (امتناع از فعالیتهای اجتماعی، کاهش جذابیت و سودمندی سر کار، مدرسه یا خانه)
- E این اختلال نباید تشدید شدهٔ اختلال دیگری باشد مانند اختلال افسردگی ماژور (MDD) بیماری پانیک، بیماری افسردگی پیشرونده (dysthymia) اختلالات شخصیتی (اگرچه ممکن است به صورت همیزمان با سایر موارد دیده شود).
- F. معیارهای A باید به وسیله امتیاز دهی روزانه آیندهنگر در حداقل دو سیکل علامتدار متوالی تأیید شود (ممکن است تشخیص موقتاً قبل از این تأیید گذاشته شود)
- G. علاتم نباید به اثرات فیزیولوژیک مادهای (برای مثال مواد مخدر، دارو، سایر درمانها) یا سایر بیماریهای طبی (برای مثال هیپرتبروییدیسم) نسبت داده شود.

PM اگر بیمار یکی از علائم سوماتیک و اثر گذارنده در طی ۵ روز قبل از
ناعدگی در سه سیکل قاعدگی داشته باشد PMS می تواند تشخیصی
اشد.
علائم عاطفى
e افسردگی
• طغیان خشم
• تحریکپذیری
• اضطراب
• پریشانی
• ترک فعالیتهای اجتماعی
علائم سوماتیک
• تندرنس پستانها
• نفخ شکم
• wردرد
• ادم انتهاها
بن علائم تا ۴ روز پس از قاعدگی بهبود می یابد. حداقل تا روز ۱۳ سیکل
عود نمی کند. این علائم با فقدان هرگونه درمان فارماکولوژیک مصرف
مورمون، استفاده از الكل يا مواد مخدر تظاهر مى يابد. علائم بايد در طى
۲ سیکل آینده در ثبت علائم سیکل قاعدگی اتفاق بیافتد. بیماران ا
ختلال قابل توجهی در روابط اجتماعی یا اقتصادی رنج میبرند.

## Treating premenstrual syndrome

• :(PMS) There is no cure for premenstrual syndrome (PMS) but there are treatments that can help you manage your symptoms so they do not interfere with your daily life. However, if your PMS is mild or moderate, you may want to make changes to your diet and lifestyl

## PMS management

- Lifestyle changes Dietary changes
- -Complementary medicine
- -Supplements for PMS
- -Medication and hormone treatments

#### How to decrease the symptoms of PMS??

 Modify your diet- limit salt, eat smaller meals, choose foods high in complex carbohydrates, such as fruits, vegetables and whole grains, and rich in calcium. Avoid caffeine and alcohol

#### How to decrease the symptoms of PMS??

- some research has shown that increasing complex carbohydrates before menestruation helps increase the levels of the neurotransmitter serotonin, a deficiency of which has been linked to PMS-related depression
- Incorporate exercise into your regular routineat least 30 minutes of aerobic activity most days of the week.

#### Therapies for the premenstrual syndrome

Treatments with demonstrated efficacy	
Selective serotonin reuptake inhibitors	
Agents that suppress ovulation	
Combined estrogen-progestin oral contraceptives (COCs)	
COC containing 20 mcg EE/3 mg drospirenone	
Continuous administration COC containing 20 mcg EE/90 mcg levonorgestrel	
Gonadotropin-releasing hormone (GnRH) agonists	
Alprazolam (but not recommended)	
Treatments with possible efficacy	
Cyclic oral contraceptives (not containing drospirenone)	
Exercise	
Vitex agnus castus	
Ineffective treatments	
Progesterone	
Vitamin supplements	
Other herbal supplements	
Dietary restrictions	





# Reduce stress- acupuncture, yoga or massage to relax and relieve stress

- Evening primrose oil
- EPO is a rich source of gamma-linolenic acid (GLA), a precursor of prostaglandin
- E1, which is believed to be important in moderating responses to
- hormones associated with the menstrual cycle. One theory proposed to
- explain some of the symptoms of PMS is that sufferers have low levels of
- GLA. This deficiency is believed to be responsible for breast pain

### Ginger Raspberry Leaf Tea

- This herb may help lower your levels of pain and menstrual cramps. Although ginger tea is generally considered safe, it does have a few side effects. Do not drink ginger tea if you have peptic ulcers. Avoid ginger if you have a bleeding disorder or are taking blood-thinning drugs.
- Raspberry Leaf Tea
- This tea may help relieve
- menstrual cramps, possibly by relaxing the uterus.

### Agnus castus (chaste tree) fruit extract

The fruits of Vitex agnus castus (Verbenaceae) have traditionally been used to

relieve the symptoms of PMS and other menstrual problems

### -Supplements for PMS

- Calcium. Consuming 1,200 (mg) of dietary and supplemental calcium daily may reduce the physical and psychological symptoms of PMS.
- Magnesium. Taking 400 mg of supplemental magnesium daily may help to reduce fluid retention, breast tenderness and bloating
- Vitamin B-6. A daily dose of 50 to 100 mg of vitamin B-6. Pyridoxine is a co-enzyme in the final step of the biosynthesis of serotonin, aneurotransmitter known to have potent effects on mood
- Folic acid (400 micrograms) in fatigue, irritability, headaches, and depression are signs of folic acid deficiency.
- Vitamin E., taken in 400 international units daily, may ease PMS symptoms by reducing the production of prostaglandins, hormonelike substances that cause cramps and breast tenderness

#### Medication and hormone treatments

- Non-steroidal anti-inflammatory drugs (NSAIDs)
- You can take NSAIDs, such as ibuprofen and aspirin, and naproxen to ease stomach cramps and sore breasts. They may also relieve headaches, muscle pain and joint pain, but they can make fluid retention worse.
- Children under the age of 16 shouldn't take aspirin. If you have asthma, do not take ibuprofen

# If your PMS is severe or you have premenstrual dysphoric disorder **PMDD**

- Your doctor may prescribe one or more medications for premenstrual syndrome. The success of medications in relieving symptoms varies from woman to woman.
- Commonly prescribed medications for premenstrual syndrome include:
- Antidepressants. Selective serotonin reuptake inhibitors (SSRIs), which include fluoxetine (Prozac), paroxetine (Seroxat).
- first-line agents for treatment of severe PMS or PMDD.

- Diuretics.eg, Spironolactone, When exercise and limiting salt intake aren't enough to reduce the weight gain, swelling and bloating of PMS
- Oral contraceptives. These prescription medications stop ovulation and stabilize hormonal swings, which may bring relief from PMS symptoms.

#### Premenstrual dysphoric disorder (PMDD): Suggested daily dosing for continuous and intermittent regimens

SSRI	Starting dose (half suggested effective dose)	Usual effective doses	Maximum after several cycles if further titration is needed for symptom control
Citalopram	10 mg	20 to 30 mg	Continuous: 40 mg Intermittent: 30 mg
Escitalopram	5 to 10 mg	10 to 20 mg	Continuous: 20 mg Intermittent: 20 mg
Fluoxetine	10 mg	20 mg	Continuous: 30 mg Luteal phase: 30 mg Symptom onset: 20 mg
Paroxetine (IR)	10 mg	20 to 30 mg	Continuous: 40 mg Intermittent: 30 mg
Sertraline	25 mg	50 to 150 mg	Continuous: 200 mg Intermittent: 150 mg