

PREMENSTRUAL SYNDROME (PMS)



WHAT IS PMS?

Premenstrual syndrome (PMS) refers to the monthly symptoms women may experience before the start of a menstrual period. The hormone changes associated with menstruation produce a variety of emotional, behavioural and physical effects. These vary in duration and intensity from a few hours to 14 days and from mild to severe. Most women experience fairly mild symptoms but for moderate to severe sufferers PMS can have a significantly negative impact on their quality of life.

SIGNS AND SYMPTOMS

Once a month, typically for a period of 7-10 days, you may experience a combination of emotional, behavioural and physical symptoms. These symptoms are often followed by a painful period, common especially in teenagers. Signs of PMS tend to recur in a predictable pattern and may include all or some of the following:

Emotional	Behavioural	Physical
Mood swings	Appetite changes	Breast fullness
Irritability or anger	Food cravings	Headache
Depression	Poor concentration	Abdominal bloating
Tension or anxiety	Insomnia	Weight gain from fluid retention
	Social withdrawal	Acne flare-ups
		Fatigue
		Constipation or diarrhoea
		Cramping in lower abdomen and /or back

When PMS symptoms occur, other comorbid conditions (additional diseases or disorders) may worsen. For example, if you have rheumatoid arthritis, your arthritic pain may increase during your menstrual period.

CAUSES AND RISK FACTORS

While the cause of PMS is not clearly understood, it may be described as the result of multiple factors such as:

HORMONES

During your menstrual cycle hormones thought to be the biggest factor contributing to many of the PMS symptoms fluctuate.

CHEMICALS IN THE BRAIN

Hormone fluctuations may affect certain chemicals in your brain. One such chemical is serotonin, which helps to regulate moods.

LIFESTYLE

Lifestyle choices such as diet, stress, lack of exercise and weight gain may increase your risk of PMS.

PSYCHOSOCIAL

Environment, relationships, self-esteem, stress and depression may also increase your risk. In fact, if you are already a PMS sufferer, increased age and stress may worsen your condition.

Mild physical symptoms may occur in as many as of women of reproductive age.

95%

Approximately 5% of symptomatic women complain of severe symptoms.

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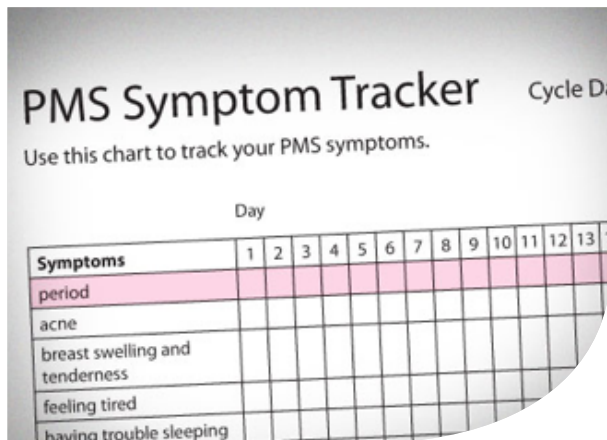
PMS PREVENTION

You cannot prevent PMS but you can reduce the severity of your symptoms by introducing healthy lifestyle habits:

- Eat healthy foods
- Exercise regularly
- Stop smoking
- Drink plenty of water
- Get 6 – 8 hours of sleep per night
- Reduce / manage stress levels

HOW PMS IS DIAGNOSED

There is no definitive laboratory test or procedure to diagnose PMS. Diagnosis is usually based on medical history. Research shows that self-tracking or diarising your symptoms for a minimum of two months can help your healthcare practitioner to identify characteristic patterns of symptom appearance. Periodicity (when and how often) and severity of symptoms are important. When tracking your PMS symptoms you should include emotional, behavioural and physical symptoms.



Menstrual periods are a natural part of life. As such, there is no cure for associated PMS. However, symptomatic relief is possible and there are multiple pharmacological and non-pharmacological options available. That said, symptomatic treatment is not absolute and there is no single treatment that works for everyone. PMS manifests as a combination of symptoms and treatment should therefore be personalised to best suit your individual needs.

TYPES OF PMS

Mild: Does not interfere with personal/ social and professional life.

Moderate: Interferes with personal/social and professional life but still able to function and interact.

Severe: Unable to interact personally/ socially or professionally - withdraws from social and professional activities.

PMDD (Premenstrual Dysphoric Disorder):

Severe PMS (USA Institutes)

Mild PMS is self-treatable but more severe PMS symptoms may require medications that block the secretion of certain hormones. In extreme cases of PMDD (premenstrual dysphoric disorder) justified medical or surgical elimination of the menstrual cycle (removal of the ovaries) may be required.

In the case of emotional symptoms, such as anxiety and depression, you may require counselling. A qualified practitioner can help you to find ways to manage some of your symptoms.

USEFUL TIPS FOR COPING WITH PMS

- Self-track symptoms / keep a diary
- Introduce healthy lifestyle habits
- Consult a healthcare practitioner

Premular® (Ze 440) is an evidence-based natural, orally ingested medicine. It is clinically proven to relieve a range of mild to moderate physical and emotional PMS symptoms ranging from bloating, breast fullness and headaches to irritability, anger and mood swings.

Three published clinical trials suggest significant relief for women taking Premular® (Ze 440) over a 3-month period. In other words, it can provide increasing and sustained relief over time. If after two to three months you are still experiencing moderate to severe symptoms consult your healthcare professional.



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