

PATIENT EDUCATION HANDOUT

PMDD

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Premenstrual Dysphoric Disorder (PMDD) is the severe form of Premenstrual Syndrome (PMS). Symptoms of PMDD are both physical and emotional caused by normal hormonal changes that begin typically seven to ten days before the start of your period.

SYMPTOMS

Common emotional symptoms of PMDD include irritability or anger that lasts for a long time, sadness or hopelessness that can turn into depression, anxiety, and extreme moodiness. Physical symptoms of PMDD include cramps, bloating, joint and/or muscle pains, breast tenderness and/or enlargement, and headaches. Behavioral changes include tiredness, low energy, difficulty sleeping, food cravings and/or binge eating, crying spells, and panic attacks.

TREATMENT OPTIONS

Treatment for PMDD includes the use of antidepressants, birth control pills, over-the-counter pain relievers, and lifestyle management. Antidepressants are used to treat some of the emotional symptoms associated with PMDD. Many patients with PMDD experience depression or thoughts of suicide if not treated. Birth control pills are used to manage normal hormonal changes that lead to abnormal emotional and physical reactions in patients with PMDD. Other treatments such as pain relievers may be used to alleviate muscle and joint pain, or even abdominal cramping. Lifestyle management includes the reduction of stress, as stress can cause the worsening of these symptoms.

WHEN TO CONTACT YOUR OSTEOPATHIC FAMILY PHYSICIAN?

Please see your Osteopathic Family Physician if any of the symptoms of your menstrual cycle interfere with your daily life activities as this may be a sign of PMDD.