

PREMENSTRUAL SYNDROME



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INTRODUCTION:

Premenstrual Syndrome (PMS) refers to a group of physical and emotional symptoms that many women experience in the days leading up to their menstrual period. PMS is quite common and can affect women of any age who menstruate.

CAUSES/ETIOLOGY:

Hormonal changes: Fluctuations in the levels of hormones, specifically estrogen and progesterone, during the menstrual cycle are thought to be one of the primary causes of PMS.

Serotonin levels: Serotonin is a neurotransmitter that affects mood and behavior. Low levels of serotonin have been associated with the development of PMS symptoms, particularly depression and anxiety.

Genetic factors: There may be a genetic component to PMS, as it tends to run in families.

Nutritional deficiencies: Deficiencies in certain nutrients, such as magnesium and vitamin B6, have been linked to PMS symptoms.

Lifestyle factors: Poor diet, lack of exercise, stress, and inadequate sleep have all been implicated in the development of PMS symptoms.

Other medical conditions: Certain medical conditions, such as thyroid disorders and depression, can exacerbate PMS symptoms.

PATHOPHYSIOLOGY:

- Premenstrual syndrome (PMS) is a collection of physical and emotional symptoms that occur in the days or weeks before a woman's menstrual cycle.
- It occurs due to hormonal changes in the body during the menstrual cycle.

- During the menstrual cycle, levels of estrogen and progesterone hormones fluctuate, which can affect the brain chemicals that regulate mood and other bodily functions.
- These hormonal changes can cause a variety of physical and emotional symptoms, such as bloating, breast tenderness, mood swings, fatigue, and headaches.
- In addition to hormonal changes, other factors may contribute to the development of PMS, such as stress, poor diet, lack of exercise, and some medical conditions.

SIGN & SYMPTOMS/CLINICAL MANIFESTATION:

Physical Symptoms:

- Bloating
- Breast tenderness
- Fatigue
- Headaches
- Joint or muscle pain
- Changes in appetite or food cravings
- Weight gain
- Digestive problems
- Acne breakouts

Emotional Symptoms:

- Mood swings
- Irritability or anger
- Anxiety or depression
- Difficulty sleeping

- Poor concentration or memory
- Decreased interest in daily activities
- Tension or anxiety

DIAGNOSIS:

- **There is no specific test to diagnose Premenstrual Syndrome (PMS). The diagnosis is usually based on a woman's reported symptoms**

PHARMACOLOGICAL MANAGEMENT:

- **Nonsteroidal anti-inflammatory drugs (NSAIDs)** such as ibuprofen or naproxen can be used to relieve menstrual cramps, headaches, and muscle pain.
- **Hormonal birth control pills** can regulate hormone levels and reduce symptoms such as bloating, breast tenderness, and mood swings.
- **Antidepressants** such as selective serotonin reuptake inhibitors (SSRIs) can be used to treat emotional symptoms such as depression, anxiety, and irritability.
- **Diuretics** can be used to reduce fluid retention and bloating.
- **Vitamin supplements** such as vitamin B6 or calcium may help relieve some PMS symptoms.

NON PHARMACOLOGICAL MANAGEMENT/PREVENTION:

- Eating a healthy, balanced diet that is rich in fruits, vegetables, whole grains, and lean protein, while limiting caffeine, alcohol, and processed foods.
- Regular exercise can help improve mood, reduce stress, and alleviate physical symptoms such as bloating and cramping.
- Getting enough sleep, aiming for 7-8 hours of sleep per night can help reduce fatigue, irritability, and other mood symptoms.
- Stress management techniques such as deep breathing, meditation, or yoga can help reduce stress and anxiety, which can worsen PMS symptoms.

- Supplementing with calcium, magnesium, or vitamin B6 may also help reduce certain PMS symptoms.