

The **ACRONYMS**

— OF YOUR REPRODUCTIVE HEALTH —

WE BREAK DOWN PMS, PMDD AND THE UNSUNG BENEFITS OF OCPs.

PMS: PREMENSTRUAL SYNDROME



PMS typically begins **1-2 weeks** before a woman's period.



Over 90% of women experience PMS symptoms.

PMS is most common in **women in their 30s.**



The cause of PMS is **unknown.**



Physical symptoms of PMS include:

- » Bloating
- » Cramping
- » Constipation or diarrhea
- » Headache or back pain



Mental symptoms include:

- » Appetite changes
- » Anxiety
- » Depression
- » Fatigue
- » Mood swings
- » Sleep problems
- » Trouble with memory or concentration

Calcium, vitamin B6, oral contraceptive pills (OCPs) and antidepressants can be used to treat symptoms of PMS.



PMDD: PREMENSTRUAL DYSPHORIC DISORDER



PMDD is **similar** to PMS, but the symptoms are more severe and can **interfere with daily life.**

5

symptoms are required for a positive PMDD diagnosis.



PMDD typically begins **1-2 weeks** before a woman's period.

Up to **5%**

of women of childbearing age experience PMDD.



Physical symptoms of PMDD include:

- » Bloating
- » Cramps
- » Headaches
- » Joint and muscle pain



Mental symptoms are severe and can include:

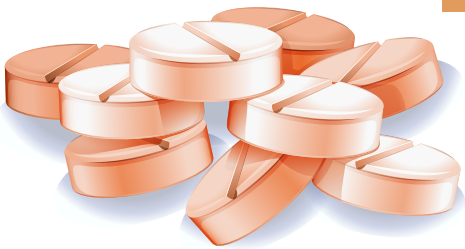
- » Anger
- » Anxiety
- » Binge eating
- » Depression
- » Lack of self-control
- » Low energy
- » Mood swings
- » Panic attacks
- » Sleep problems
- » Suicidal thoughts
- » Trouble thinking and focusing

Treatments for PMDD include:

- » Anti-anxiety medications
- » Antidepressants
- » OCPs
- » Diuretics



OCPs: MORE THAN BIRTH CONTROL



18%

of American women use (OCPs).

58%

of women use OCPs partially due to their **noncontraceptive effects.**

31%

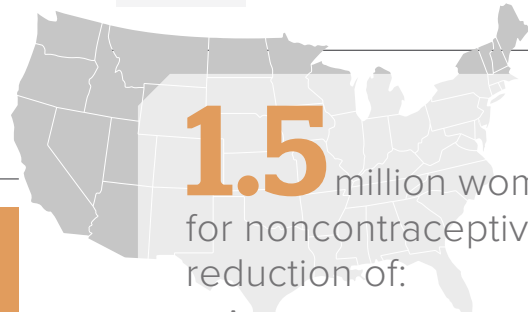
of these women use OCPs for **cramps or menstrual pain.**

28%

use them for **menstrual regulation.**

14%

use them for **acne.**



1.5

million women in the U.S. use OCPs exclusively for noncontraceptive reasons, including the prevention or reduction of:

- » Acne
- » Anemia
- » Bone thinning
- » Breast and ovarian cysts
- » Endometrial and ovarian cancers
- » Infections in the ovaries, fallopian tubes and uterus
- » PMS

Less than 1/2 of these women use OCPs exclusively for birth control.



Side effects from OCPs may include:

- » Changes in menstrual cycles
- » Changes in mood
- » Nausea
- » Weight gain



Serious side effects include:

- » Blood clots
- » Heart attack
- » Hypertension
- » Stroke

If you have questions about these conditions or anything else regarding your reproductive health, contact your primary care provider or OB-GYN. Don't have one? Find a good fit at altruandyou.com.

Sources: gutmacher.org, medlineplus.gov, plannedparenthood.org, womenshealth.gov

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