Treatments for PMDD include:
- Anti-anxiety medications
- Antidepressants
- OCPs
- Diuretics

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

This publication in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care.

Altru.org

OF YOUR REPRODUCTIVE HEALTH

ACRONYMS
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
- 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.

PMDD typically begins 1–2 weeks before a woman’s period.

Up to 5% of women of childbearing age experience PMDD.

Like PMS, the cause of PMDD is unknown.

Physical symptoms of PMDD include:
- Bloating
- Cramps

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

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.

18% of American women (OCPs).

Less than 1/3 of these women use OCPs exclusively for birth control.

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

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.