

GENESIS OB/GYN, INC.

PMS: DO YOU HAVE IT?

WHAT IS PMS?

PMS is a collection of symptoms that include anything from pre-menstrual anxiety to eating disorders. The basis of this dysfunction is a hormonal imbalance caused by stress, diet and lack of exercise. It primarily affects people in their 30's and 40's, but can actually occur at any age. To be PMS the symptoms must regularly occur the 2 weeks prior to a period, not just anytime!

The symptoms include: **ANXIETY, DEPRESSION, SLEEP DISTURBANCE, IRREGULAR BLEEDING, FOOD CRAVINGS, PANIC ATTACKS, FATIGUE, BREAST TENDERNESS, HEADACHES, AND SWELLING.**

If these symptoms occur any other time than the 2 weeks before the period and just get worse prior to the period they may be secondary to an underlying depression or anxiety disorder, and not simply PMS. For these disorders a referral to your primary care physician or psychiatrist is in order.

WHAT CAUSES PMS? Experts in the field feel that too little progesterone in comparison to the level of estrogen is the cause of PMS. This imbalance is from poor ovulation, anovulation (no ovulation) or stress causing the first two conditions. Our goal in treatment is to supplement the progesterone level, relieve stress, develop a healthier life style and eating pattern and sometimes stop hormonal flux all together with Birth Control Pills.

DIAGNOSIS: To diagnose the condition you must chart 3 months of symptoms along with your periods and bring them in to the Nurse Practitioner or Physician to see if this really fits the PMS pattern.

TREATMENT:

- 1) Eat small, frequent, healthy meals 6 times a day to avoid low blood sugar which can aggravate the condition.
- 2) Increase your intake of fresh fruit and vegetables.
- 3) Decrease your intake of fat, sugar, salt, caffeine and red meat
- 4) Exercise at least 20 minutes three times a week.
- 5) Take PMS vitamins every day, not just when you have the symptoms.
- 6) Try to relieve the stress in your life!
- 7) Stop Smoking!!!

MEDICAL TREATMENT:

- 1) Birth Control Pills may help to stop the hormone imbalance
- 2) Selective Serotonin Reuptake inhibitors, such as Prozac, Zoloft, or Paxil have been found to be effective.

COUNSELING: Counseling may be necessary if these treatments are not effective.

SUGGESTIONS: Bajamar Women's Pharmacy is where you can obtain sub-lingual progesterone and Vita-PMS. You can take your prescription there yourself or send it to them and they will mail your prescription to you each month. The phone number is 997-3414 or 1-800-255-8025. Prucare/Custom Care will not pay for this drug.

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