



Complete Women Care, Inc.

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June 2011

COMPLETE WOMEN CARE NEWSLETTER

Volume 25

At Complete Women Care
Our mission is simple. We want to be the best OB-GYN practice in our community.

Our goal is to provide professional care with a warm, personal touch. We are here to help you, make you healthier and to bring a smile to your face. You are our best friend and dear family member.

Welcome to Complete Women Care!

Complete Women Care

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Understanding PMS & PMDD

Our Dearest Patient,

Let's talk about Premenstrual Syndrome (PMS) and Premenstrual Dysphonic Disorder (PMDD).

Many women feel physical or mood changes during the days before menstruation. When these changes affect a woman's normal life, they are known as Premenstrual Syndrome (PMS). In severe cases where symptoms are causing problems with work or personal relationships, it is considered Premenstrual Dysphoric Disorder (PMDD). PMS and PMDD can affect menstruating women of all ages and backgrounds. The cause of PMS and PMDD are unclear, however, the symptoms can be managed in many women.

How PMS Can Affect You

Premenstrual symptoms are a common part of the menstrual cycle. In fact, at least 85% of women who menstruate have at least one premenstrual symptom. Women with PMS experience a pattern of symptoms month after month. To diagnose PMS, your doctor must confirm a pattern of symptoms. A woman's symptoms must:

- be present in the 5 days before her period for at least three menstrual cycles in a row
- end within 4 days after her period starts
- interfere with some of her normal activities

Some common symptoms of PMS are emotional and some are physical. Keeping a record of your symptoms can help your doctor decide if you have PMS. Each day for at least 2-3 months, write down and rate any symptoms you feel. Record the dates of your periods as well. This simple record can help your doctor learn if you have a pattern of symptoms and can help your doctor diagnose PMS or perhaps some other condition. Below are some common symptoms of PMS:

Emotional symptoms

Depression
 Angry outbursts
 Irritability
 Crying spells
 Anxiety
 Confusion
 Social withdrawal
 Poor concentration
 Insomnia
 Increased nap taking
 Changes in sexual desire

Physical symptoms

Thirst and appetite changes (food cravings)
 Breast tenderness
 Bloating and weight gain
 Headache
 Swelling of the hands or feet
 Aches and pains
 Fatigue
 Skin problems
 Gastrointestinal symptoms
 Abdominal pain

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A woman has PMDD when she has 5 or more of the following symptoms:

- Feeling depressed
- Feeling tense, anxious, or "on edge"
- Moodiness or frequent crying
- Constant irritability and anger that cause conflict with other people
- Lack of interest in things you used to enjoy
- Having problems concentrating
- Lack of energy
- Appetite changes, overeating, or cravings
- Having trouble sleeping or sleeping too much
- Feeling overwhelmed
- Physical symptoms such as tender or swollen breasts, headaches, joint or muscle pain, bloating, and weight gain

Treatment

If your symptoms are mild to moderate, they often can be relieved by changes in lifestyle or diet. If your PMS symptoms begin to interfere with your life, you may decide to seek medical treatment. Treatment will depend on how severe your symptoms are. In more severe cases, your doctor may recommend medication.

Lifestyle Changes

These are steps you can take on your own to relieve PMS/PMDD symptoms. These changes in lifestyle also can help women with more severe PMS.

Aerobic Exercise

Aerobic exercise, which includes brisk walking, running, cycling, and swimming, increases your heart rate and lung function. Exercise regularly, not just during the days that you have symptoms. A good goal is at least 30 minutes of exercise most days of the week.

Relaxation

Relaxation therapy may include breathing exercises, meditation, and yoga. Massage therapy is another form of relaxation therapy that you may want to try. Getting enough sleep is important. Regular sleeping habits - in which you wake up and go to sleep at the same times every day, including weekends - may help lessen moodiness and fatigue.

Dietary Changes

A diet rich in complex carbohydrates may reduce mood symptoms and food cravings. Complex carbohydrates are found in foods made with whole grains, like whole wheat bread, pasta, and cereals. Other examples are barley, brown rice, beans, and lentils. Add calcium-rich foods, like yogurt and leafy green vegetables, to your diet. Reduce your intake of fat, salt, and sugar. Avoid caffeine and alcohol. Eat slightly less at your three meals of the day and add three light snacks. Keeping your blood sugar level stable will help with symptoms. When adding foods to your diet to treat symptoms, though, be sure to reduce calories in other areas to avoid weight gain.

Support

Simply having information about PMS and its symptoms can help you understand what is happening and reduce your anxiety about how you are feeling. Being aware of your symptoms may help prevent conflicts with others. Even talking with others about what you are going through can help. Sharing your feelings may help your family to support you more.

Dietary Supplements

Studies have shown that taking 1,200 mg of calcium a day can help reduce the physical and mood symptoms that are part of PMS.

Medications

Women with severe PMS or PMDD may not feel relief with lifestyle or dietary changes

alone. If these changes do not reduce symptoms, your doctor may suggest medications. Drugs that prevent ovulation, such as hormonal contraceptives, may lessen physical symptoms. However, not all may relieve the mood symptoms of PMS. It may be necessary to try more than one of these medications before finding one that works.

If you or someone you know suffers from PMS or PMDD, please call our office to set up a consultation with one of our friendly physicians!

CWC on the Web!

Official Website: <http://www.completewomencare.com/>

Patient Portal: <https://953.portal.athenahealth.com/>

Facebook: <http://www.facebook.com/pages/Complete-Women-Care/77959319108>

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