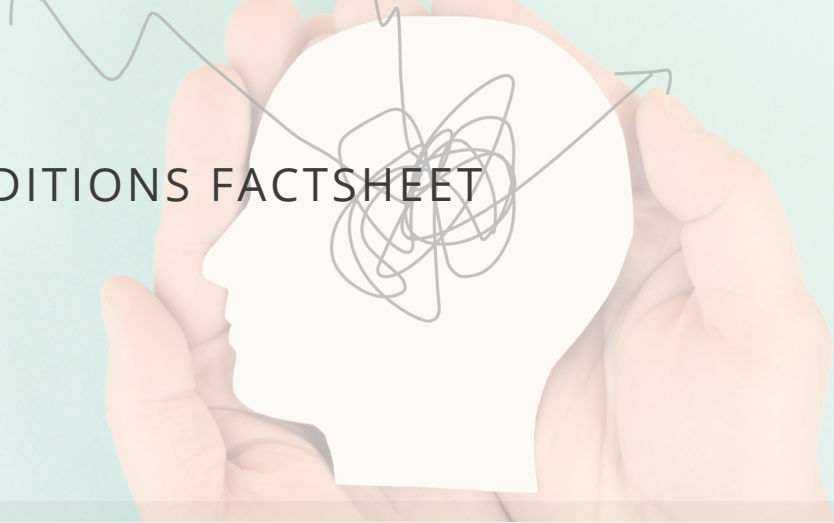


# MENSTRUAL HEALTH CONDITIONS FACTSHEET

# PMDD



## PREMENSTRUAL DYSPHORIC DISORDER - PMDD

### What is PMDD?

Premenstrual dysphoric disorder (PMDD) is a very severe form of premenstrual syndrome (PMS), which can cause many emotional and physical symptoms every month during the week or two before you start your period. It is sometimes referred to as 'severe PMS'.

PMDD occurs during the luteal phase of your menstrual cycle. This is the time between when you ovulate and when your period starts. The luteal phase lasts approximately two weeks for most people but can be longer or shorter. It is important to note that PMDD is experienced by a low percentage of people, around 3–8% according to Harvard Health.

3-8%

women are affected by PMDD

### What are the symptoms?

#### Emotional experiences

- mood swings
- feeling upset or tearful
- lack of energy
- less interest in activities you normally enjoy
- feeling hopeless
- suicidal feelings
- feeling angry or irritable
- feeling anxious
- feeling tense or on edge
- feeling overwhelmed or out of control
- difficulty concentrating.

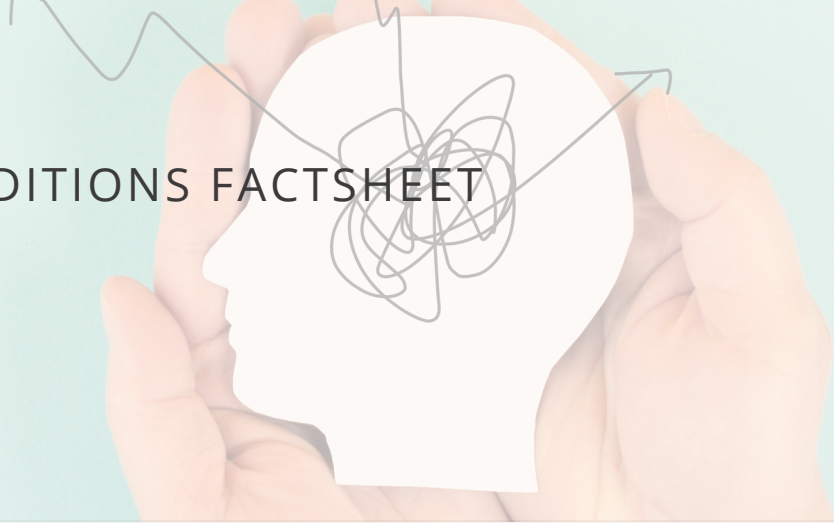
#### Physical and behavioural experiences

- breast tenderness or swelling
- pain in your muscles and joints
- headaches
- feeling bloated
- changes in your appetite, such as overeating or having specific food cravings
- sleep problems
- increased anger or conflict with people around you
- becoming very upset if you feel that others are rejecting you.



# MENSTRUAL HEALTH CONDITIONS FACTSHEET

# PMDD



## PREMENSTRUAL DYSPHORIC DISORDER - PMDD

### Diagnosis

To get a diagnosis of PMDD the best place to start is visiting your doctor. To help them understand your symptoms your doctor may:

- Ask you to keep a detailed record of your symptoms for at least two months, to see if your symptoms have a pattern over time. This may be in your diary or they may give you some daily questionnaires to fill out.
- Ask you about your medical history, such as any history of mental health problems.
- Ask about your lifestyle, such as if you smoke, drink alcohol or are overweight.
- Give you a physical examination along with some blood tests, so that they can rule out other medical problems.

When you're asked to keep a record of your symptoms over several months, getting a diagnosis can feel like a very slow process. This can be frustrating if you're having to wait a long time to get treatment. [Mind have a great factsheet](#) with some ideas on self-care you can try in the meantime.

### Treatment

Treatment options could include things like – SSRIs, (selective serotonin reuptake inhibitors, oral contraceptives, talking therapies, painkillers and anti inflammatory drugs, gonadotropin releasing hormone (GnRH) analogue.

In VERY severe cases your doctor may talk to you about possible surgical routes such as a hysterectomy or oophorectomy. There is a lot to consider, but the aim of the surgery is to get rid of your PMDD symptoms by stopping your cycle. For further support - [Mind factsheet on PMDD](#).

