

Premenstrual Syndrome

Useful information on premenstrual syndrome has been provided by Mayo Clinic staff at <http://www.mayoclinic.com/health/premenstrual-syndrome/DS00134>.

The article includes the following comments:

“Premenstrual syndrome (PMS) is a tricky condition to identify, partly because it has such a wide variety of signs and symptoms. Mood swings, tender breasts, food cravings, fatigue, irritability and depression are among the most common symptoms of PMS. What ties these seemingly unrelated problems together is that they affect you only in the days before your monthly period. An estimated three of every four menstruating women experience some form of premenstrual syndrome. These problems are more likely to trouble women between their late 20s and early 40s, and they tend to recur in a predictable pattern. Yet the physical and emotional changes you experience with premenstrual syndrome may be particularly intense in some months and only slightly noticeable in others”.