

# PREMENSTRUAL DYSPHORIC DISORDERS (PMDD)

Premenstrual dysphoric disorder (PMDD) is a type of premenstrual disorder (PMD) where there is hormonal sensitivity in the brain. The exact cause of PMDD is unknown, but it is thought to cause a negative abnormal reaction from the normal hormonal fluctuations a woman experiences. PMDD is a serious, chronic condition that does need treatment that may include lifestyle changes and medications.

## Statistics

- Premenstrual disorders affect 1 out of 20 women.
- 30% of women affected by PMDD will attempt suicide.
- PMDD is a spectrum disorder, meaning there is a range of linked conditions, symptoms, traits, and treatments.

## Assessment and Diagnosis of PMDD

Each patient who experiences premenstrual symptoms is unique and is entitled to a health care provider that can treat their specific needs. It can be beneficial for women to track their symptoms. Tracking can give context for treatment and give individuals a better understanding of their own bodies and symptoms.

## Symptoms

PMDD symptoms only occur before each menstrual period. Symptoms can include: depression, anxiety, mood swings, irritability, difficulty concentrating, lethargy, increased appetite, hypersomnia or insomnia, increased sleep, breast tenderness, fluid retention, respiratory problems, eye complaints, gastrointestinal problems, skin problems, headache, muscle/joint pain, less efficiency in daily routine, avoidance in social activities or hobbies, interferences in relationships.

## Treatment

While PMDDs are a new area in medical research, many treatments have been found to be effective. Several treatments can help relieve the severity of PMDD symptoms. It is important to note that PMDD treatment is very unique to the individual and patients must work with their medical care provider to decide what works best for them. Treatments may include:

- Anti-inflammatory medicines
- Anti-depressants
- Selective serotonin reuptake inhibitors (SSRI)
- Birth control pills
- Stress management tools, such as breathing exercises and meditation
- Vitamin supplements (such as vitamin B6, calcium, and magnesium)
- Dietary changes (such as consuming less salty, fatty, or sugary foods and caffeine)
- Regular exercise



## ADDITIONAL RESOURCES

**International Association  
for Premenstrual  
Disorders**  
[iapmd.org](http://iapmd.org)

**Johns Hopkins Medicine**  
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/premenstrual-dysphoric-disorder-pmdd>

**Mayo Clinic**  
<https://www.mayoclinic.org/diseases-conditions/premenstrual-syndrome/expert-answers/pmdd/faq-20058315>

**Office on Women's Health**  
<https://www.womenshealth.gov/menstrual-cycle/premenstrual-syndrome/premenstrual-dysphoric-disorder-pmdd>

**National Suicide  
Prevention Lifeline**  
This is 24/7 support for those in crisis.  
1-800-273-8255