

Living With PMDD

Say No to Woe!



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World Health And Wellness

what is premenstrual dysphoric disorder (PMDD)?

- Premenstrual dysphoric disorder (PMDD) is a severe, sometimes disabling extension of premenstrual syndrome (PMS).
- PMDD affects up to 5% of women of childbearing age.



CAUSES

- ▶ Progesterone and estrogen fluctuations
- ▶ Increased sensitivity to change in hormonal levels
- ▶ Genetics
- ▶ Stress
- ▶ Smoking
- ▶ Increased inflammatory response during luteal phase
- ▶ History of mood disorders



symptoms

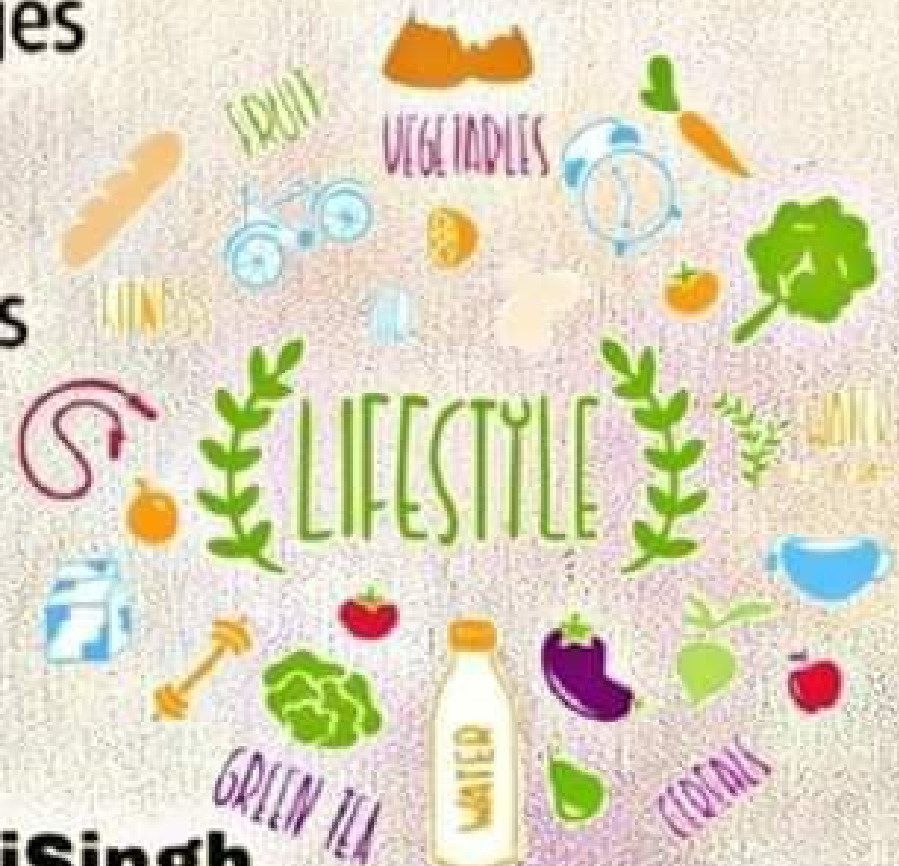
- ▶ Excruciating cramps, muscle pains
- ▶ Headaches
- ▶ Palpitations
- ▶ Extreme mood swings
- ▶ Extreme depression
- ▶ Hypersomnia/Insomnia
- ▶ Fatigue
- ▶ Anxiety

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how is PMDD treated?

- ▶ Diet and lifestyle changes
- ▶ Meditation and yoga
- ▶ Nutritional supplements
- ▶ Antidepressants



PMDD can be easily managed
with a healthy diet and
prescribed medications.

Talk to your doctor today!



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Thank You

