

Premenstrual Dysphoric Disorder (PMDD): Symptoms, Causes, Management

Emilia Clark*

Managing Editor, Gynecology and Obstetrics, Belgium

WHAT IS PMDD AND HOW DOES IT AFFECT YOU?

Premenstrual Dysphoric Disorder (PMDD) is a major health disease that is related to Premenstrual Syndrome (PMS).

Since the start of your period, chances are you've had some form of PMS. Doctors estimate that up to three-quarters of women who have periods suffer from PMS symptoms such as food cravings, cramps, sensitive breasts, moodiness, and fatigue.

PMDD, on the other hand, is a unique condition. It generates emotional and physical symptoms similar to PMS, but it drains women with PMDD. PMDD symptoms may interfere with your daily activities, such as job, school, social life, and relationships.

PMDD SYMPTOMS

PMDD symptoms normally appear a week before your period starts and linger for a few days after it starts. They're usually intense and taxing, and they can hinder you from doing your normal activities.

Symptoms of PMDD include:

- Swings in mood
- Feelings of hopelessness or depression
- Angry outbursts and interpersonal strife
- Tension, anxiety, and irritability are all symptoms of stress.
- You're uninterested in your normal pastimes.
- Concentration issues
- Fatigue
- Appetite shifts
- Feeling uncontrollable
- Problems with sleep
- bloating and cramps
- soreness in the breasts
- Headaches

- Muscle or joint pain
- Flashes of heat

CAUSES AND RISK FACTORS FOR PMDD

The specific cause of the premenstrual dysphoric disorder is unknown to researchers. The majority of experts believe it's an inappropriate reaction to hormone fluctuations associated with your menstrual cycle.

Up to 5% of women of childbearing age suffer from PMDD. Many women who suffer from PMDD also suffer from anxiety or sadness.

Low levels of serotonin, a substance in the brain that helps convey nerve messages, have been linked to PMDD in studies. Serotonin-producing brain cells also regulate mood, attention, sleep, and pain. Serotonin levels may drop as a result of hormonal changes, resulting in PMDD symptoms.

PMDD DIAGNOSIS

Consult your doctor if you are experiencing any of the classic PMDD symptoms. They'll go over your medical history and perform a comprehensive examination on you. The doctor will do several tests to see how you are emotionally and mentally.

Before diagnosing you with premenstrual dysphoric disorder, your doctor will check to see whether you have any mental issues, such as depression or panic disorder. Other medical or gynaecological issues, such as endometriosis, fibroids, menopause, and hormone abnormalities, will be ruled out.

PMDD TREATMENT

PMDD symptoms can be alleviated by doing many of the same things you do to treat PMS.

Treatments that are commonly used are mentioned below

Aspirin, ibuprofen, and nonsteroidal anti-inflammatory medicines (NSAIDs) are among over-the-counter pain relievers that may help with symptoms like headache, breast tenderness, backache, and cramping. Diuretics, sometimes known as "water pills," can aid with bloating and fluid retention.

Correspondence to: Emilia Clark, Managing Editor, Gynecology and Obstetrics, Belgium; E-mail: obsgyne@emedicinejournals.com

Received: February 19, 2022; **Accepted:** February 21, 2022; **Published:** February 25, 2022

Citation: Clark E (2022) Premenstrual Dysphoric Disorder (PMDD): Symptoms, Causes, Management. Gynecol Obstet (Sunnyvale) doi: 10.35248/2161-0932.22.12.584.

Copyright: ©2022 Clark E. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Dietary and supplementary calcium in the amount of 1,200 milligrammes per day may help some ladies with their symptoms. Vitamin B6, magnesium, and L-tryptophan may also help, but before taking any supplements, consult your doctor.

Some research suggests that chasteberry (*Vitex agnus-castus*) may

help with PMDD, but more research is needed. Herbal supplements are not regulated by the FDA, so consult your doctor before taking one.

Speaking with a therapist may also assist you in discovering new strategies to cope with PMDD. Relaxation therapy, meditation, reflexology, and yoga may help, although they haven't been thoroughly investigated.