

Pressure brings Menstruation-Related Disorders

Premenstrual syndrome (PMS) is a cyclical symptom complex which occurs 7 to 10 days before menstruation and subsides with the coming of menstrual flow. It includes physical, psychological, and behavioral symptoms. Common symptoms include bloating, breast tenderness, insomnia, fatigue, food craving, irritability, depression, anxiety and poor concentration. Both physiological and psychological factors are implicated in PMS. PMS causes impairment in affected females as their productivity and social relationship would be affected. To manage PMS, patients need dietary and lifestyle modification, psychotherapy, and pharmacological treatment.

While menopause on average occurs around the age of 51, its symptoms start to appear as much as a few years earlier and may span a decade of life. The whole period is called the climacteric. The most distinctive symptom is the irregularity of menses until menses finally cease. Other common symptoms include hot flash, night sweat, anxiety, depression, muscle aches, vaginal dryness and decrease in libido. Climacteric females may be vulnerable to mood problems because of other disturbances in this particular phase of life, such as marital problems, death of parents and declining physical health and appearance. Females with more negative attitudes towards menopause and aging also tend to have more psychological problems in adjusting themselves during the climacteric period. Climacteric females should learn more about menopause, face their problems and change their negative thoughts towards themselves. Medication and psychotherapy can also help to alleviate distressing menopausal symptoms.