



PMDD (Premenstrual Dysphoric Disorder)

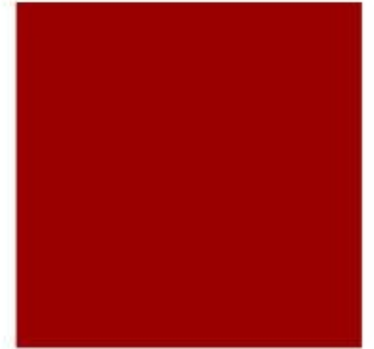
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Stress Management

What is PMDD?

PMDD (Premenstrual Dysphoric Disorder) is the most severe form of PMS (premenstrual syndrome).
(Cornforth, Tracee)

PMDD can be very debilitating, even interfering with a woman's daily life.

- occurs between ovulation and menstruation



Symptoms of PMDD

- Your symptoms are all emotional (mood swings)
- You experience debilitating depression- if your pre-period depression really interferes with your work and relationships
- You're extremely irritable, anxious, and cry easily (more weepier than usual)

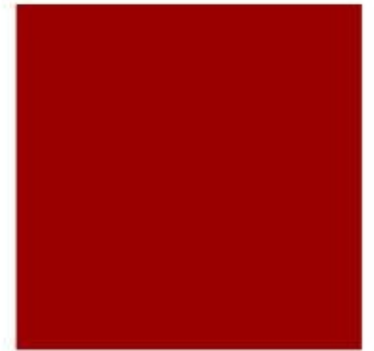
("6 Signs it may be more than PMS")



Symptoms of PMDD

- You feel easily overwhelmed and out of control
- You have problems concentrating (when issues start seriously interfering with your life, you should see your doctor)
- The duration of your symptoms (if symptoms last about a month long)

("6 Signs it may be more than PMS")



Cause of PMDD

Although the precise cause of PMDD is unknown, it is believed that these conditions result from the interaction of hormones produced by the ovaries at different stages in the menstrual cycle. It is likely that the brain's response to these hormone levels is abnormal.

Stress is not considered to be a cause of PMDD.
Stress is more likely to be a result of PMDD.

("PMDD Causes and Symptoms")



General statistics

PMS is much more common than PMDD. PMS may affect to 30% of women with regular menstrual cycles, while only 3% to 8% of these women have true PMDD ("PMDD Causes and Symptoms")

Studies have shown that identical twins are more likely to share the disorder (93%) than non-identical twins (44%), and daughters of mothers with PMDD are more likely to have it themselves. ("Premenstrual Dysphoric Disorder")



Stress & PMDD

PMDD can make it difficult to manage stress. These feelings result from a particularly toxic combination: out of control stress, out of balance hormones and mood chemistry, combined with the fluctuation of premenstrual hormones.

Tension, anxiety, irritability, depression, mood swings, and anger and also physical symptoms such as irritable bowel syndrome and cognitive symptoms like difficulty concentrating, can all be caused by the way your body and mind become overwhelmed by out of control premenstrual stress.

(Heller, Daniel J.)



Who gets PMDD?

- Only about 3 to 8 percent of women who report PMS-like symptoms have PMDD.
- Women with a history of depression or anxiety disorder
- Women with a close family member w/ a history of depression or anxiety disorder
- Women with a history of postnatal depression (depressive illness that occurs after having a baby)

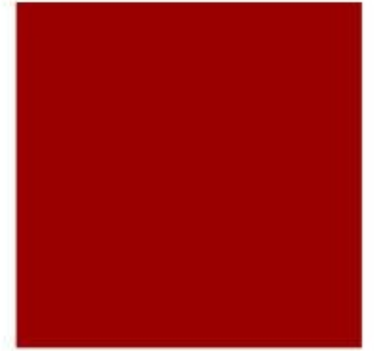
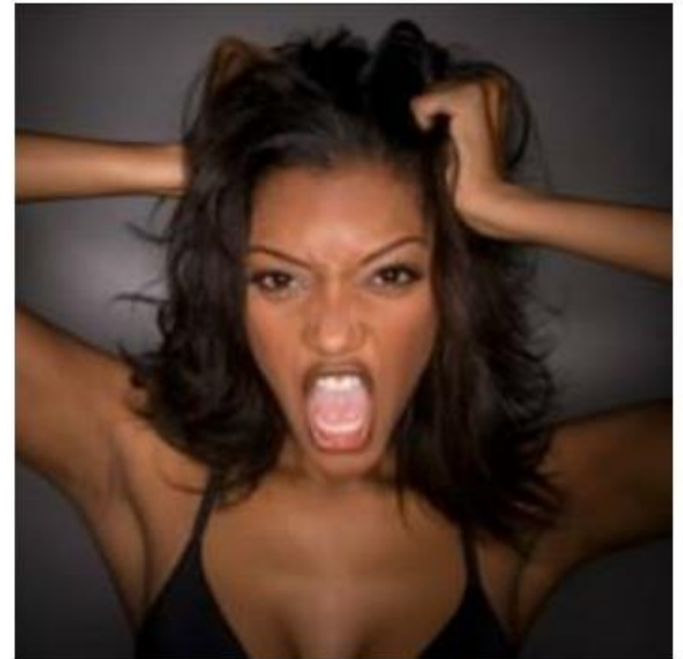
("PMDD Causes and Symptoms")



Chronic condition

PMDD is usually a chronic condition that is required attention and treatment because it can have a serious impact on a woman's quality of life.

("PMDD Causes and Symptoms")



Treatment

- Medications (antidepressants, anti-anxiety drugs, analgesics, hormones and diuretics)
- Psychobehavioral- exercise and psychotherapies
(cognitive –behavioral → coping skills training and relaxation)
- Nutritional → diet modification, vitamins, minerals and herbal preparations

("Premenstrual Dysphoric Disorder")



Prevention?

Since PMDD is thought to result from interactions between ovarian hormones and neurotransmitters in the brain, there is no known way to prevent its occurrence.

("PMDD Causes and Symptoms")



Works Cited



- "6 Signs It May Be More Than PMS." - *PMS Symptoms Might Be Depression*. N.p., 2013. Web. 04 Nov. 2013. <http://www.health.com/health/gallery/0,,20352443_6,00.html>.
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- Heller, Daniel J. "PMS & PMDD Stress can make you feel out of control & overwhelmed." N.p., 30 March 2012. Web. 04 Nov. 2013. <<http://http://www.pmscomfort.com/pms-pmdd-symptoms/pms-pmdd-stress-feeling-out-of-control-overwhelmed.aspx>>.
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