

# Premenstrual syndrome

**Regular** presence of **somatic and psychological problems in the luteal phase** of the menstrual cycle. They are of different nature and intensity. It occurs by a high number of women. It most often appears 7 days before menses and disappears with its onset.

## Symptoms

Psychological symptoms include nervousness, emotional lability, anxiety, depression, increased aggression, headaches, migraines, etc. Mastodynia, a feeling of tension in the breasts, nipple hyperalgesia, flatulence, diarrhea, vomiting, lower abdominal pain, pressure in the pelvis, etc. also appear. Less often tachycardia and dysuria.

 For more information see *Premenstrual tension*.

The cause is probably an imbalance of the endocrine and neurotransmitter systems, which are linked to psychological factors. A special type is **premenstrual dysphoric disorder**, in which the symptoms of PMS are so accelerated that they make social adaptation of the patient impossible (affective lability, anxiety, tension, dysphoria, etc.).

## Diagnosis and therapy

In order to establish a diagnosis, the presence of one somatic and one psychological symptom in three consecutive cycles is necessary. Treatment is symptomatic. **Lifestyle modification** and **psychiatric care** are the basis. Of the drug, we indicate **hormonal contraception** with a low estrogen content in combination with drospirenone (gestagen with antimineralocorticoid activity), which reduces the formation of edema. In the treatment of pain, we indicate **non-steroidal antiphlogistics**. Sometimes we give supplementation of vitamins (B6, E and minerals (magnesium, calcium)).



Hormonal anticonception

## Links

### Related articles

- Menstruation
- Dysmenorrhoea
- Premenstrual tension
- Cyclic bleeding disorders

### Použitá literatura

- ROB, Lukáš – MARTAN, Alois – VENTRUBA, Pavel, et al. *Gynekologie*. 3. edition. Praha : Grada, 2019. 356 pp. ISBN 978-80-7492-426-2.
- BENEŠ, Jiří. *Studijní materiály* [online]. [cit. 2009]. <<http://jirben.wz.cz>>.
- HÁJEK, Zdeněk – ČECH, Evžen – MARŠÁL, Karel, et al. *Porodnictví*. 3. edition. Praha. 2014. 538 pp. ISBN 978-80-247-4529-9.