



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA
WESTMAN

Helping People Help Themselves

Premenstrual Dysphoric Disorder

Compiled by
2023 Green Team

What is PMDD?

Premenstrual Dysphoric Disorder (PMDD) is a more serious version of premenstrual syndrome (PMS). In the week or two prior to the start of your period, PMDD produces extreme irritation, despair or anxiety. Symptoms often disappear two to three days after the onset of your period. To help with your symptoms, you should seek the help of a medical professional. (U.S. Department of Health and Human Services, 2017)

Risk Factors

Although any woman can develop PMDD, those with family history of PMDD or PMS are more likely to suffer from it. Also, any women with personal or family history of depression, postpartum depression or other mood disorders are at higher risk. (John Hopkins Medical, 2019)



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Symptoms of PMDD

The symptoms of PMDD are similar to the emotional and physical symptoms of PMS, though the symptoms are much more intense and often result in:

- Lasting irritability or anger
- Feeling sad or in despair
- Thoughts of suicide
- Tension or anxiety
- Panic attacks.
- Low energy or tiredness
- Lack of interest in activities you once enjoyed
- Binge eating
- Food cravings
- Trouble thinking or focusing
- Sleeping issues
- Feeling out of control

(International Association for Premenstrual Disorders, 2019)



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Causes

PMDD's precise cause is unknown. It can be an unusual response to the regular hormone fluctuations brought on by the menstrual cycle. A serotonin shortage may result from the hormonal changes. (John Hopkins Medical, 2019)

Preventions and What Might Help

PMDD is a severe, ongoing illness that requires medical attention. The intensity of PMDD symptoms may be lessened or relieved by several of the following treatment suggestions:

- Changes in diet to increase protein and carbohydrates and decrease sugar, salt, caffeine, and alcohol
- Regular exercise
- Stress management
- Vitamin supplements (such as vitamin B6, calcium, and magnesium)
- Anti-inflammatory medication
- Antidepressants
- Hormone Therapy

(John Hopkins Medical, 2019) (3)

References

International Association for Premenstrual Disorders. (2019). What is PMDD. IAPMD. <https://iapmd.org/about-pmdd>

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U.S. Department of Health and Human Services. (2017, July 12). Premenstrual dysphoric disorder (PMDD). Womenshealth.gov. [https://www.womenshealth.gov/menstrual-cycle/premenstrual-syndrome/premenstrual-dysphoric-disorder-pmdd#:~:text=Premenstrual%20dysphoric%20disorder%20\(PMDD\)%20is](https://www.womenshealth.gov/menstrual-cycle/premenstrual-syndrome/premenstrual-dysphoric-disorder-pmdd#:~:text=Premenstrual%20dysphoric%20disorder%20(PMDD)%20is)