



# WHAT TO EXPECT

## Understanding Premenstrual Syndrome (PMS)

Premenstrual Syndrome, commonly called PMS, is a medical condition that has symptoms that affect many women of childbearing age. PMS can cause a variety of physical and psychological symptoms that occur just before your menstrual period.

### What Causes PMS?

The exact cause of PMS is unknown, but it seems to be related to the fluctuating levels of hormones, including estrogen and progesterone, that occur in preparation for menstruation.

### What Are the Symptoms of PMS?

There are many symptoms of PMS, and the number and severity of symptoms vary from woman to woman. In addition, the severity of the symptoms can vary from month to month.

Common symptoms of PMS include:

- Bloating
- Breast tenderness
- Weight gain
- Aggression
- Trouble concentrating
- Headaches/backaches
- Food cravings/overeating
- Fatigue
- Tearfulness
- Irritability
- Anxiety
- Mood swings and/or depression

Up to 85% of menstruating women experience some of these symptoms related to their period, while only 8% experience severe symptoms.

### Can PMS Be Prevented?

PMS itself cannot be prevented, but through education and appropriate treatment of symptoms, most women can find relief. A healthy lifestyle -- including exercise, adequate rest and a proper diet -- also can help a woman better manage the symptoms of PMS. And, pain relievers such as PAMPRIN can help relieve the symptoms associated with PMS.

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For more information see: (1) <http://women.webmd.com/pms/premenstrual-syndrome-pms-topic-overview>; (2) <http://www.4women.gov/FAQ/pms.htm>; (3) [www.menopause.org](http://www.menopause.org). This information is not intended to replace the advice of a doctor. Chattem disclaims any liability for the decisions you make based on this information.