

## MENSTRUAL CYCLE

### Premenstrual Syndrome (PMS)

**Premenstrual syndrome (PMS)** refers to symptoms that occur between ovulation and the onset of menstruation in women from 2 to 14 days.

**Menstruation**, or period, is a woman's monthly bleeding. Every month, your body prepares for pregnancy. If no pregnancy occurs, the uterus sheds its lining. The menstrual blood is partly blood and partly tissue from inside the uterus, or womb. It passes out of the body through the vagina. Periods usually start around age 12 and continue until menopause, at about age 51. Most periods last from three to five days.

### SYMPTOMS

- Worry, bad moods, mood swings, tension, sadness, sleeplessness, fatigue, forgetfulness,
- Bloating, weight gain, headaches and breast tenderness, increased hunger; sugar or salt cravings.

### HOME CARE

- Get at least 8hrs. sleep every night.
- Exercise regularly. Be active at least 30 minutes daily for 5 days.
- Eat healthy balanced meals. Include servings of whole grains, fruits, vegetables,

lean meats, and low fat milk products.

- Stay away from sugar, white flour and sodium (especially right before your period).
- Stay away from caffeine, alcohol and cigarettes.

### CRAMPS

These can occur just before and during your period. Along with cramps, you might also have an upset stomach, vomiting, diarrhea or fainting spells.

- Taking a hot bath or placing a heating pad on your lower abdomen or back may help manage pain.
- If symptoms are more severe, ask your health care provider about pain relievers.

### BREAST EXAMS

Breast exam help find changes in the breasts that are sometimes breast cancer warning signs. Most breast changes turn out to be benign. Most women get a clinical breast exam as part of a regular check-up. During this exam, a health professional feels and looks for changes in your breasts.

### MAMMOGRAMS

A Mammogram is an X-ray of the inside of your breast. Starting at age 40 and is to be done every year afterwards.

*And the rib, which the Lord God had taken from man, made he a woman and brought her unto the man. And Adam said, this is now bone of my bones, and flesh of my flesh; she shall be called woman, because she was taken out of man Genesis 2:23-24.*

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