

PREMENSTRUAL SYNDROME (PMS) WORK SHEET

PMS is a very complex subject to treat despite modern technologies in medicine. While many practitioners do not believe PMS exists, those that do often have difficulty separating fact from fiction. The purpose of the evaluation outlined here is to make sure that we are dealing with true PMS and not another condition that could cause symptoms similar to PMS. Unfortunately, there is no quick way to make the diagnosis. We ask that you be patient and carefully follow the directions you will be given.

At your first appointment, your health care provider will order several laboratory tests to make sure that your general health is good. Call the clinic in two weeks for the results or wait until your follow-up appointment.

You will be given a daily history form to take home. It lists some of the more common PMS symptoms; however, no two cases of PMS are alike. You may not have some of the symptoms mentioned or you may have some symptoms that the daily history does not list. Either way is okay. Please list and document any other symptoms you may have that our daily history does not list.

The form is a daily diary of how you feel for the next three months. Each form will begin the **first day of each period and ends with the first day of your next period**. Use one page for each cycle. Mark any symptom you note with X for mild, M for moderate, or S for severe. If you do not have that symptom that day, leave it blank. Remember, symptoms may vary from month to month and the severity may vary also. That is one reason we document your symptoms over a three-month period. We will check the information you are collecting at your three-month follow-up visit. With that information, we can devise a plan of care that will help you cope with your symptoms.

No medications will be given at your first visit as they may hide symptoms that you need to document. Do not medicate yourself during your PMS workup. Avoid health food store remedies, friends' quick-fix prescriptions, and supermarket magazine cures. We must document your symptoms before we can try to help you. This can be a difficult time for you so let family, friends, and coworkers know that you are in the process of an evaluation. Ask them to be patient and supportive during this time. You will probably get more help than you expected.

There are some lifestyle changes that you can make on your own right away. In fact, it is a good idea to get a head start on what will **definitely** be part of your treatment.

Begin a regular aerobic exercise program. This means exercise vigorously, elevation your heart rate, for at least 20 minutes three times per week. Aerobic exercise can take the form of walking, bicycling, running, swimming, aerobic dancing, or a variety of other exercises. Remember, exercise is activity **over what you do daily**. It often helps if some of your family or friends will join you in your exercise routine.

Often changing what you eat and how you eat can help decrease your symptoms. We recommend the following changes because they have helped others who suffer with PMS.

- Meals should be low in sugar and high in protein and fiber.
- Avoid coffee, chocolate, and cocoa; even those listed as caffeine-free.
- Increase water intake to four to six eight-ounce glasses daily.
- Restrict salt intake beginning two weeks before your period.
- Stop smoking.
- Avoid or limit alcohol intake.

- Avoid all soft drinks with caffeine and those specifically listed as caffeine-free. (*Soft drinks that never had caffeine, Sprite, 7-Up, ginger ale, orange soda, some fruit flavored mineral waters, and herbal teas are fine.*)
- Restrict your intake of nuts, bananas, hard cheese, mushrooms, white sugar, and white flour products.
- Increase your intake of fruit, vegetables, beans, and meats.
- Do not overeat so you gain weight.
- Increase your intake of whole grain breads.
- Use low fat or skim milk products rather than whole milk products.
- Use fresh or frozen fruits and vegetables rather than canned.
- Avoid processed or canned meats (sausage, hot dogs, lunch meats): tuna in water is fine
- Fried foods should be eaten in moderation; use vegetable oil rather than animal fat to fry.
- Avoid satisfying your food cravings with sweets.

Please remember, there is no real cure for PMS. However, many women can relieve or reduce symptoms to the point where they can function normally in life. Most of the relief will come from the suggestions outlined above. There is no “magic pill” for PMS. It requires changes in the way you eat and the activity you do. Most of the relief from PMS symptoms involves changing the way you live.

You have your destiny in your own hands. Your health care provider can help in some ways. You will be the one to determine how much relief you get by following the guidelines listed above. Many people will continue to have PMS symptoms to some degree until they reach menopause. After menopause, 99% of PMS symptoms go away.

The chemical, beta xanthine, aggravates Fibrocystic Disease of the Breasts and Premenstrual Syndrome (PMS). The following are rich in beta xanthines and should be avoided:

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| 1. Tobacco products | 7. Wine |
| 2. Coffee (even decaffeinated) | 8. Hard cheese |
| 3. Tea (even decaffeinated) | 9. Mushrooms |
| 4. Cocoa | 10. Bananas |
| 5. Hot chocolate | 11. Nuts |
| 6. Cola (even decaffeinated) | |

SUGGESTIONS:

- For hot drinks: herbal tea
- For cold drinks: clear tonics
- Stop smoking

PMS PROTOCOL (mild)

1. Vitamin B6 (50 mg) three times a day.
2. Vitamin B complex and magnesium sulfate (200 mg) once a day.
3. Vitamin E (400 units) two times per day.
4. No caffeine, coffee, tea, chocolate, Coke or Pepsi.
5. No white sugar or white flour products.
6. Little or no salt.
7. Increase water intake to six to eight glasses per day.
8. Aerobic exercise three to four times per week for
9. 30 to 40 minutes.