

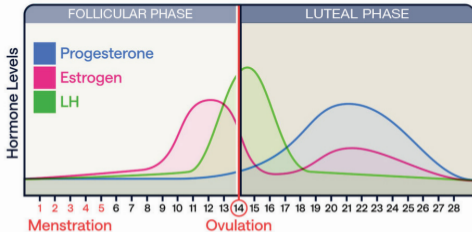


# IS IT MORE THAN PMS? LEARN ABOUT PMDD

## WHAT IS PMDD?

Premenstrual Dysphoric Disorder (PMDD) is a mood disorder characterized by **severe emotional and physical symptoms that occur in the two weeks before menstruation (the luteal phase)** and resolve with the onset of menses. PMDD is classified as a depressive disorder.\*

- PMDD affects about **one in 20 women**
- PMDD is not a hormone imbalance



Note: Conceptual representation. Values are for illustrative purposes and not exact measurements.

## SYMPTOMS

One or more of the following symptoms must be present:

- Mood swings, feeling suddenly sad or tearful, or increased sensitivity to rejection
- Irritability, anger, increased interpersonal conflicts
- Depressed mood, feelings of hopelessness, self-deprecating thoughts
- Anxiety, tension, feelings of being keyed up or on edge

Additionally, one (or more) of the following symptoms must be present to reach a total of five symptoms when combined with symptoms from the list above:

- Decreased interest in usual activities
- Unable to concentrate, focus, brain fog
- Lethargy, lack of energy
- Change in appetite; overeating or specific food cravings
- Hypersomnia or insomnia
- Feelings overwhelmed or out of control
- Physical symptoms, e.g., breast tenderness or swelling; joint or muscle pain, bloating, or weight gain

Note: PMDD is associated with a higher risk of suicide.



## What is PME?

Premenstrual Exacerbation of an existing psychiatric or physical disorder refers to **the worsening of symptoms of the disorder during the premenstrual phase**. Symptoms of a disorder are present throughout the entire cycle but become more severe in the premenstrual phase.\*

### If You Suspect PMDD or PME ...

- **Track** symptoms daily for at least two menstrual cycles to determine whether they occur exclusively during the luteal phase (indicating PMDD) or if an existing condition worsens during this phase (indicating PME) - Note: It's possible to experience both PMDD and PME
- **Consult** with a healthcare provider—such as a psychiatrist, gynecologist, or primary care physician—who is knowledgeable about PMDD and PME and willing to work with you to explore various treatment options
- **Explore** peer support and educational resources at the International Association for Premenstrual Disorders, IAPMD.org



**There is help, and there is hope**

### Family and Friends Can Show Support

- Offer practical support to those experiencing symptoms such as:
  - Listening without judgment
  - Running errands
  - Preparing meals
  - Helping with housework or laundry
  - Assisting with childcare (e.g., school drop-off/pick-up, homework, bath time, bedtime)
  - Caring for pets
- Learning more about PMDD and PME by doing your own research

*Scan to Learn  
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[christinabohnfoundation.org](http://christinabohnfoundation.org)

