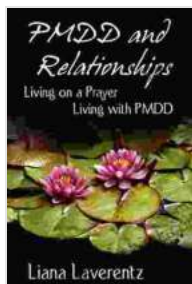


# Living on Prayer: Living with PMDD



## PMDD and Relationships: Living on a Prayer, Living with PMDD by Liana Laverentz

★★★★☆ 4.4 out of 5

Language : English  
File size : 1833 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 250 pages  
Lending : Enabled



## What is PMDD?

Premenstrual dysphoric disorder (PMDD) is a severe, debilitating condition that affects millions of women. It is characterized by extreme mood swings, irritability, anxiety, and depression that occur in the week or two before a woman's period. PMDD can make it difficult to work, go to school, or maintain relationships.

## Symptoms of PMDD

The symptoms of PMDD can vary from woman to woman, but they typically include:

\* Extreme mood swings \* Irritability \* Anxiety \* Depression \* Difficulty concentrating \* Fatigue \* Bloating \* Breast tenderness \* Headaches \* Muscle aches

## **Causes of PMDD**

The exact cause of PMDD is not known, but it is thought to be related to changes in hormone levels that occur during the menstrual cycle. Estrogen and progesterone are two hormones that play a role in regulating mood. During the luteal phase of the menstrual cycle, which occurs after ovulation, estrogen and progesterone levels drop. This drop in hormone levels can trigger the symptoms of PMDD.

## **Treatment for PMDD**

There is no cure for PMDD, but there are treatments that can help to manage the symptoms. These treatments include:

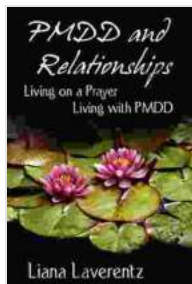
\* Antidepressants \* Anti-anxiety medications \* Birth control pills \* Lifestyle changes, such as exercise, diet, and stress management

## **Living with PMDD**

Living with PMDD can be challenging, but it is possible to manage the symptoms and live a full and happy life. Here are some tips for living with PMDD:

\* Get regular exercise. Exercise can help to improve mood and reduce stress. \* Eat a healthy diet. Eating a healthy diet can help to improve overall health and well-being. \* Get enough sleep. Sleep is essential for physical and mental health. \* Manage stress. Stress can trigger the symptoms of PMDD. Find healthy ways to manage stress, such as yoga, meditation, or spending time in nature. \* Talk to your doctor. If you are struggling to manage the symptoms of PMDD, talk to your doctor. There are treatments that can help.

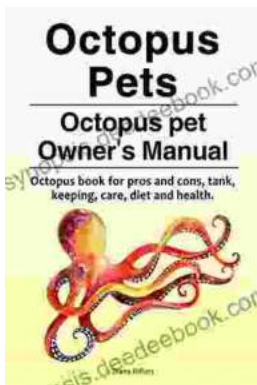
PMDD is a serious condition that can have a significant impact on a woman's life. However, there are treatments that can help to manage the symptoms and live a full and happy life. If you think you may have PMDD, talk to your doctor.



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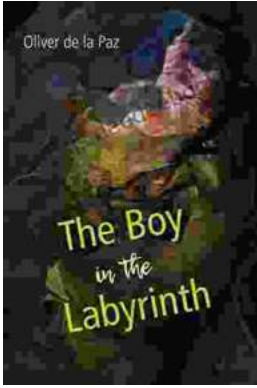
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