



What are menstrual disorders?

Many women experience bloating, food cravings, cramps, headaches and mood swings before their period. This group of symptoms is known collectively as premenstrual syndrome (PMS).

Why is it significant?

For most women, menstruation is, at worst, a minor inconvenience. However, intense PMS symptoms or excessive pain and bleeding should not be ignored.

What else should I be aware of?

If you bleed excessively, bleed between periods, feel sick after using tampons or experience severe pain during your period, contact your doctor.

**Menstrual
Disorders**

MakingHealthHappen.com

What can I do?

- ✓ Eat a healthy, balanced diet high in fruits and vegetables. Avoid caffeine, alcohol and salt, which can increase bloating and discomfort.



- ✓ Engage in 30-60 minutes of physical activity daily.
- ✓ To relieve cramping, apply heat in the form of a heating pad or hot water bottle, or take a warm bath. You can also lie down on your side and bring your knees up to your chest.
- ✓ If you practise or are interested in yoga, learn how to perform the menstrual cramp pose. It's aimed specifically at relieving cramping.



Go to MakingHealthHappen.com and enter **tn9930** in the search box to learn more about Menstrual Disorders.

What can I take?

Studies show that vitamin B6 and calcium can ease some menstrual symptoms. If your symptoms are severe, anti-inflammatory medicine may also help. Talk with your doctor to see if supplementation or medication might be beneficial for you.

