



Notes:PMS

- Incidence: 95% (5-10% significant)
- Aetiology: many theories, none proven
- Symptoms: > 100 (physical/ psychological)
- Cyclical symptoms, appear late luteal phase, disappear with menses
- Management: confirm diagnosis with good history, reassure and support (not going mad),
- All therapies work in some people for some time (placebo)



Notes: PMS: Treatment options (source: clinical evidence: 2004)

- **Beneficial**
 - Diuretics (spironolactone)!
 - NSAIDs
 - SSRIs
- **Likely to be beneficial**
 - Cognitive behavioural therapy
 - Exercise
 - Oestrogens
 - COC
- **Trade off between benefits and harm**
 - Bromocriptine (breast symptoms only)
 - Danazol
 - GnRH analogues
- **Unknown effectiveness**
 - Hysterectomy *with or without BSO!*
 - Progestagens
 - Pyridoxine
 - Tibolone
 - Evening primrose oil
 - Relaxation treatment