

SELF-ASSESSMENT SURVEY ON DISORDERS ASSOCIATED WITH THE PREMENSTRUAL CONDITION

The disorders associated with the premenstrual condition can negatively affect the quality of life; they are often underestimated or unidentified.

This self-assessment tool is designed to help you identify these disorders over time, aiming to better understand the wellness path to take.

Fill in the survey referring to complaints perceived in the week preceding menstruation for 3 consecutive periods, making a note of the reference dates.

ONCE COMPLETED, RETURN THE SURVEY TO THE DOCTOR FOR EVALUATION OF THE COMPLAINTS.

Give each disturbance a score from 0 to 3 depending on the perceived intensity:

0= no disturbance, 1= mild disturbance, 2= moderate disturbance, 3= severe disturbance.

DISTURBANCE:	CICLO 1	CICLO 2	CICLO 3
Headache	<input type="text"/>	<input type="text"/>	<input type="text"/>
Mood swings, irritability, sadness	<input type="text"/>	<input type="text"/>	<input type="text"/>
Anxiety, sleep disorders	<input type="text"/>	<input type="text"/>	<input type="text"/>
Difficulty in concentrating	<input type="text"/>	<input type="text"/>	<input type="text"/>
Decline in sexual desire	<input type="text"/>	<input type="text"/>	<input type="text"/>
Gastrointestinal disorders (constipation, intestinal gas)	<input type="text"/>	<input type="text"/>	<input type="text"/>
Increased appetite	<input type="text"/>	<input type="text"/>	<input type="text"/>
Weight gain, abdominal bloating	<input type="text"/>	<input type="text"/>	<input type="text"/>
Pelvic pain (lower abdominal cramps)	<input type="text"/>	<input type="text"/>	<input type="text"/>
Breast tension and pain	<input type="text"/>	<input type="text"/>	<input type="text"/>

Other useful information (indicate other disorders not listed, external events that could influence the premenstrual phase, other problems):

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Download the survey and other useful information



If during your menstrual cycle, you experience any discomfort, we advise you to maintain a healthy lifestyle through proper nutrition and exercise.

If you have any disorders that may negatively affect your quality of life, interfere with your daily activities, as well as maintaining a healthy lifestyle, we suggest you follow up with a specialist examination and treatment that can improve your condition.

What is premenstrual syndrome (PMS)? PMS is a disabling and recurrent disorder of the luteal phase of the cycle that occurs during the 7-10 days prior to menstruation and usually ends a few hours after the onset of menstruation.

APPROXIMATELY 20-50% OF WOMEN OF CHILDBEARING AGE SUFFER FROM IT.

SOME USEFUL TIPS FOR YOUR WELL-BEING DURING YOUR MENSTRUAL CYCLE



For Mental Well-Being

Meditation and mindfulness practice can help you relax and relieve anxiety

Reduce smartphone use when unnecessary

For the Dining Table

The daily consumption of about 30g of dried fruits (Brazil nuts, pine nuts) is helpful in reducing tiredness as it is rich in magnesium

Reduce consumption of products with high glycemic index (such as sweets and snacks) as they can worsen disorders

Increase consumption of broad-leaved vegetables (chicory, herbs, chicory and radicchio) rich in vitamin B6 that promotes a good mood

Limit stimulating substances such as tea and coffee that can increase anxiety and irritability

For Hydration

Drink at least one and a half litres of water during the day. Draining herbal teas based on birch and dandelion help reduce abdominal bloating and water retention

Limit consumption of products rich in salt to reduce water retention., such as cured meats, meat and preserved fish, mature cheeses, pickled foods. Even snacks contain salt!

Physical Activity

A 30 minute walk per day helps release feel-good hormones

Limit the use of transport and try to get around on foot as much as possible

A piece of advice for you:



Dietary supplement useful in promoting women's well-being during the menstrual cycle

Ask your specialist

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