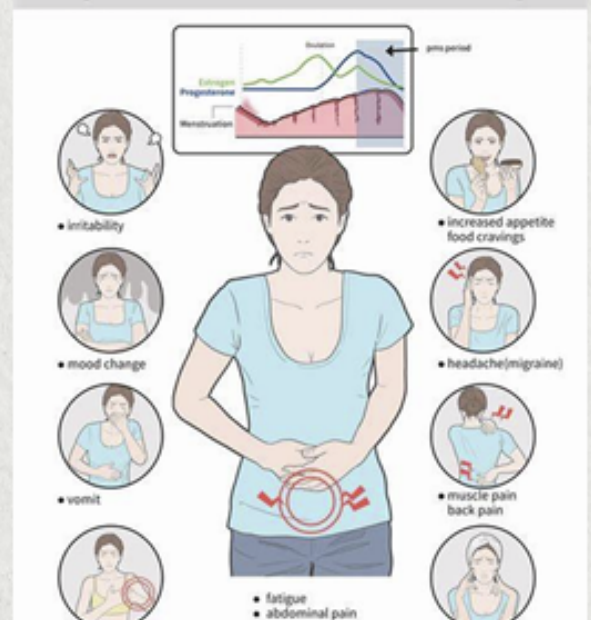


Premenstrual Syndrome

Mood swings and anxiety before Periods?

here's what you need to know...

Affecting up to 75% of menstruating women, PMS can range from mild discomfort to severely disruptive symptoms like mood swings, anxiety, bloating, fatigue, cravings, breast tenderness, and headaches, often before menstruation begins



What can you do?

Managing PMS often includes lifestyle changes like regular exercise, reduced salt and caffeine intake, better sleep, and stress relieving practices like yoga. Severe symptoms may require medical evaluation.



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