

**P**lease **M**aintain **S**ilence

**PMS!**

let's talk  
**ABOUT IT. PERIOD.**

Affects 80-90% of women

Symptoms appear 5-7 days prior to menses

Relieved within 3-4 days of onset of menses

## SYMPTOMS OF PMS



Anger/irritation



Anxiety/depression



Headache/migraine



Fatigue



Vomiting



Stomach upset/pain



Abdominal swelling/  
bloating



Backache



Muscle pain



Sweating

Don't let PMS interfere with your day-to-day life

Let lifestyle modifications be the first-line measures in PMS

Self-medication is dangerous, always consult your doctor before taking any medication(s)  
and for more information on the subject

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