



79th



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Scientific
Conference of
the University
of Latvia

Therapeutic opportunities to reduce the symptoms of premenstrual syndrome in women aged 20 to 30 years

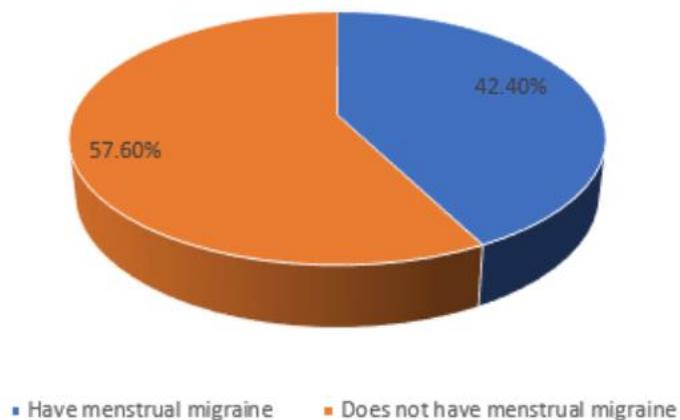
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Summary slide

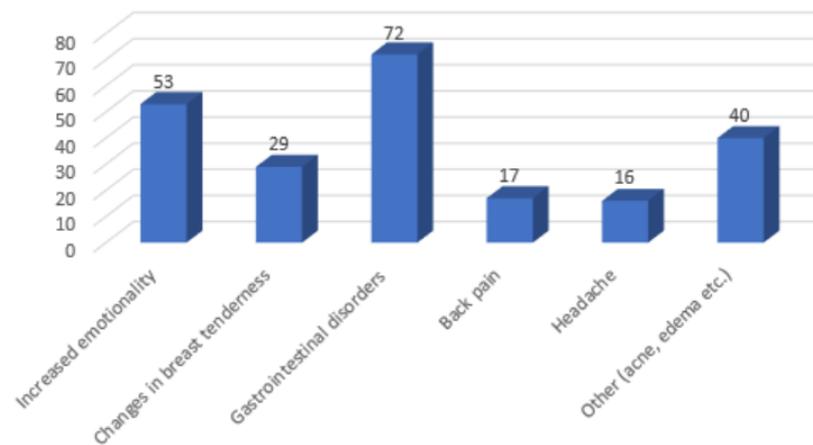
- **Background.** One of the most common problems affecting quality of life for women of reproductive age is premenstrual syndrome (PMS). Emotional and physical symptoms usually appear several days before menstruation and disappear as they begin. In the case of mild symptoms, women tend to use non-pharmacological therapy, such as rest, physical activity, meditation, etc. However, when experiencing moderate and severe symptoms women use pharmacotherapy.
- **Aim.** The aim of this study is to determine the prevalence of PMS in Latvia among women aged 20 to 30 years, as well as the therapy chosen by women to reduce the PMS symptoms.
- **Methods.** The study included an electronic questionnaire of 20 questions on PMS symptoms, the first choice of therapy and the effectiveness of the therapy. The survey involved 118 women from different regions of Latvia aged 20 to 30 years.

Research Results

Women who have menstrual migraine

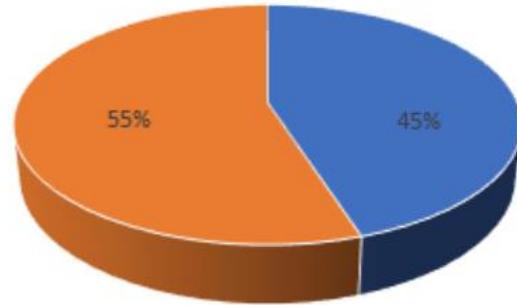


Most common PMS symptoms



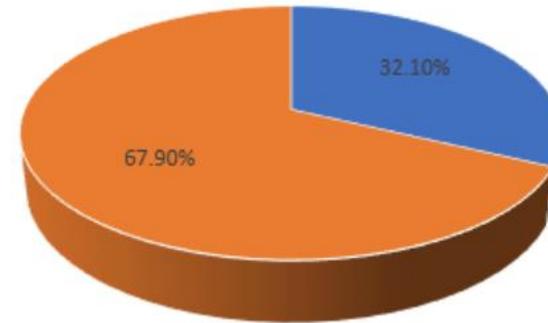
- 1) Of all women who participated in the survey, 89.8% admitted that they experience PMS symptoms.
- 2) The most common symptoms that women noted were increased emotionality, changes in breast tenderness, gastrointestinal disorders, back pain and headaches.

How many women are affected by PMS symptoms?



■ Not affected by PMS symptoms ■ Affected by PMS symptoms

PMS therapy use



■ Women who use therapy ■ Women who do not use therapy

3) 55% of the surveyed women who experience PMS symptoms indicated that the symptoms make daily lives difficult, while 20% of women reached out to medical professionals for help.

4) 32.1% of women use therapy to reduce the PMS symptoms which 5.9% noted that the therapy they chose was ineffective.

5) The most common type of therapy is analgesics such as Ibuprofen, while some women choose to also use spasmolytic and homeopathic therapy.

Conclusions

1. Despite the fact that most women have PMS symptoms that interfere with their daily life, they do not seek professional help, which indicates the lack of information provided to women about this syndrome.
2. If women have symptoms that interfere with their daily life, they should consult a doctor to consider an adequate treatment to reduce the symptoms.
3. Although some of the women surveyed note that they have emotional state changes, none of them reported using antidepressants, which in some cases are the treatment of choice.