

Menstruation



Menstruationsbeschwerden

Premenstrual Syndrome (PMS) Symptoms



Bloating



Irritability



Backaches



Headaches



Breast Soreness



Acne



Food Cravings



Excessive Fatigue



Depression



Anxiety



Feelings of Stress



Insomnia



Constipation



Diarrhea



Mild Stomach Cramps

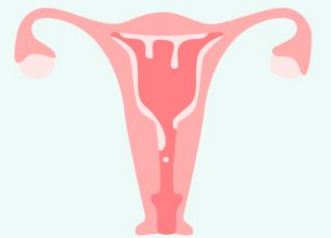
Menstruation

Was passiert?

- Gebärmutter Schleimhaut baut ab
- Östrogen- und Progesteronspiegel sinken

Mögliche Anzeichen

- Blutung von 3 bis 5 Tagen
- Krämpfe im Unterleib



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Normal Menstrual Cycle Symptoms

Many women might be tempted to accept severe or disabling symptoms as a natural part of menstruation, while they should be **seeking adequate relief**.

NORMAL PERIOD SYMPTOMS

Physical:
Bloating, cramps,
breast tenderness,
diarrhea



Last 1-2 days before and
1-2 days into the period



Mild; manageable
with home remedies



Do not interfere with
daily functioning



ABNORMAL SYMPTOMS

Physical and emotional:
Mood swings, irritability,
sleep problems,
breast tenderness



Begin 1-2 weeks
before a period



Moderate to severe;
often require stronger
medications



Can disrupt
daily activities

