

öona¹PMS & öona²PMS

COMPARISON CHART OF PREMENSTRUAL SYNDROME

<u>COMMON SYMPTOMS</u>	OönaPMS1 and OönaPMS2	Nonsteroidal Anti-inflammatory (NSAIDs)	Selective Serotonin Reuptake Inhibitors (SSRIs)	Anti-anxiety Medications	Diuretics	Birth Control Methods <i>(birth control pills, skin patch & vaginal ring)</i>
Breast Tenderness	PMS2	X			X	X
Weight Gain	PMS1	X			X	
Nausea	PMS2	X				
Acne	PMS1	X				
Bloating	PMS1	X			X	
Cramps	PMS2	X				X
Body Aches	PMS2	X				
Acne	PMS1					X
Heavy Menstrual Cycle	PMS2					X
Irregular Cycle	PMS1					X
Confusion	PMS1					
Mood Swings	PMS1		X	X		
Irritability	PMS1		X	X		
Tension	PMS1		X	X		
Anger	PMS1		X	X		
<u>SIDE EFFECTS</u>	1 st week may cause mild indigestion	Diarrhea Constipation Nausea Dizziness	Nausea Headache Insomnia Dizziness Tremors	Addiction Drowsiness Apathy Forgetfulness	Cramping Diarrhea Headache Irregular cycles	Chloasma Nausea Depression Weight gain Spotting

Sources used: *American Family Physician* (July 1998), *Clinical Nutrition Insights* (Vol. 5, No. 6), *Family Practice* (Vol. 18, No. 6), *Townsend Letter for Doctors and Patients* (June 2000); www.my.webmd.com/hw/womens_conditions/hw138035.asp; www.my.webmed.com/hw/womens_conditions/hw138203.asp; www.webmd.com/hw/anxiety_panic_disorders/hw138876.asp; www.my.webmd.com/hw/health_guide_atoz/hw137955.asp; www.my.webmd.com/hw/healthy_women/hw239596.asp; www.my.webmd.com/hw/healthy_women/hw239088.asp