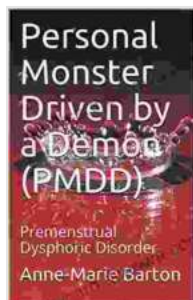


Premenstrual Dysphoric Disorder (PMDD): My Monster



Personal Monster Driven by a Demon (PMDD): Premenstrual Dysphoric Disorder (PMDD My Monster Book 1) by Anne-Marie Barton

★★★★☆ 4.3 out of 5

Language	: English
File size	: 2473 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 43 pages
Lending	: Enabled



Premenstrual dysphoric disorder (PMDD) is a severe form of premenstrual syndrome (PMS) that affects millions of women worldwide. PMDD is characterized by a range of debilitating symptoms, including severe mood swings, depression, anxiety, and suicidal thoughts. These symptoms typically begin in the week or two before a woman's period and can last for several days. PMDD can have a significant impact on a woman's life, interfering with her work, relationships, and overall well-being.

Causes of PMDD

The exact cause of PMDD is unknown, but it is thought to be related to changes in hormone levels during the menstrual cycle. Estrogen and progesterone are two hormones that play a role in regulating a woman's

menstrual cycle. In women with PMDD, these hormones may be out of balance, leading to symptoms such as mood swings, depression, and anxiety.

Symptoms of PMDD

The symptoms of PMDD can vary from woman to woman, but common symptoms include:

- Severe mood swings
- Depression
- Anxiety
- Suicidal thoughts
- Irritability
- Fatigue
- Difficulty concentrating
- Changes in appetite or sleep
- Physical symptoms, such as bloating, headaches, and breast tenderness

Treatment for PMDD

There is no cure for PMDD, but there are a number of treatments that can help to manage the symptoms. These treatments include:

- Antidepressants
- Birth control pills

- Hormone replacement therapy
- Lifestyle changes, such as exercise, diet, and stress management

Personal Stories

Here are some personal stories from women who have been diagnosed with PMDD:

"PMDD is a monster. It takes over my life for two weeks out of every month. I experience severe mood swings, depression, anxiety, and suicidal thoughts. I can't work, I can't socialize, and I can barely function. PMDD has ruined my relationships and my career. I feel like I'm a prisoner in my own body." - Sarah, 35

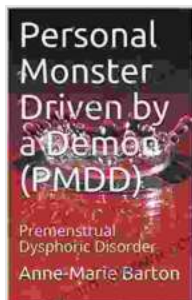
"I've been diagnosed with PMDD for over 10 years. It's been a long and difficult journey, but I've finally found a treatment that works for me. I take an antidepressant and a birth control pill, and I make lifestyle changes, such as exercise, diet, and stress management. I still have symptoms, but they are much more manageable now. I'm able to work, socialize, and enjoy my life again." - Mary, 40

PMDD is a serious condition that can have a significant impact on a woman's life. If you think you may have PMDD, it's important to see a doctor to get a diagnosis. There are a number of treatments available that can help to manage the symptoms of PMDD and improve your quality of life.

If you are struggling with PMDD, please know that you are not alone. There are millions of women who suffer from this condition. There is help available, and you can get better.

For more information on PMDD, please visit the following resources:

- International Association for Premenstrual DisFree Downloads
- Office on Women's Health
- National Institutes of Health



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