

# Dysmenorrhea

## What is it?



- **Dysmenorrhea** – severe uterine pain during menstruation, severe pain that limits normal activities or requires medication, can feature different kinds of pain- sharp, throbbing, nauseating, dull, shooting or burning pain; may precede menstruation several days or accompany it and usually stops as menstruation tapers off; associated with changes in the body that occur with ovulation

- **Menorrhagia**- excessive heavy blood loss

**Secondary Dysmenorrhea**– is diagnosed when symptoms are attributable to an underlying disease structural abnormality or disorder either outside or within the uterus

## Signs and Symptoms:

- **Symptoms**- pain to the lower, right or left abdomen, nausea, vomiting, diarrhea, fainting, fatigue and headache, less than 30, low body mass index, smoking, early menarche (< 12 years), long menstrual cycles, nulliparity, heavy menstrual flow, premenstrual syndrome, sterilization, sexual abuse, pelvic inflammatory disease, and psychological symptoms
- **Begin**- immediately following ovulation and can last until the end of menstruation



## Facts:

- **Birth Control Pills**- certain types can prevent dysmenorrhea by stopping ovulation

## What can I do?

- **See your Health Care Provider**- for more information
  - **Relieve Pain**- non-steroidal anti-inflammatory drugs/NSAIDs but may have side effects of nausea, diarrhea, dyspepsia, peptic ulcer; or COX-2 inhibitor
- **See a Registered Dietitian**- for help as needed
  - **Nutritional Supplements Effective in Treating Dysmenorrhea**- magnesium, Vitamin E, zinc, B1/thiamin, omega-3 fatty acids

