

## **PMS CALENDAR**

The PMS calendar is essential for the diagnosis of PMS. In addition, it is the only way to monitor your response to treatment. The PMS calendar should be completed according to the following instructions.

- 1.** Mark the date of the first day of your menstrual period that corresponds to the first day of your cycle (the first day of bleeding). If you do not have periods, simply begin with the first day of each month.
- 2.** Each morning before arising, take your temperature orally with a basal temperature thermometer. With a red pencil, put a dot below the appropriate date and opposite the temperature.
- 3.** Weigh yourself unclothed each morning before you eat or drink, after you empty your bladder and, if possible, your bowels. Record the results.
- 4.** Note any medications taken or dietary changes made under the heading "Treatment." Write the name and dose of medication (e.g., progesterone suppositories, 200 mg). Note the number of times that medication was taken on a given day by writing the appropriate number in the box opposite the medication and below the date.
- 5.** Choose the most common or severe physical and emotional symptoms that you experience with PMS from the symptom list below and write them in the blanks on the PMS calendar. (Remember, the list below is not complete. Add any other recurring symptoms you can identify to your calendar). Your list should be in the same order on each sheet of the calendar.
- 6.** Note at the end of each day if you have experienced any of the physical or mental symptoms during the day. If you have experienced a symptom, estimate the severity of that symptom from 1 (mild) to 7 (severe) and write the number in the box opposite the symptom and below the appropriate date.
- 7.** When you have completed 2 menstrual cycles, mail your charting into the PMS Center prior to your appointment. For safety, keep copies for yourself.
- 8.** Also, bring or send a written description of how severe your PMS was during the month, how effective the treatment was, suggestions and any questions you wish to have answered.

**Physical** symptoms include:

- \* Abdominal bloating.
- \* Acne outbreaks.
- \* Backache.
- \* Breast tenderness and swelling.
- \* Constipation.
- \* Craving for sweet or salty foods.

- \* Diffuse, dull, pelvic ache.
- \* Edema.
- \* Headaches or migraines.
- \* Herpes (cold sores) outbreaks.
- \* Incoordination or clumsiness.
- \* Increased appetite and thirst.
- \* Sleep disturbances.
- \* Visual disturbances.
- \* Weight gain.

**Emotional** symptoms include:

- \* Anxiety.
- \* Changes in sexual desire.
- \* Depressed mood.
- \* Fatigue.
- \* Inability to cope.
- \* Irritability.
- \* Mood swings.
- \* Mental and physical aggression.
- \* Nervousness.
- \* Poor concentration or distractibility.
- \* Restlessness.
- \* Sadness.
- \* Social withdrawal.
- \* Suicidal thoughts
- \* Tearfulness