

The importance of legitimizing pms



The importance of legitimizing PMS PMS is an abbreviation for Premenstrual Syndrome which are a set of physical as well as psychological signs displayed by women who are able to enter their menstrual cycle (eMdicineHealth, 2008). The majority of women have some form of PMS but for some, the symptoms may be severe enough to cause a disability and may interfere with their daily activities. The symptoms themselves may disappear after the flow starts but may also continue a few days after the period is over with. For some, the symptoms may be severe enough to be classified as PMDD i. e., premenstrual dysphoric disorder (Medline Plus, 2008).

The symptoms themselves are quite tricky since for a considerable period of time many of these symptoms have been associated with the normal onset of the menstrual cycle. The list of symptoms is quite exhaustive since it includes things such as stress, aggression, abdominal bloating or cramps, swelling of the breasts or tenderness, headaches, aches and pains, inability to finish thoughts, fatigue, panic attacks and emotional instability with mood swings (Medline Plus, 2008). These symptoms overlap with several other medical problems and even the common cold could be misdiagnosed as PMS.

The APA's decision to add PMDD to the the DSM-IV is certainly a good decision since it deemphasizes the cultural stigma associated with PMS that has been given by the popular media to women who are undergoing these symptoms. Recognizing the problem as a problem is often the first step which can lead us to finding a solution for it and therefore it is a good decision of the APA to recognize the problem and thus allow researchers to seek solutions for it.

The articles and medical information available about PMS certainly points to the idea that PMS should be given a medical diagnosis since the symptoms and the problems associated with the condition are quite extreme (Mayo Clinic, 2008). A woman who could be undergoing these symptoms may have no option to seek out help if the problem is not recognized as such.

Traditional medicine which is supposed to relieve aches and pains such as painkillers and even home remedies might be used while different medication specifically tailored to tackle the symptoms of PMS may be out of reach or not prescribed at all.

Of course there is a cultural stigma associated with PMS but it must be understood that this stigma is only given by chauvinistic males and does not have any basis in reality. Just as male specific psychological disorders can reduce their ability to have erections, PMS can be a debilitating issue for many women who deserve to be given the same respect and support as others with any form of psychological or physical issue receive from health service providers and caregivers. Thus the importance of legitimizing PMS cannot be overstated.

Works Cited

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